NDB No. 21385

BURGER KING, CROISSAN'WICH with Egg and Cheese

Burger King Corporation

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.766		0	NC	4		5.243		
4:0....g									
6:0....g									
8:0....g	0.175	0.007	4	A	1		0.193		
10:0....g	0.150	0.005	4	A	1		0.165		
12:0....g	0.097	0.003	4	A	1		0.106		
13:0....g									
14:0....g	0.347	0.008	4	A	1		0.382		
15:0....g	0.038	0.001	4	A	1		0.041		
16:0....g	2.722	0.076	4	A	1		2.994		
17:0....g	0.033	0.001	4	A	1		0.037		
18:0....g	1.150	0.051	4	A	1		1.265		
20:0....g	0.029	0.001	4	A	1		0.032		
22:0....g	0.025	0.002	4	A	1		0.027		
24:0....g									
Fatty acids, total monounsaturated....g	6.668		0	NC	4		7.334		
14:1....g	0.028	0.001	4	A	1		0.030		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.162	0.003	4	A	1		0.179		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	6.443	0.096	4	A	1		7.087		
20:1....g	0.034	0.002	4	A	1		0.038		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.930		0	NC	4		3.223		
18:2 undifferentiated....g	2.601	0.107	4	A	1		2.861		
18:3 undifferentiated....g	0.269		0	AS	1		0.296		
18:3 n-3 c,c,c (ALA)....g	0.269	0.014	4	A	1		0.296		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060	0.002	4	A	1		0.066		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	139	2.250	4	A	1		153		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.111		
Threonine....g	0.360		0	A	1		0.396		
Isoleucine....g	0.486		0	A	1		0.535		
Leucine....g	0.865		0	A	1		0.951		
Lysine....g	0.548		0	A	1		0.603		
Methionine....g	0.231		0	A	1		0.254		
Cystine....g	0.197		0	A	1		0.217		
Phenylalanine....g	0.528		0	A	1		0.581		
Tyrosine....g	0.394		0	A	1		0.434		
Valine....g	0.606		0	A	1		0.667		
Arginine....g	0.484		0	A	1		0.533		
Histidine....g	0.263		0	A	1		0.289		
Alanine....g	0.451		0	A	1		0.497		
Aspartic acid....g	0.771		0	A	1		0.849		
Glutamic acid....g	2.566		0	A	1		2.822		
Glycine....g	0.336		0	A	1		0.370		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.883		0	A	1		0.971		
Serine.....g	0.648		0	A	1		0.713		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 110g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21384

BURGER KING, CROISSAN'WICH with Sausage and Cheese

Burger King Corporation

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.595		0	NC	4		11.259		
4:0....g									
6:0....g									
8:0....g	0.041	0.001	4	A	1		0.054		
10:0....g	0.093	0.005	4	A	1		0.121		
12:0....g	0.108	0.004	4	A	1		0.141		
13:0....g									
14:0....g	0.517	0.012	4	A	1		0.677		
15:0....g	0.046	0.001	4	A	1		0.061		
16:0....g	5.044	0.049	4	A	1		6.607		
17:0....g	0.076	0.005	4	A	1		0.100		
18:0....g	2.608	0.015	4	A	1		3.417		
20:0....g	0.049	0.001	4	A	1		0.065		
22:0....g	0.012	0.007	4	A	1		0.016		
24:0....g									
Fatty acids, total monounsaturated....g	12.025		0	NC	4		15.752		
14:1....g	0.015	0.009	4	A	1		0.020		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.442	0.013	4	A	1		0.579		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	11.433	0.253	4	A	1		14.977		
20:1....g	0.134	0.004	4	A	1		0.176		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.114		0	NC	4		4.080		
18:2 undifferentiated....g	2.824	0.154	4	A	1		3.700		
18:3 undifferentiated....g	0.150		0	AS	1		0.196		
18:3 n-3 c,c,c (ALA)....g	0.150	0.011	4	A	1		0.196		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.081	0.004	4	A	1		0.106		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059	0.002	4	A	1		0.077		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	43	1.792	4	A	1		57		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0	A	1		0.146		
Threonine....g	0.480		0	A	1		0.628		
Isoleucine....g	0.578		0	A	1		0.757		
Leucine....g	1.047		0	A	1		1.372		
Lysine....g	0.819		0	A	1		1.073		
Methionine....g	0.261		0	A	1		0.342		
Cystine....g	0.178		0	A	1		0.233		
Phenylalanine....g	0.587		0	A	1		0.768		
Tyrosine....g	0.463		0	A	1		0.607		
Valine....g	0.687		0	A	1		0.900		
Arginine....g	0.679		0	A	1		0.890		
Histidine....g	0.411		0	A	1		0.538		
Alanine....g	0.651		0	A	1		0.853		
Aspartic acid....g	1.002		0	A	1		1.313		
Glutamic acid....g	3.075		0	A	1		4.028		
Glycine....g	0.679		0	A	1		0.889		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.022		0	A	1		1.339		
Serine.....g	0.636		0	A	1		0.833		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 131g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21383

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

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.10	0.873	6	A	1		82.26		
Energy....kcal	308		0	NC	4		527		
Energy....kJ	1289		0	NC	4		2204		
Protein....g	12.09	0.199	6	A	1		20.68		
Total lipid (fat)....g	21.78	0.401	6	A	1		37.24		
Ash....g	2.12	0.018	6	A	1		3.63		
Carbohydrate, by difference....g	15.90		0	NC	4		27.19		
Fiber, total dietary....g	1.8		1	A	1		3.1		
Sugars, total....g	3.12	0.137	3	A	1		5.34		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.95	0.073	3	A	1		1.62		
Fructose....g	0.90	0.060	3	A	1		1.54		
Lactose....g	0.64	0.017	3	A	1		1.10		
Maltose....g	0.63	0.015	3	A	1		1.08		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	12.83	0.696	3	A	1		21.94		
Minerals:									
Calcium, Ca....mg	90	2.614	6	A	1		153		
Iron, Fe....mg	1.65	0.055	6	A	1		2.81		
Magnesium, Mg....mg	17	0.233	6	A	1		29		
Phosphorus, P....mg	138	2.501	6	A	1		236		
Potassium, K....mg	158	2.979	6	A	1		270		
Sodium, Na....mg	577	7.941	6	A	1		987		
Zinc, Zn....mg	1.14	0.020	6	A	1		1.94		
Copper, Cu....mg	0.070	0.001	6	A	1		0.119		
Manganese, Mn....mg	0.184	0.011	6	A	1		0.314		
Selenium, Se....µg	24.8	1.313	3	A	1		42.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.237	0.009	3	A	1		0.405		
Riboflavin....mg	0.370	0.015	3	A	1		0.633		
Niacin....mg	2.754	0.153	3	A	1		4.710		
Pantothenic acid....mg	0.750		2	A	1		1.282		
Vitamin B-6....mg	0.159	0.009	3	A	1		0.271		
Folate, total....µg	50	1.272	3	A	1		86		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.51	0.037	3	A	1		0.87		
Vitamin A, RAE....µg	170		0	AS	1		291		
Vitamin A, IU....IU	568		0	AS	1		971		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.54		2	A	1		2.63		
Tocopherol, beta....mg	0.06		2	A	1		0.10		
Tocopherol, gamma....mg	1.32		2	A	1		2.25		
Tocopherol, delta....mg	0.21		2	A	1		0.36		
Tocotrienol, alpha....mg	0.44		2	A	1		0.76		
Tocotrienol, beta....mg	0.20		2	A	1		0.35		
Tocotrienol, gamma....mg	0.57		2	A	1		0.97		
Tocotrienol, delta....mg	0.16		2	A	1		0.28		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	9.5	0.337	4	A	1		16.3		
Dihydrophylloquinone....µg	8.8	0.346	4	A	1		15.1		
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.342		0	NC	4		14.265		
4:0....g	0.047	0.003	3	A	1		0.080		
6:0....g	0.035	0.002	3	A	1		0.059		
8:0....g	0.028	0.002	3	A	1		0.047		
10:0....g	0.067	0.003	3	A	1		0.115		
12:0....g	0.084	0.004	3	A	1		0.143		
13:0....g									
14:0....g	0.385	0.004	3	A	1		0.659		
15:0....g	0.033	0.001	3	A	1		0.056		
16:0....g	5.758	0.117	3	A	1		9.847		
17:0....g	0.057	0.001	3	A	1		0.097		
18:0....g	1.773	0.024	3	A	1		3.032		
20:0....g	0.049	0.001	3	A	1		0.084		
22:0....g	0.016	0.001	3	A	1		0.028		
24:0....g	0.011	0.000	3	A	1		0.019		
Fatty acids, total monounsaturated....g	7.838		0	NC	4		13.403		
14:1....g	0.023	0.001	3	A	1		0.039		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.270	0.005	3	AS	1		0.461		
16:1 c....g	0.259	0.004	3	A	1		0.443		
16:1 t....g	0.011	0.001	3	A	1		0.018		
17:1....g	0.032	0.001	3	A	1		0.055		
18:1 undifferentiated....g	7.403	0.064	3	AS	1		12.658		
18:1 c....g	7.303	0.069	3	A	1		12.488		
18:1 t....g	0.100	0.004	3	A	1		0.170		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.108	0.001	3	A	1		0.185		
22:1 undifferentiated....g	0.003	0.001	3	AS	1		0.005		
22:1 c....g	0.003	0.001	3	A	1		0.005		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	4.212		0	NC	4		7.202		
18:2 undifferentiated....g	3.797	0.153	3	AS	1		6.493		
18:2 n-6 c,c....g	3.734	0.154	3	A	1		6.386		
18:2 CLAs....g	0.023	0.001	3	A	1		0.040		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.039	0.001	3	A	1		0.067		
18:3 undifferentiated....g	0.192	0.003	3	AS	1		0.328		
18:3 n-3 c,c,c (ALA)....g	0.183	0.002	3	A	1		0.312		
18:3 n-6 c,c,c....g	0.009	0.001	3	A	1		0.016		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.068	0.004	3	A	1		0.116		
20:3 undifferentiated....g	0.021	0.003	3	AS	1		0.036		
20:3 n-3....g	0.004	0.004	3	A	1		0.006		
20:3 n-6....g	0.018	0.000	3	A	1		0.030		
20:4 undifferentiated....g	0.093	0.003	3	A	1		0.158		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	3	A	1		0.002		
21:5....g									
22:4....g	0.017	0.001	3	A	1		0.029		
22:5 n-3 (DPA)....g	0.008	0.000	3	A	1		0.014		
22:6 n-3 (DHA)....g	0.014	0.001	3	A	1		0.025		
Fatty acids, total trans....g	0.150		0	NC	4		0.256		
Fatty acids, total trans-monoenoic....g	0.110		0	NC	4		0.188		
Fatty acids, total trans-polyenoic....g	0.039		0	NC	4		0.067		
Cholesterol....mg	123	7.378	3	A	1		211		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	A	1		0.182		
Threonine....g	0.455		0	A	1		0.777		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.551		0	A	1		0.943		
Leucine.....g	0.929		0	A	1		1.588		
Lysine.....g	0.609		0	A	1		1.042		
Methionine.....g	0.290		0	A	1		0.496		
Cystine.....g									
Phenylalanine.....g	0.542		0	A	1		0.926		
Tyrosine.....g	0.339		0	A	1		0.579		
Valine.....g	0.658		0	A	1		1.125		
Arginine.....g	0.619		0	A	1		1.059		
Histidine.....g	0.329		0	A	1		0.562		
Alanine.....g	0.590		0	A	1		1.009		
Aspartic acid.....g	0.977		0	A	1		1.671		
Glutamic acid.....g	2.399		0	A	1		4.103		
Glycine.....g	0.503		0	A	1		0.860		
Proline.....g	1.093		0	A	1		1.869		
Serine.....g	0.561		0	A	1		0.959		
Hydroxyproline.....g	0.100		1	A	1		0.171		

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

Common Measures:

Measure 1 = 171g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21251
BURGER KING, Cheeseburger
Burger King Corporation

Refuse: 0%

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

NDB No. 21251
BURGER KING, Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.842		0	NC	4		9.099		
4:0....g	0.079		1	A	1		0.105		
6:0....g	0.049		1	A	1		0.065		
8:0....g	0.043		1	A	1		0.057		
10:0....g	0.075		1	A	1		0.100		
12:0....g	0.105		1	A	1		0.140		
13:0....g									
14:0....g	0.684		1	A	1		0.909		
15:0....g	0.081		1	A	1		0.108		
16:0....g	3.583		1	A	1		4.766		
17:0....g	0.139		1	A	1		0.185		
18:0....g	1.955		1	A	1		2.600		
20:0....g	0.028		1	A	1		0.038		
22:0....g	0.010		1	A	1		0.013		
24:0....g	0.010		1	A	1		0.013		
Fatty acids, total monounsaturated....g	5.704		0	NC	4		7.586		
14:1....g	0.088		1	A	1		0.117		
15:1....g									
16:1 undifferentiated....g	0.459		0	AS	1		0.610		
16:1 c....g	0.413		1	A	1		0.549		
16:1 t....g	0.046		1	A	1		0.062		
17:1....g	0.083		1	A	1		0.110		
18:1 undifferentiated....g	5.050		0	AS	1		6.716		
18:1 c....g	4.423		1	A	1		5.883		
18:1 t....g	0.626		1	A	1		0.833		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		1	A	1		0.032		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.521		0	NC	4		2.023		
18:2 undifferentiated....g	1.362		0	AS	1		1.812		
18:2 n-6 c,c....g	1.258		1	A	1		1.673		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.104		1	A	1		0.139		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.123		0	AS	1		0.163		
18:3 n-3 c,c,c (ALA)....g	0.123		1	A	1		0.163		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.005		1	A	1		0.007		
20:3 undifferentiated....g	0.011		1	A	1		0.015		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.020		1	A	1		0.026		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.777		0	NC	4		1.033		
Fatty acids, total trans-monoenoic....g	0.673		0	NC	4		0.895		
Fatty acids, total trans-polyenoic....g	0.104		0	NC	4		0.139		
Cholesterol....mg	45		1	A	1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0	A	1		0.106		
Threonine....g	0.500		0	A	1		0.665		
Isoleucine....g	0.560		0	A	1		0.745		
Leucine....g	1.090		0	A	1		1.450		

NDB No. 21251
BURGER KING, Cheeseburger

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

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

Common Measures:

Measure 1 = 133g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21256
BURGER KING, Chicken Strips
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.02	0.898	6	A	1		15.49	74.42	
Energy....kcal	292		0	NC	4		105	505	
Energy....kJ	1222		0	NC	4		440	2114	
Protein....g	18.20	0.415	6	A	1		6.55	31.49	
Total lipid (fat)....g	15.25	0.322	6	A	1		5.49	26.38	
Ash....g	3.05	0.072	6	A	1		1.10	5.27	
Carbohydrate, by difference....g	20.49		0	NC	4		7.37	35.44	
Fiber, total dietary....g	1.3		2	A	1		0.5	2.3	
Sugars, total....g	0.00		2	A	1		0.00	0.00	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	20.57	1.146	3	A	1		7.40	35.58	
Minerals:									
Calcium, Ca....mg	13	0.327	6	A	1		5	22	
Iron, Fe....mg	0.62	0.024	6	A	1		0.22	1.08	
Magnesium, Mg....mg	27	0.465	6	A	1		10	47	
Phosphorus, P....mg	291	6.015	6	A	1		105	503	
Potassium, K....mg	315	4.843	6	A	1		113	544	
Sodium, Na....mg	859	24.669	6	A	1		309	1486	
Zinc, Zn....mg	0.70	0.018	6	A	1		0.25	1.21	
Copper, Cu....mg	0.073	0.003	6	A	1		0.026	0.126	
Manganese, Mn....mg	0.278	0.007	6	A	1		0.100	0.481	
Selenium, Se....µg	16.1	0.504	3	A	1		5.8	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	A	1		0.4	1.9	
Thiamin....mg	0.090	0.000	3	A	1		0.032	0.156	
Riboflavin....mg	0.137	0.003	3	A	1		0.049	0.236	
Niacin....mg	7.960	0.359	3	A	1		2.866	13.771	
Pantothenic acid....mg	1.100		2	A	1		0.396	1.903	
Vitamin B-6....mg	0.402	0.011	3	A	1		0.145	0.695	
Folate, total....µg	9	0.328	3	A	1		3	15	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.15	0.010	3	A	1		0.05	0.26	
Vitamin A, RAE....µg	3		1	AS	1		1	4	
Vitamin A, IU....IU	11		1	AS	1		4	19	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	83		1	A	1		30	144	
Vitamin E (alpha-tocopherol)....mg	3.93	0.433	3	A	1		1.41	6.80	
Tocopherol, beta....mg	0.15	0.008	3	A	1		0.05	0.26	
Tocopherol, gamma....mg	7.82	0.784	3	A	1		2.81	13.52	
Tocopherol, delta....mg	0.72	0.025	3	A	1		0.26	1.25	
Tocotrienol, alpha....mg	0.20	0.024	3	A	1		0.07	0.34	
Tocotrienol, beta....mg	0.23	0.028	3	A	1		0.08	0.40	
Tocotrienol, gamma....mg	0.08	0.006	3	A	1		0.03	0.13	
Tocotrienol, delta....mg	0.00	0.000	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	6.3	0.325	4	A	1		2.3	10.9	
Dihydrophylloquinone....µg	32.5	1.195	4	A	1		11.7	56.3	
Menaquinone-4....µg									

NDB No. 21256
BURGER KING, Chicken Strips

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.699		0	NC	4		0.972	4.669	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.005	0.000	3	A	1		0.002	0.008	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.002	0.000	3	A	1		0.001	0.003	
13:0....g									
14:0....g	0.034	0.005	3	A	1		0.012	0.059	
15:0....g	0.004	0.000	3	A	1		0.001	0.006	
16:0....g	2.085	0.128	3	A	1		0.751	3.607	
17:0....g	0.012	0.000	3	A	1		0.004	0.020	
18:0....g	0.452	0.033	3	A	1		0.163	0.783	
20:0....g	0.055	0.003	3	A	1		0.020	0.095	
22:0....g	0.028	0.002	3	A	1		0.010	0.048	
24:0....g	0.023	0.001	3	A	1		0.008	0.039	
Fatty acids, total monounsaturated....g	4.202		0	NC	4		1.513	7.269	
14:1....g	0.000	0.000	3	A	1		0.000	0.001	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.051	0.002	3	AS	1		0.018	0.088	
16:1 c....g	0.051	0.002	3	A	1		0.018	0.088	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.006	0.000	3	A	1		0.002	0.011	
18:1 undifferentiated....g	4.074	0.277	3	AS	1		1.467	7.048	
18:1 c....g	4.059	0.275	3	A	1		1.461	7.021	
18:1 t....g	0.015	0.002	3	A	1		0.005	0.026	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.067	0.008	3	A	1		0.024	0.116	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.001	0.003	
22:1 c....g	0.002	0.000	3	A	1		0.001	0.003	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.002	0.002	3	A	1		0.001	0.003	
Fatty acids, total polyunsaturated....g	7.371		0	NC	4		2.653	12.751	
18:2 undifferentiated....g	6.983	0.280	3	AS	1		2.514	12.081	
18:2 n-6 c,c....g	6.928	0.279	3	A	1		2.494	11.985	
18:2 CLAs....g	0.011	0.000	3	A	1		0.004	0.019	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.044	0.001	3	A	1		0.016	0.077	
18:3 undifferentiated....g	0.317	0.036	3	AS	1		0.114	0.548	
18:3 n-3 c,c,c (ALA)....g	0.296	0.033	3	A	1		0.107	0.512	
18:3 n-6 c,c,c....g	0.021	0.003	3	A	1		0.007	0.036	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	3	A	1		0.003	0.013	
20:3 undifferentiated....g	0.007	0.000	3	AS	1		0.002	0.012	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.007	0.000	3	A	1		0.002	0.012	
20:4 undifferentiated....g	0.040	0.002	3	A	1		0.015	0.070	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.011	0.001	3	A	1		0.004	0.019	
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.001	0.006	
22:6 n-3 (DHA)....g	0.002	0.000	3	A	1		0.001	0.004	
Fatty acids, total trans....g	0.060		0	NC	4		0.021	0.103	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.005	0.026	
Fatty acids, total trans-polyenoic....g	0.044		0	NC	4		0.016	0.077	
Cholesterol....mg	44	2.090	3	A	1		16	76	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.210		0	A	1		0.076	0.363	
Threonine....g	0.760		0	A	1		0.274	1.315	

NDB No. 21256
BURGER KING, Chicken Strips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.800		0	A	1		0.288	1.384	
Leucine....g	1.470		0	A	1		0.529	2.543	
Lysine....g	1.530		0	A	1		0.551	2.647	
Methionine....g	0.490		0	A	1		0.176	0.848	
Cystine....g	0.270		0	A	1		0.097	0.467	
Phenylalanine....g	1.360		0	A	1		0.490	2.353	
Tyrosine....g	0.510		0	A	1		0.184	0.882	
Valine....g	0.860		0	A	1		0.310	1.488	
Arginine....g	1.150		0	A	1		0.414	1.989	
Histidine....g	0.620		0	A	1		0.223	1.073	
Alanine....g	0.960		0	A	1		0.346	1.661	
Aspartic acid....g	1.530		0	A	1		0.551	2.647	
Glutamic acid....g	3.020		0	A	1		1.087	5.224	
Glycine....g	0.800		0	A	1		0.288	1.384	
Proline....g	1.510		0	A	1		0.544	2.612	
Serine....g	0.750		0	A	1		0.270	1.298	
Hydroxyproline....g	0.040		1	A	1		0.014	0.069	

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

Common Measures:

Measure 1 = 36g: 1 strip

Measure 2 = 173g: 1 serving 5 pieces

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

Food Group: 21 Fast Foods

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

NDB No. 21254

BURGER KING, DOUBLE WHOPPER, no cheese

Burger King Corporation

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	14.1		1	A	1		52.7		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.773		0	NC	4		21.593		
4:0....g	0.005		1	A	1		0.019		
6:0....g	0.005		1	A	1		0.019		
8:0....g	0.013		1	A	1		0.048		
10:0....g	0.013		1	A	1		0.049		
12:0....g	0.061		1	A	1		0.230		
13:0....g									
14:0....g	0.372		1	A	1		1.390		
15:0....g	0.055		1	A	1		0.205		
16:0....g	3.249		1	A	1		12.149		
17:0....g	0.146		1	A	1		0.546		
18:0....g	1.795		1	A	1		6.714		
20:0....g	0.028		1	A	1		0.106		
22:0....g	0.020		1	A	1		0.073		
24:0....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated....g	6.117		0	NC	4		22.879		
14:1....g	0.096		1	A	1		0.358		
15:1....g									
16:1 undifferentiated....g	0.461		0	AS	1		1.726		
16:1 c....g	0.430		1	A	1		1.609		
16:1 t....g	0.031		1	A	1		0.116		
17:1....g	0.095		1	A	1		0.356		
18:1 undifferentiated....g	5.442		0	AS	1		20.355		
18:1 c....g	5.128		1	A	1		19.178		
18:1 t....g	0.315		1	A	1		1.177		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023		1	A	1		0.084		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.016		0	NC	4		11.281		
18:2 undifferentiated....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c....g	2.606		1	A	1		9.745		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.057		1	A	1		0.212		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		1.176		
18:3 n-3 c,c,c (ALA)....g	0.315		1	A	1		1.176		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.021		
20:3 undifferentiated....g	0.009		1	A	1		0.033		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025		1	A	1		0.095		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.402		0	NC	4		1.505		
Fatty acids, total trans-monoenoic....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.212		
Cholesterol....mg	46		1	A	1		172		
Phytosterols....mg									
Amino Acids:									

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

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

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

Common Measures:

Measure 1 = 374g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21255

BURGER KING, DOUBLE WHOPPER, with cheese

Burger King Corporation

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	11.5		1	A	1		45.9		
Dihydrophylloquinone....µg	0.3		1	A	1		1.2		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.998		0	NC	4		27.920		
4:0....g	0.060		1	A	1		0.238		
6:0....g	0.092		1	A	1		0.368		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.095		1	A	1		0.380		
12:0....g	0.096		1	A	1		0.384		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.614		1	A	1		2.450		
15:0....g	0.081		1	A	1		0.323		
16:0....g	3.820		1	A	1		15.243		
17:0....g	0.163		1	A	1		0.650		
18:0....g	1.976		1	A	1		7.885		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	6.298		0	NC	4		25.127		
14:1....g	0.145		1	A	1		0.580		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.487		1	A	1		1.945		
17:1....g	0.114		1	A	1		0.455		
18:1 undifferentiated....g	5.551		0	AS	1		22.148		
18:1 c....g	4.931		1	A	1		19.673		
18:1 t....g	0.620		1	A	1		2.475		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.987		0	NC	4		11.916		
18:2 undifferentiated....g	2.595		1	A	1		10.354		
18:3 undifferentiated....g	0.392		0	AS	1		1.562		
18:3 n-3 c,c,c (ALA)....g	0.392		1	A	1		1.562		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-monoenoic....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	47		1	A	1		188		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.399		
Threonine....g	0.400		0	A	1		1.596		
Isoleucine....g	0.590		0	A	1		2.354		
Leucine....g	1.060		0	A	1		4.229		
Lysine....g	1.010		0	A	1		4.030		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.290		0	A	1		1.157		
Cystine....g	0.110		0	A	1		0.439		
Phenylalanine....g	0.610		0	A	1		2.434		
Tyrosine....g	0.380		0	A	1		1.516		
Valine....g	0.690		0	A	1		2.753		
Arginine....g	0.760		0	A	1		3.032		
Histidine....g	0.370		0	A	1		1.476		
Alanine....g	0.640		0	A	1		2.553		
Aspartic acid....g	0.980		0	A	1		3.910		
Glutamic acid....g	2.550		0	A	1		10.174		
Glycine....g	0.940		0	A	1		3.750		
Proline....g	1.230		0	A	1		4.908		
Serine....g	0.340		0	A	1		1.357		
Hydroxyproline....g	0.200		1	A	1		0.798		

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

Common Measures:

Measure 1 = 399g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21506

BURGER KING, Double Cheeseburger

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.37	0.327	6	A	1		76.75		
Energy....kcal	282		0	NC	4		457		
Energy....kJ	1181		0	NC	4		1913		
Protein....g	16.83	0.196	6	A	1		27.27		
Total lipid (fat)....g	16.13	0.297	6	A	1		26.14		
Ash....g	2.23	0.042	6	A	1		3.61		
Carbohydrate, by difference....g	17.43		0	NC	4		28.23		
Fiber, total dietary....g									
Sugars, total....g	4.17	0.167	3	A	1		6.75		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.47	0.033	3	A	1		2.38		
Fructose....g	1.80	0.100	3	A	1		2.92		
Lactose....g	0.50	0.058	3	A	1		0.81		
Maltose....g	0.40	0.000	3	A	1		0.65		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	120	4.208	6	A	1		195		
Iron, Fe....mg	2.33	0.130	6	A	1		3.78		
Magnesium, Mg....mg	23	0.394	6	A	1		38		
Phosphorus, P....mg	168	1.607	6	A	1		271		
Potassium, K....mg	231	4.522	6	A	1		375		
Sodium, Na....mg	562	11.268	6	A	1		910		
Zinc, Zn....mg	2.92	0.058	6	A	1		4.73		
Copper, Cu....mg	0.093	0.003	6	A	1		0.151		
Manganese, Mn....mg	0.210	0.006	6	A	1		0.340		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	6.922		0	NC	4		11.214		
4:0....g	0.077	0.010	3	A	1		0.125		
6:0....g	0.064	0.006	3	A	1		0.104		
8:0....g	0.043	0.004	3	A	1		0.070		
10:0....g	0.110	0.008	3	A	1		0.178		
12:0....g	0.128	0.009	3	A	1		0.207		
13:0....g									
14:0....g	0.685	0.022	3	A	1		1.110		
15:0....g	0.095	0.002	3	A	1		0.154		
16:0....g	3.512	0.019	3	A	1		5.689		
17:0....g	0.161	0.002	3	A	1		0.260		
18:0....g	2.004	0.065	3	A	1		3.247		
20:0....g	0.024	0.000	3	A	1		0.039		
22:0....g	0.010	0.000	3	A	1		0.015		
24:0....g	0.007	0.000	3	A	1		0.011		
Fatty acids, total monounsaturated....g	6.079		0	NC	4		9.848		
14:1....g	0.129	0.002	3	A	1		0.208		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.406	0.013	3	AS	1		0.657		
16:1 c....g	0.354	0.011	3	A	1		0.573		
16:1 t....g	0.052	0.002	3	A	1		0.084		
17:1....g	0.099	0.000	3	A	1		0.160		
18:1 undifferentiated....g	5.372	0.118	3	AS	1		8.702		
18:1 c....g	4.825	0.125	3	A	1		7.817		
18:1 t....g	0.547	0.011	3	A	1		0.885		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054	0.003	3	A	1		0.087		
22:1 undifferentiated....g	0.016	0.002	3	AS	1		0.026		
22:1 c....g	0.016	0.002	3	A	1		0.026		

NDB No. 21506
BURGER KING, Double Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.005	0.003	3	A	1		0.008		
Fatty acids, total polyunsaturated....g	1.215		0	NC	4		1.969		
18:2 undifferentiated....g	1.028	0.021	3	AS	1		1.666		
18:2 n-6 c,c....g	0.840	0.019	3	A	1		1.361		
18:2 CLAs....g	0.085	0.003	3	A	1		0.137		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.104	0.002	3	A	1		0.168		
18:3 undifferentiated....g	0.105	0.007	3	AS	1		0.170		
18:3 n-3 c,c,c (ALA)....g	0.104	0.005	3	A	1		0.168		
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.002		
18:3i....g									
18:4....g	0.002	0.001	3	A	1		0.003		
20:2 n-6 c,c....g	0.005	0.001	3	A	1		0.008		
20:3 undifferentiated....g	0.020	0.000	3	AS	1		0.032		
20:3 n-3....g	0.003	0.000	3	A	1		0.005		
20:3 n-6....g	0.017	0.000	3	A	1		0.027		
20:4 undifferentiated....g	0.029	0.001	3	A	1		0.046		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.001	3	A	1		0.010		
21:5....g									
22:4....g	0.006	0.000	3	A	1		0.010		
22:5 n-3 (DPA)....g	0.014	0.001	3	A	1		0.023		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.001		
Fatty acids, total trans....g	0.702		0	NC	4		1.137		
Fatty acids, total trans-monoenoic....g	0.599		0	NC	4		0.970		
Fatty acids, total trans-polyenoic....g	0.104		0	NC	4		0.168		
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 162g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21250
BURGER KING, Hamburger
Burger King Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.97	0.427	6	A	1		45.51		
Energy	kcal	261		0	NC	4		259		
Energy	kJ	1094		0	NC	4		1083		
Protein (N x 6.25)	g	14.85	0.118	6	A	1		14.71		
Total lipid (fat)	g	10.55	0.259	6	A	1		10.44		
Ash	g	1.87	0.017	6	A	1		1.85		
Carbohydrate, by difference	g	26.76		0	NC	4		26.49		
Fiber, total dietary	g	2.0	0.303	4	A	1		2.0		
Sugars, total	g	5.60	0.115	3	A	1		5.54		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)	g	2.27	0.067	3	A	1		2.24		
Fructose	g	2.73	0.133	3	A	1		2.71		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.60	0.000	3	A	1		0.59		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	76	2.316	6	A	1		75		
Iron, Fe	mg	2.87	0.228	6	A	1		2.84		
Magnesium, Mg	mg	25	0.397	6	A	1		25		
Phosphorus, P	mg	126	1.909	6	A	1		125		
Potassium, K	mg	217	1.585	6	A	1		215		
Sodium, Na	mg	461	6.936	6	A	1		457		
Zinc, Zn	mg	2.38	0.056	6	A	1		2.36		
Copper, Cu	mg	0.121	0.002	6	A	1		0.120		
Manganese, Mn	mg	0.327	0.005	6	A	1		0.324		
Selenium, Se	µg	24.9	2.244	4	A	1		24.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.000	4	A	1		0.2		
Thiamin	mg	0.334	0.027	4	A	1		0.331		
Riboflavin	mg	0.227	0.006	4	A	1		0.225		
Niacin	mg	3.947	0.146	4	A	1		3.908		
Pantothenic acid	mg	0.222	0.005	4	A	1		0.220		
Vitamin B-6	mg	0.101	0.005	4	A	1		0.100		
Folate, total	µg	64	1.658	4	A	1		63		
Folic acid	µg	37	2.955	4	A	1		36		
Folate, food	µg	27		0	AS	1		26		
Folate, DFE	µg	89		0	NC	4		88		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.04	0.003	3	A	1		0.04		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg	0.07	0.020	3	A	1		0.07		
Tocotrienol, alpha	mg									
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									

NDB No. 21250
BURGER KING, Hamburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.5	0.456	4	A	1		5.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.821		0	NC	4		3.783		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.001	0.001	3	A	1		0.001		
10:0....g	0.009	0.000	3	A	1		0.009		
12:0....g	0.008	0.000	3	A	1		0.008		
13:0....g									
14:0....g	0.239	0.007	3	A	1		0.237		
15:0....g	0.043	0.002	3	A	1		0.042		
16:0....g	2.050	0.085	3	A	1		2.029		
17:0....g	0.107	0.003	3	A	1		0.106		
18:0....g	1.332	0.065	3	A	1		1.319		
20:0....g	0.018	0.000	3	A	1		0.018		
22:0....g	0.009	0.000	3	A	1		0.009		
24:0....g	0.005	0.000	3	A	1		0.005		
Fatty acids, total monounsaturated....g	4.249		0	NC	4		4.207		
14:1....g	0.072	0.003	3	A	1		0.071		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.275	0.013	3	AS	1		0.272		
16:1 c....g	0.245	0.010	3	A	1		0.242		
16:1 t....g	0.031	0.003	3	A	1		0.030		
17:1....g	0.069	0.001	3	A	1		0.069		
18:1 undifferentiated....g	3.754	0.111	3	AS	1		3.716		
18:1 c....g	3.382	0.121	3	A	1		3.348		
18:1 t....g	0.372	0.018	3	A	1		0.368		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047	0.004	3	A	1		0.046		
22:1 undifferentiated....g	0.026	0.005	3	AS	1		0.025		
22:1 c....g	0.026	0.005	3	A	1		0.025		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.007	0.004	3	A	1		0.007		
Fatty acids, total polyunsaturated....g	1.244		0	NC	4		1.232		
18:2 undifferentiated....g	1.082	0.056	3	AS	1		1.071		
18:2 n-6 c,c....g	0.967	0.051	3	A	1		0.957		
18:2 CLAs....g	0.050	0.003	3	A	1		0.050		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.065	0.002	3	A	1		0.064		
18:3 undifferentiated....g	0.107	0.008	3	AS	1		0.106		
18:3 n-3 c,c,c (ALA)....g	0.106	0.009	3	A	1		0.105		
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.001		
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.001		
20:2 n-6 c,c....g	0.003	0.000	3	A	1		0.003		
20:3 undifferentiated....g	0.014	0.001	3	AS	1		0.014		
20:3 n-3....g	0.002	0.000	3	A	1		0.002		
20:3 n-6....g	0.012	0.001	3	A	1		0.011		
20:4 undifferentiated....g	0.017	0.000	3	A	1		0.017		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.003		
21:5....g									
22:4....g	0.006	0.001	3	A	1		0.006		
22:5 n-3 (DPA)....g	0.009	0.001	3	A	1		0.009		
22:6 n-3 (DHA)....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans....g	0.467		0	NC	4		0.462		
Fatty acids, total trans-monoenoic....g	0.402		0	NC	4		0.398		

NDB No. 21250
BURGER KING, Hamburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.065		0	NC	4		0.064		
Cholesterol.....mg	35	0.846	4	A	1		35		
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: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21387

BURGER KING, Hash Brown Rounds

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.34	0.493	5	A	1		2.60	74.14	
Energy....kcal	302		0	NC	4		17	484	
Energy....kJ	1265		0	NC	4		71	2024	
Protein....g	2.80	0.065	5	A	1		0.16	4.48	
Total lipid (fat)....g	19.30	0.145	5	A	1		1.08	30.88	
Ash....g	2.19	0.059	5	A	1		0.12	3.50	
Carbohydrate, by difference....g	29.37		0	NC	4		1.64	46.99	
Fiber, total dietary....g	2.3	0.523	3	A	1		0.1	3.6	
Sugars, total....g	0.63	0.006	3	A	1		0.04	1.01	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.35	0.007	3	A	1		0.02	0.57	
Fructose....g	0.28	0.009	3	A	1		0.02	0.44	
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	26.63	0.536	3	A	1		1.49	42.61	
Minerals:									
Calcium, Ca....mg	15	1.644	6	A	1		1	23	
Iron, Fe....mg	0.71	0.075	6	A	1		0.04	1.14	
Magnesium, Mg....mg	20	1.111	6	A	1		1	33	
Phosphorus, P....mg	95	4.984	6	A	1		5	151	
Potassium, K....mg	364	13.344	6	A	1		20	582	
Sodium, Na....mg	568	27.206	6	A	1		32	908	
Zinc, Zn....mg	0.37	0.020	6	A	1		0.02	0.59	
Copper, Cu....mg	0.127	0.013	6	A	1		0.007	0.203	
Manganese, Mn....mg	0.176	0.015	6	A	1		0.010	0.282	
Selenium, Se....µg	0.4		1	A	1		0.0	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.3	0.791	3	A	1		0.2	6.8	
Thiamin....mg	0.163	0.019	3	A	1		0.009	0.261	
Riboflavin....mg	0.053	0.003	3	A	1		0.003	0.085	
Niacin....mg	1.980	0.038	3	A	1		0.111	3.168	
Pantothenic acid....mg	0.455		2	A	1		0.025	0.728	
Vitamin B-6....mg	0.187	0.007	3	A	1		0.010	0.299	
Folate, total....µg	13	1.935	3	A	1		1	20	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Vitamin A, IU....IU	2		0	AS	1		0	4	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	21	0.822	3	A	1		1	33	
Vitamin E (alpha-tocopherol)....mg	4.40	0.410	3	A	1		0.25	7.04	
Tocopherol, beta....mg	0.54	0.425	3	A	1		0.03	0.87	
Tocopherol, gamma....mg	8.18	0.865	3	A	1		0.46	13.08	
Tocopherol, delta....mg	1.21	0.121	3	A	1		0.07	1.93	
Tocotrienol, alpha....mg	0.20	0.020	3	A	1		0.01	0.31	
Tocotrienol, beta....mg	0.11	0.030	3	A	1		0.01	0.17	
Tocotrienol, gamma....mg	0.11	0.015	3	A	1		0.01	0.18	
Tocotrienol, delta....mg	0.00	0.000	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									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21387
BURGER KING, Hash Brown Rounds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.285		0	NC	4		0.184	5.256	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.014	0.002	3	A	1		0.001	0.022	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.004	0.000	3	A	1		0.000	0.007	
13:0....g									
14:0....g	0.041	0.006	3	A	1		0.002	0.065	
15:0....g	0.006	0.000	3	A	1		0.000	0.010	
16:0....g	2.485	0.136	3	A	1		0.139	3.976	
17:0....g	0.015	0.001	3	A	1		0.001	0.023	
18:0....g	0.585	0.034	3	A	1		0.033	0.935	
20:0....g	0.071	0.003	3	A	1		0.004	0.114	
22:0....g	0.038	0.001	3	A	1		0.002	0.060	
24:0....g	0.027	0.001	3	A	1		0.002	0.044	
Fatty acids, total monounsaturated....g	5.466		0	NC	4		0.306	8.746	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.039	0.005	3	AS	1		0.002	0.062	
16:1 c....g	0.039	0.005	3	A	1		0.002	0.062	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.008	0.000	3	A	1		0.000	0.013	
18:1 undifferentiated....g	5.347	0.251	3	AS	1		0.299	8.556	
18:1 c....g	5.319	0.245	3	A	1		0.298	8.510	
18:1 t....g	0.028	0.006	3	A	1		0.002	0.045	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.067	0.008	3	A	1		0.004	0.107	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.000	0.004	
22:1 c....g	0.002	0.000	3	A	1		0.000	0.003	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.001	
24:1 c....g	0.002	0.001	3	A	1		0.000	0.004	
Fatty acids, total polyunsaturated....g	8.984		0	NC	4		0.503	14.374	
18:2 undifferentiated....g	8.457	0.199	3	AS	1		0.474	13.530	
18:2 n-6 c,c....g	8.367	0.196	3	A	1		0.469	13.387	
18:2 CLAs....g	0.029	0.002	3	A	1		0.002	0.046	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.061	0.005	3	A	1		0.003	0.098	
18:3 undifferentiated....g	0.512	0.023	3	AS	1		0.029	0.818	
18:3 n-3 c,c,c (ALA)....g	0.475	0.020	3	A	1		0.027	0.760	
18:3 n-6 c,c,c....g	0.037	0.004	3	A	1		0.002	0.059	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.001	3	A	1		0.000	0.012	
20:3 undifferentiated....g	0.002	0.000	3	AS	1		0.000	0.003	
20:3 n-3....g	0.002	0.000	3	A	1		0.000	0.003	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.006	0.000	3	A	1		0.000	0.010	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.090		0	NC	4		0.005	0.143	
Fatty acids, total trans-monoenoic....g	0.029		0	NC	4		0.002	0.046	
Fatty acids, total trans-polyenoic....g	0.061		0	NC	4		0.003	0.098	
Cholesterol....mg	0		2	A	1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0	A	1		0.002	0.054	
Threonine....g	0.119		0	A	1		0.007	0.191	

NDB No. 21387
BURGER KING, Hash Brown Rounds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.100		0	A	1		0.006	0.160	
Leucine....g	0.178		0	A	1		0.010	0.284	
Lysine....g	0.173		0	A	1		0.010	0.277	
Methionine....g	0.036		0	A	1		0.002	0.058	
Cystine....g	0.041		0	A	1		0.002	0.066	
Phenylalanine....g	0.124		0	A	1		0.007	0.199	
Tyrosine....g	0.090		0	A	1		0.005	0.145	
Valine....g	0.139		0	A	1		0.008	0.222	
Arginine....g	0.134		0	A	1		0.008	0.215	
Histidine....g	0.049		0	A	1		0.003	0.078	
Alanine....g	0.107		0	A	1		0.006	0.171	
Aspartic acid....g	0.502		0	A	1		0.028	0.804	
Glutamic acid....g	0.379		0	A	1		0.021	0.606	
Glycine....g	0.095		0	A	1		0.005	0.152	
Proline....g	0.105		0	A	1		0.006	0.167	
Serine....g	0.122		0	A	1		0.007	0.195	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 5.6g: 1 piece

Measure 2 = 160g: 1 serving

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

Food Group: 21 Fast Foods

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

NDB No. 21509
BURGER KING, Onion Rings
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.52	0.995	6	A	1		22.31	28.68	34.81
Energy....kcal	417		0	NC	4		379	488	592
Energy....kJ	1744		0	NC	4		1587	2040	2476
Protein....g	3.86	0.147	6	A	1		3.51	4.51	5.48
Total lipid (fat)....g	25.23	0.517	6	A	1		22.96	29.52	35.83
Ash....g	2.82	0.084	6	A	1		2.56	3.30	4.00
Carbohydrate, by difference....g	43.58		0	NC	4		39.65	50.98	61.88
Fiber, total dietary....g	2.7	0.165	3	A	1		2.5	3.2	3.8
Sugars, total....g	5.43	0.256	3	A	1		4.94	6.36	7.71
Sucrose....g	3.56	0.261	3	A	1		3.24	4.16	5.05
Glucose (dextrose)....g	0.44	0.015	3	A	1		0.40	0.52	0.63
Fructose....g	0.98	0.062	3	A	1		0.89	1.15	1.40
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.45	0.057	3	A	1		0.41	0.53	0.64
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	26.50	1.850	3	A	1		24.11	31.00	37.63
Minerals:									
Calcium, Ca....mg	115	15.434	6	A	1		105	135	164
Iron, Fe....mg	0.78	0.027	6	A	1		0.71	0.91	1.10
Magnesium, Mg....mg	19	0.368	6	A	1		17	22	27
Phosphorus, P....mg	158	1.862	6	A	1		144	185	224
Potassium, K....mg	167	4.494	6	A	1		152	195	237
Sodium, Na....mg	776	13.893	6	A	1		706	908	1102
Zinc, Zn....mg	0.51	0.017	6	A	1		0.47	0.60	0.73
Copper, Cu....mg	0.075	0.004	6	A	1		0.069	0.088	0.107
Manganese, Mn....mg	0.342	0.008	6	A	1		0.311	0.400	0.485
Selenium, Se....µg	5.7	0.291	3	A	1		5.2	6.6	8.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4	0.395	3	A	1		1.3	1.6	2.0
Thiamin....mg	0.110	0.000	3	A	1		0.100	0.129	0.156
Riboflavin....mg	0.063	0.003	3	A	1		0.058	0.074	0.090
Niacin....mg	0.673	0.027	3	A	1		0.613	0.788	0.956
Pantothenic acid....mg	0.325		2	A	1		0.296	0.380	0.462
Vitamin B-6....mg	0.133	0.003	3	A	1		0.121	0.156	0.189
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	8.4		0	AS	1		7.7	9.8	11.9
Betaine....mg	16.6		1	A	1		15.1	19.4	23.6
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Vitamin A, IU....IU	6		0	AS	1		6	7	9
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	38		1	A	1		35	45	54
Vitamin E (alpha-tocopherol)....mg	4.92	0.231	3	A	1		4.47	5.75	6.98
Tocopherol, beta....mg	0.18	0.027	3	A	1		0.16	0.21	0.25
Tocopherol, gamma....mg	11.02	0.692	3	A	1		10.03	12.90	15.65
Tocopherol, delta....mg	1.22	0.119	3	A	1		1.11	1.42	1.73
Tocotrienol, alpha....mg	0.15	0.018	3	A	1		0.14	0.18	0.22
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.10	0.012	3	A	1		0.09	0.12	0.14
Tocotrienol, delta....mg	0.06	0.057	3	A	1		0.05	0.07	0.08
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21509
BURGER KING, Onion Rings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.194		0	NC	4		3.816	4.907	5.955
4:0....g	0.004	0.001	6	A	1		0.004	0.005	0.006
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.015	0.001	6	A	1		0.013	0.017	0.021
10:0....g	0.012	0.001	6	A	1		0.011	0.015	0.018
12:0....g	0.006	0.001	6	A	1		0.005	0.007	0.008
13:0....g									
14:0....g	0.058	0.004	6	A	1		0.052	0.067	0.082
15:0....g	0.006	0.000	6	A	1		0.005	0.007	0.008
16:0....g	3.242	0.127	6	A	1		2.950	3.793	4.604
17:0....g	0.020	0.001	6	A	1		0.019	0.024	0.029
18:0....g	0.655	0.026	6	A	1		0.596	0.767	0.931
20:0....g	0.087	0.003	6	A	1		0.079	0.102	0.124
22:0....g	0.052	0.002	6	A	1		0.047	0.060	0.073
24:0....g	0.036	0.001	6	A	1		0.033	0.042	0.052
Fatty acids, total monounsaturated....g	6.885		0	NC	4		6.266	8.056	9.777
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.053	0.003	6	AS	1		0.048	0.062	0.075
16:1 c....g	0.053	0.003	6	A	1		0.048	0.062	0.075
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.011	0.000	6	A	1		0.010	0.013	0.016
18:1 undifferentiated....g	6.729	0.240	6	AS	1		6.123	7.873	9.555
18:1 c....g	6.700	0.238	6	A	1		6.097	7.839	9.514
18:1 t....g	0.029	0.005	6	A	1		0.026	0.034	0.041
18:1-11 t (18:1t n-7)....g									
20:1....g	0.081	0.005	6	A	1		0.073	0.094	0.115
22:1 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.005	0.007
22:1 c....g	0.003	0.000	6	A	1		0.003	0.003	0.004
22:1 t....g	0.002	0.000	6	A	1		0.002	0.002	0.003
24:1 c....g	0.007	0.001	6	A	1		0.006	0.008	0.009
Fatty acids, total polyunsaturated....g	12.149		0	NC	4		11.055	14.214	17.251
18:2 undifferentiated....g	11.507	0.328	6	AS	1		10.472	13.464	16.341
18:2 n-6 c,c....g	11.338	0.323	6	A	1		10.318	13.266	16.100
18:2 CLAs....g	0.037	0.003	6	A	1		0.033	0.043	0.052
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.133	0.006	6	A	1		0.121	0.155	0.189
18:3 undifferentiated....g	0.619	0.040	6	AS	1		0.563	0.724	0.879
18:3 n-3 c,c,c (ALA)....g	0.577	0.037	6	A	1		0.525	0.675	0.819
18:3 n-6 c,c,c....g	0.042	0.004	6	A	1		0.038	0.049	0.060
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.009	0.001	6	A	1		0.008	0.011	0.013
20:3 undifferentiated....g	0.004	0.000	6	AS	1		0.003	0.004	0.005
20:3 n-3....g	0.004	0.000	6	A	1		0.003	0.004	0.005
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.007	0.000	6	A	1		0.007	0.009	0.011
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.001	0.001	0.002
21:5....g									
22:4....g	0.001	0.000	6	A	1		0.001	0.001	0.001
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.164		0	NC	4		0.149	0.192	0.232
Fatty acids, total trans-monoenoic....g	0.031		0	NC	4		0.028	0.036	0.044
Fatty acids, total trans-polyenoic....g	0.133		0	NC	4		0.121	0.155	0.189
Cholesterol....mg									
Phytosterols....mg									

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

NDB No. 21509
BURGER KING, Onion Rings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 91g: 1 small
Measure 2 = 117g: 1 medium
Measure 3 = 142g: 1 large

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

Food Group: 21 Fast Foods

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

NDB No. 21259

BURGER KING, Original Chicken Sandwich

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.70	0.563	6	A	1		88.95		
Energy....kcal	286		0	NC	4		568		
Energy....kJ	1195		0	NC	4		2378		
Protein (N x 6.25)....g	12.14	0.097	6	A	1		24.15		
Total lipid (fat)....g	14.69	0.524	6	A	1		29.24		
Ash....g	2.25	0.051	6	A	1		4.49		
Carbohydrate, by difference....g	26.22		0	NC	4		52.17		
Fiber, total dietary....g	2.4		1	A	1		4.8		
Sugars, total....g	3.02	0.137	3	A	1		6.02		
Sucrose....g	0.07	0.033	3	A	1		0.13		
Glucose (dextrose)....g	1.00	0.100	3	A	1		1.99		
Fructose....g	1.37	0.033	3	A	1		2.72		
Lactose....g	0.02	0.025	3	A	1		0.05		
Maltose....g	0.57	0.067	3	A	1		1.13		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	46	2.210	6	A	1		92		
Iron, Fe....mg	1.79	0.091	6	A	1		3.57		
Magnesium, Mg....mg	23	0.205	6	A	1		46		
Phosphorus, P....mg	128	1.626	6	A	1		254		
Potassium, K....mg	196	4.810	6	A	1		390		
Sodium, Na....mg	638	20.488	6	A	1		1270		
Zinc, Zn....mg	0.62	0.007	6	A	1		1.23		
Copper, Cu....mg	0.089	0.002	6	A	1		0.177		
Manganese, Mn....mg	0.401	0.015	6	A	1		0.798		
Selenium, Se....µg	23.4		1	A	1		46.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.3		
Thiamin....mg	0.281		1	A	1		0.559		
Riboflavin....mg	0.160		1	A	1		0.318		
Niacin....mg	4.710		1	A	1		9.373		
Pantothenic acid....mg	0.430		1	A	1		0.856		
Vitamin B-6....mg	0.154		1	A	1		0.306		
Folate, total....µg	33		1	A	1		66		
Folic acid....µg	21		1	A	1		42		
Folate, food....µg	12		0	AS	1		24		
Folate, DFE....µg	48		0	NC	4		95		
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									

NDB No. 21259
BURGER KING, Original Chicken Sandwich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	23.7		1	A	1		47.2		
Dihydrophylloquinone....µg	7.7		1	A	1		15.3		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.723		0	NC	4		5.419		
4:0....g	0.001	0.001	3	A	1		0.001		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.003	0.000	3	A	1		0.007		
10:0....g	0.005	0.001	3	A	1		0.010		
12:0....g	0.003	0.001	3	A	1		0.006		
13:0....g									
14:0....g	0.030	0.002	3	A	1		0.060		
15:0....g	0.005	0.001	3	A	1		0.010		
16:0....g	1.950	0.101	3	A	1		3.880		
17:0....g	0.015	0.001	3	A	1		0.030		
18:0....g	0.616	0.025	3	A	1		1.226		
20:0....g	0.042	0.003	3	A	1		0.083		
22:0....g	0.037	0.003	3	A	1		0.073		
24:0....g	0.017	0.001	3	A	1		0.033		
Fatty acids, total monounsaturated....g	3.704		0	NC	4		7.370		
14:1....g	0.004	0.001	3	A	1		0.009		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.144	0.015	3	AS	1		0.286		
16:1 c....g	0.143	0.014	3	A	1		0.285		
16:1 t....g	0.001	0.001	3	A	1		0.002		
17:1....g	0.009	0.000	3	A	1		0.017		
18:1 undifferentiated....g	3.475	0.208	3	AS	1		6.914		
18:1 c....g	3.453	0.208	3	A	1		6.871		
18:1 t....g	0.022	0.002	3	A	1		0.044		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.068	0.011	3	A	1		0.135		
22:1 undifferentiated....g	0.001	0.000	3	AS	1		0.003		
22:1 c....g	0.001	0.000	3	A	1		0.003		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.003	0.003	3	A	1		0.006		
Fatty acids, total polyunsaturated....g	7.220		0	NC	4		14.367		
18:2 undifferentiated....g	6.491	0.602	3	AS	1		12.917		
18:2 n-6 c,c....g	6.417	0.595	3	A	1		12.770		
18:2 CLAs....g	0.015	0.000	3	A	1		0.030		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.059	0.007	3	A	1		0.117		
18:3 undifferentiated....g	0.668	0.053	3	AS	1		1.329		
18:3 n-3 c,c,c (ALA)....g	0.649	0.062	3	A	1		1.292		
18:3 n-6 c,c,c....g	0.018	0.009	3	A	1		0.036		
18:3i....g									
18:4....g	0.001	0.001	3	A	1		0.001		
20:2 n-6 c,c....g	0.009	0.001	3	A	1		0.018		
20:3 undifferentiated....g	0.010	0.001	3	AS	1		0.020		
20:3 n-3....g	0.002	0.000	3	A	1		0.003		
20:3 n-6....g	0.008	0.000	3	A	1		0.017		
20:4 undifferentiated....g	0.027	0.003	3	A	1		0.054		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	A	1		0.001		
21:5....g									
22:4....g	0.010	0.001	3	A	1		0.019		
22:5 n-3 (DPA)....g	0.002	0.000	3	A	1		0.005		
22:6 n-3 (DHA)....g	0.002	0.000	3	A	1		0.004		
Fatty acids, total trans....g	0.082		0	NC	4		0.163		
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.046		
Fatty acids, total trans-polyenoic....g	0.059		0	NC	4		0.117		
Cholesterol....mg	31		1	A	1		62		

NDB No. 21259
BURGER KING, Original Chicken Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.288		
Threonine....g	0.367		0	A	1		0.730		
Isoleucine....g	0.550		0	A	1		1.095		
Leucine....g	0.936		0	A	1		1.864		
Lysine....g	0.811		0	A	1		1.614		
Methionine....g	0.270		0	A	1		0.538		
Cystine....g	0.212		0	A	1		0.422		
Phenylalanine....g	0.560		0	A	1		1.114		
Tyrosine....g	0.328		0	A	1		0.653		
Valine....g	0.608		0	A	1		1.210		
Arginine....g	0.685		0	A	1		1.364		
Histidine....g	0.367		0	A	1		0.730		
Alanine....g	0.521		0	A	1		1.037		
Aspartic acid....g	0.879		0	A	1		1.748		
Glutamic acid....g	2.732		0	A	1		5.437		
Glycine....g	0.637		0	A	1		1.268		
Proline....g	1.091		0	A	1		2.171		
Serine....g	0.357		0	A	1		0.711		
Hydroxyproline....g	0.080		1	A	1		0.159		

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

Common Measures:

Measure 1 = 199g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21258

BURGER KING, Premium Fish Sandwich

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.44	0.547	6	A	1		106.56		
Energy....kcal	260		0	NC	4		572		
Energy....kJ	1088		0	NC	4		2394		
Protein (N x 6.25)....g	10.29	0.132	6	A	1		22.64		
Total lipid (fat)....g	12.45	0.704	6	A	1		27.40		
Ash....g	2.13	0.025	6	A	1		4.68		
Carbohydrate, by difference....g	26.69		0	NC	4		58.72		
Fiber, total dietary....g	0.9		1	A	1		1.9		
Sugars, total....g	3.53	0.033	3	A	1		7.77		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.20	0.000	3	A	1		2.64		
Fructose....g	1.47	0.033	3	A	1		3.23		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.87	0.033	3	A	1		1.91		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	37	0.690	6	A	1		82		
Iron, Fe....mg	1.50	0.038	6	A	1		3.29		
Magnesium, Mg....mg	25	0.307	6	A	1		55		
Phosphorus, P....mg	116	0.989	6	A	1		256		
Potassium, K....mg	206	2.937	6	A	1		454		
Sodium, Na....mg	602	8.784	6	A	1		1325		
Zinc, Zn....mg	0.49	0.006	6	A	1		1.08		
Copper, Cu....mg	0.075	0.002	6	A	1		0.165		
Manganese, Mn....mg	0.264	0.008	6	A	1		0.580		
Selenium, Se....µg	24.3		1	A	1		53.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.4		
Thiamin....mg	0.197		1	A	1		0.433		
Riboflavin....mg	0.180		1	A	1		0.396		
Niacin....mg	2.090		1	A	1		4.598		
Pantothenic acid....mg	0.170		1	A	1		0.374		
Vitamin B-6....mg	0.036		1	A	1		0.079		
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	22.5		1	A	1		49.5		
Dihydrophylloquinone....µg	9.1		1	A	1		20.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 21258
BURGER KING, Premium Fish Sandwich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.949		0	NC	4		4.288		
4:0....g	0.001	0.001	3	A	1		0.001		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.002	0.001	3	A	1		0.005		
10:0....g	0.004	0.000	3	A	1		0.008		
12:0....g	0.001	0.000	3	A	1		0.003		
13:0....g									
14:0....g	0.022	0.001	3	A	1		0.049		
15:0....g	0.003	0.000	3	A	1		0.007		
16:0....g	1.435	0.102	3	A	1		3.157		
17:0....g	0.012	0.001	3	A	1		0.026		
18:0....g	0.389	0.045	3	A	1		0.856		
20:0....g	0.037	0.003	3	A	1		0.081		
22:0....g	0.029	0.005	3	A	1		0.064		
24:0....g	0.015	0.001	3	A	1		0.033		
Fatty acids, total monounsaturated....g	2.595		0	NC	4		5.708		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.028	0.002	3	AS	1		0.062		
16:1 c....g	0.028	0.002	3	A	1		0.061		
16:1 t....g	0.000	0.000	3	A	1		0.001		
17:1....g	0.006	0.001	3	A	1		0.013		
18:1 undifferentiated....g	2.498	0.232	3	AS	1		5.496		
18:1 c....g	2.471	0.229	3	A	1		5.436		
18:1 t....g	0.027	0.003	3	A	1		0.060		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.055	0.008	3	A	1		0.120		
22:1 undifferentiated....g	0.004	0.001	3	AS	1		0.010		
22:1 c....g	0.004	0.001	3	A	1		0.010		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.003	0.002	3	A	1		0.007		
Fatty acids, total polyunsaturated....g	6.257		0	NC	4		13.765		
18:2 undifferentiated....g	5.627	0.490	3	AS	1		12.379		
18:2 n-6 c,c....g	5.561	0.476	3	A	1		12.234		
18:2 CLAs....g	0.013	0.004	3	A	1		0.029		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053	0.012	3	A	1		0.116		
18:3 undifferentiated....g	0.512	0.094	3	AS	1		1.126		
18:3 n-3 c,c,c (ALA)....g	0.489	0.083	3	A	1		1.076		
18:3 n-6 c,c,c....g	0.023	0.011	3	A	1		0.050		
18:3i....g									
18:4....g	0.002	0.001	3	A	1		0.004		
20:2 n-6 c,c....g	0.005	0.001	3	A	1		0.011		
20:3 undifferentiated....g	0.003	0.001	3	AS	1		0.007		
20:3 n-3....g	0.001	0.001	3	A	1		0.002		
20:3 n-6....g	0.002	0.000	3	A	1		0.005		
20:4 undifferentiated....g	0.008	0.001	3	A	1		0.017		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.029	0.001	3	A	1		0.064		
21:5....g									
22:4....g	0.004	0.000	3	A	1		0.008		
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.007		
22:6 n-3 (DHA)....g	0.064	0.004	3	A	1		0.142		
Fatty acids, total trans....g	0.080		0	NC	4		0.177		
Fatty acids, total trans-monoenoic....g	0.028		0	NC	4		0.061		
Fatty acids, total trans-polyenoic....g	0.053		0	NC	4		0.116		
Cholesterol....mg	31		1	A	1		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0	A	1		0.179		
Threonine....g	0.356		0	A	1		0.783		
Isoleucine....g	0.386		0	A	1		0.850		

NDB No. 21258
BURGER KING, Premium Fish Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	0.803		0	A	1		1.768		
Lysine.....g	0.661		0	A	1		1.454		
Methionine.....g	0.234		0	A	1		0.515		
Cystine.....g	0.153		0	A	1		0.336		
Phenylalanine.....g	0.478		0	A	1		1.051		
Tyrosine.....g	0.336		0	A	1		0.738		
Valine.....g	0.458		0	A	1		1.007		
Arginine.....g	0.488		0	A	1		1.073		
Histidine.....g	0.213		0	A	1		0.470		
Alanine.....g	0.376		0	A	1		0.828		
Aspartic acid.....g	0.712		0	A	1		1.566		
Glutamic acid.....g	2.471		0	A	1		5.437		
Glycine.....g	0.407		0	A	1		0.895		
Proline.....g	0.712		0	A	1		1.566		
Serine.....g	0.488		0	A	1		1.074		
Hydroxyproline.....g	0.000		1	A	1		0.000		

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

Common Measures:

Measure 1 = 220g: 1 sandwich

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

NDB No. 21141
BURGER KING, Vanilla Shake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.335		0	NC	4		1.334	15.898	21.179
4:0....g	0.198		1	A	1		0.049	0.589	0.784
6:0....g	0.152		1	A	1		0.038	0.454	0.604
8:0....g	0.093		1	A	1		0.023	0.276	0.368
10:0....g	0.227		1	A	1		0.057	0.677	0.902
12:0....g	0.249		1	A	1		0.062	0.741	0.987
13:0....g									
14:0....g	0.825		1	A	1		0.206	2.459	3.276
15:0....g	0.084		1	A	1		0.021	0.251	0.334
16:0....g	2.388		1	A	1		0.597	7.115	9.479
17:0....g	0.053		1	A	1		0.013	0.157	0.209
18:0....g	1.039		1	A	1		0.260	3.096	4.125
20:0....g	0.014		1	A	1		0.003	0.041	0.055
22:0....g	0.004		1	A	1		0.001	0.011	0.014
24:0....g	0.006		1	A	1		0.001	0.016	0.022
Fatty acids, total monounsaturated....g	2.470		0	NC	4		0.617	7.359	9.804
14:1....g	0.068		1	A	1		0.017	0.201	0.268
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.172		0	AS	1		0.043	0.514	0.684
16:1 c....g	0.143		1	A	1		0.036	0.425	0.566
16:1 t....g	0.030		1	A	1		0.007	0.089	0.119
17:1....g	0.017		1	A	1		0.004	0.051	0.068
18:1 undifferentiated....g	2.204		0	AS	1		0.551	6.568	8.749
18:1 c....g	1.997		1	A	1		0.499	5.950	7.927
18:1 t....g	0.207		1	A	1		0.052	0.617	0.823
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		1	A	1		0.002	0.026	0.034
22:1 undifferentiated....g									
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.434		0	NC	4		0.109	1.294	1.723
18:2 undifferentiated....g									
18:2 n-6 c,c....g	0.255		1	A	1		0.064	0.760	1.013
18:2 CLAs....g	0.047		1	A	1		0.012	0.141	0.188
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.059		1	A	1		0.015	0.176	0.234
18:3 undifferentiated....g									
18:3 n-3 c,c,c (ALA)....g	0.034		1	A	1		0.009	0.102	0.136
18:3 n-6 c,c,c....g	0.003		1	A	1		0.001	0.009	0.012
18:3i....g									
18:4....g	0.004		1	A	1		0.001	0.012	0.015
20:2 n-6 c,c....g	0.002		1	A	1		0.000	0.005	0.007
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g	0.011		1	A	1		0.003	0.033	0.044
20:4 undifferentiated....g	0.013		1	A	1		0.003	0.040	0.053
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		1	A	1		0.001	0.015	0.020
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.296		0	NC	4		0.074	0.882	1.176
Fatty acids, total trans-monoenoic....g	0.237		0	NC	4		0.059	0.707	0.941
Fatty acids, total trans-polyenoic....g	0.059		0	NC	4		0.015	0.176	0.234
Cholesterol....mg	31		1	A	1		8	92	122
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									

NDB No. 21141
BURGER KING, Vanilla Shake

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

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

Common Measures:

Measure 1 = 25g: 1 fluid ounce

Measure 2 = 298g: 1 small 12 fl oz

Measure 3 = 397g: 1 medium 16 fl oz

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

NDB No. 21252
BURGER KING, WHOPPER, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	19.5	1.415	4	A	1		56.9		
Dihydrophylloquinone....µg	0.4		4	A	1		1.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.250		0	NC	4		12.369		
4:0....g	0.002	0.001	4	A	1		0.006		
6:0....g	0.002	0.001	4	A	1		0.006		
8:0....g	0.006	0.003	4	A	1		0.017		
10:0....g	0.006	0.003	4	A	1		0.017		
12:0....g	0.038	0.022	4	A	1		0.109		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.249	0.013	4	A	1		0.724		
15:0....g	0.040	0.003	4	A	1		0.115		
16:0....g	2.435	0.049	4	A	1		7.085		
17:0....g	0.102	0.005	4	A	1		0.298		
18:0....g	1.342	0.032	4	A	1		3.906		
20:0....g	0.013	0.007	4	A	1		0.036		
22:0....g	0.010	0.006	4	A	1		0.029		
24:0....g	0.007	0.004	4	A	1		0.021		
Fatty acids, total monounsaturated....g	4.685		0	NC	4		13.633		
14:1....g	0.072	0.005	4	A	1		0.211		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.328		0	A	1		0.955		
16:1 c....g	0.303		2	A	1		0.883		
16:1 t....g	0.025		2	A	1		0.072		
17:1....g	0.069	0.003	4	A	1		0.201		
18:1 undifferentiated....g	4.203		0	A	1		12.230		
18:1 c....g	3.791	0.087	4	A	1		11.033		
18:1 t....g	0.411	0.024	4	A	1		1.197		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013	0.007	4	A	1		0.037		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.389		0	NC	4		9.862		
18:2 undifferentiated....g	0.071		0	A	1		0.207		
18:2 n-6 c,c....g	2.757		2	A	1		8.023		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.071		2	A	1		0.207		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.275		0	AS	1		0.800		
18:3 n-3 c,c,c (ALA)....g	0.275	0.085	4	A	1		0.800		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.002	0.001	4	A	1		0.007		
20:3 undifferentiated....g	0.003	0.002	4	A	1		0.010		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.006	0.003	4	A	1		0.017		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.507		0	NC	4		1.476		
Fatty acids, total trans-monoenoic....g	0.436		0	NC	4		1.269		
Fatty acids, total trans-polyenoic....g	0.071		0	NC	4		0.207		
Cholesterol....mg	30	0.589	4	A	1		87		

NDB No. 21252
BURGER KING, WHOPPER, no cheese

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

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

Common Measures:

Measure 1 = 291g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21253

BURGER KING, WHOPPER, with cheese

Burger King Corporation

Refuse: 0%

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

NDB No. 21253
BURGER KING, WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	19.1		1	A	1		60.4		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.782		0	NC	4		18.272		
4:0....g	0.134		1	A	1		0.423		
6:0....g	0.055		1	A	1		0.174		
8:0....g	0.042		1	A	1		0.133		
10:0....g	0.100		1	A	1		0.316		
12:0....g	0.101		1	A	1		0.319		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.523		1	A	1		1.652		
15:0....g	0.073		1	A	1		0.230		
16:0....g	3.155		1	A	1		9.971		
17:0....g	0.117		1	A	1		0.370		
18:0....g	1.482		1	A	1		4.684		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.058		0	NC	4		15.983		
14:1....g	0.131		1	A	1		0.413		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.350		1	A	1		1.107		
17:1....g	0.073		1	A	1		0.231		
18:1 undifferentiated....g	4.504		0	AS	1		14.232		
18:1 c....g	4.078		1	A	1		12.888		
18:1 t....g	0.425		1	A	1		1.344		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.784		0	NC	4		11.956		
18:2 undifferentiated....g	3.315		1	A	1		10.474		
18:3 undifferentiated....g	0.469		0	AS	1		1.482		
18:3 n-3 c,c,c (ALA)....g	0.469		1	A	1		1.482		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-monoenoic....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	36		1	A	1		114		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	A	1		0.284		
Threonine....g	0.440		0	A	1		1.390		
Isoleucine....g	0.510		0	A	1		1.611		
Leucine....g	0.960		0	A	1		3.033		
Lysine....g	0.840		0	A	1		2.654		

NDB No. 21253
BURGER KING, WHOPPER, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.260		0	A	1		0.821		
Cystine.....g	0.110		0	A	1		0.347		
Phenylalanine.....g	0.560		0	A	1		1.770		
Tyrosine.....g	0.380		0	A	1		1.200		
Valine.....g	0.600		0	A	1		1.896		
Arginine.....g	0.690		0	A	1		2.180		
Histidine.....g	0.320		0	A	1		1.011		
Alanine.....g	0.590		0	A	1		1.864		
Aspartic acid.....g	0.920		0	A	1		2.907		
Glutamic acid.....g	2.500		0	A	1		7.900		
Glycine.....g	0.840		0	A	1		2.654		
Proline.....g	0.930		0	A	1		2.939		
Serine.....g	0.480		0	A	1		1.516		
Hydroxyproline.....g	0.150		1	A	1		0.474		

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

Common Measures:

Measure 1 = 316g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21249
BURGER KING, french fries
Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.95	0.395	6	A	1		32.52	51.42	70.32
Energy....kcal	280		0	NC	4		207	328	448
Energy....kJ	1172		0	NC	4		867	1371	1875
Protein (N x 6.25)....g	3.23	0.066	6	A	1		2.39	3.77	5.16
Total lipid (fat)....g	12.48	0.162	6	A	1		9.24	14.61	19.97
Ash....g	1.64	0.051	6	A	1		1.22	1.92	2.63
Carbohydrate, by difference....g	38.70		0	NC	4		28.64	45.28	61.91
Fiber, total dietary....g	2.9	0.054	3	A	1		2.1	3.4	4.6
Sugars, total....g	0.51	0.169	3	A	1		0.38	0.60	0.82
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.51	0.169	3	A	1		0.38	0.60	0.82
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	35.97	0.448	3	A	1		26.62	42.08	57.55
Minerals:									
Calcium, Ca....mg	17	1.450	6	A	1		13	20	27
Iron, Fe....mg	0.73	0.040	6	A	1		0.54	0.85	1.16
Magnesium, Mg....mg	27	0.611	6	A	1		20	32	44
Phosphorus, P....mg	119	3.393	6	A	1		88	140	191
Potassium, K....mg	467	4.432	6	A	1		346	547	748
Sodium, Na....mg	279	23.061	6	A	1		206	326	446
Zinc, Zn....mg	0.44	0.021	6	A	1		0.33	0.52	0.71
Copper, Cu....mg	0.127	0.005	6	A	1		0.094	0.149	0.204
Manganese, Mn....mg	0.213	0.011	6	A	1		0.157	0.249	0.340
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2	0.437	3	A	1		1.6	2.5	3.5
Thiamin....mg	0.143	0.003	3	A	1		0.106	0.168	0.229
Riboflavin....mg	0.033	0.003	3	A	1		0.025	0.039	0.053
Niacin....mg	2.163	0.055	3	A	1		1.601	2.531	3.461
Pantothenic acid....mg	0.490		2	A	1		0.363	0.573	0.784
Vitamin B-6....mg	0.327	0.009	3	A	1		0.242	0.382	0.523
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	28.9		0	AS	1		21.4	33.8	46.2
Betaine....mg	0.5		1	A	1		0.4	0.6	0.9
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	2.45	0.076	3	A	1		1.81	2.87	3.92
Tocopherol, beta....mg	0.06	0.006	3	A	1		0.04	0.07	0.10
Tocopherol, gamma....mg	4.75	0.583	3	A	1		3.52	5.56	7.61
Tocopherol, delta....mg	0.52	0.142	3	A	1		0.38	0.61	0.83
Tocotrienol, alpha....mg	0.08	0.009	3	A	1		0.06	0.10	0.13
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.10	0.015	3	A	1		0.07	0.12	0.16
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	11.1	1.540	4	A	1		8.2	13.0	17.8
Dihydrophylloquinone....µg	58.4	3.350	4	A	1		43.2	68.3	93.4
Menaquinone-4....µg									

NDB No. 21249
BURGER KING, french fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.137		0	NC	4		1.581	2.500	3.418
4:0....g	0.005	0.001	6	A	1		0.003	0.005	0.007
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.009	0.000	6	A	1		0.007	0.011	0.015
10:0....g	0.010	0.000	6	A	1		0.008	0.012	0.016
12:0....g	0.004	0.000	6	A	1		0.003	0.004	0.006
13:0....g									
14:0....g	0.031	0.002	6	A	1		0.023	0.037	0.050
15:0....g	0.004	0.000	6	A	1		0.003	0.004	0.006
16:0....g	1.676	0.051	6	A	1		1.240	1.961	2.682
17:0....g	0.010	0.000	6	A	1		0.007	0.011	0.016
18:0....g	0.313	0.014	6	A	1		0.231	0.366	0.500
20:0....g	0.038	0.008	6	A	1		0.028	0.044	0.060
22:0....g	0.021	0.001	6	A	1		0.015	0.024	0.033
24:0....g	0.017	0.000	6	A	1		0.012	0.020	0.027
Fatty acids, total monounsaturated....g	3.270		0	NC	4		2.420	3.826	5.233
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.025	0.001	6	AS	1		0.018	0.029	0.039
16:1 c....g	0.025	0.001	6	A	1		0.018	0.029	0.039
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.005	0.000	6	A	1		0.004	0.006	0.008
18:1 undifferentiated....g	3.199	0.171	6	AS	1		2.367	3.743	5.118
18:1 c....g	3.186	0.170	6	A	1		2.358	3.728	5.098
18:1 t....g	0.013	0.002	6	A	1		0.009	0.015	0.020
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.007	6	A	1		0.028	0.044	0.060
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.001	0.002	0.002
22:1 c....g	0.001	0.000	6	A	1		0.001	0.001	0.002
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.001
24:1 c....g	0.003	0.000	6	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated....g	5.946		0	NC	4		4.400	6.956	9.513
18:2 undifferentiated....g	5.648	0.160	6	AS	1		4.179	6.608	9.036
18:2 n-6 c,c....g	5.599	0.159	6	A	1		4.143	6.551	8.959
18:2 CLAs....g	0.015	0.001	6	A	1		0.011	0.018	0.024
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033	0.001	6	A	1		0.025	0.039	0.053
18:3 undifferentiated....g	0.289	0.019	6	AS	1		0.214	0.339	0.463
18:3 n-3 c,c,c (ALA)....g	0.273	0.017	6	A	1		0.202	0.319	0.437
18:3 n-6 c,c,c....g	0.016	0.001	6	A	1		0.012	0.019	0.026
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.003	0.004	0.006
20:3 undifferentiated....g	0.002	0.001	6	AS	1		0.001	0.002	0.002
20:3 n-3....g	0.002	0.001	6	A	1		0.001	0.002	0.002
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.003	0.000	6	A	1		0.002	0.004	0.005
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.046		0	NC	4		0.034	0.054	0.074
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.010	0.015	0.021
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.025	0.039	0.053
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0	A	1		0.021	0.032	0.044
Threonine....g	0.110		0	A	1		0.082	0.129	0.176

NDB No. 21249
BURGER KING, french fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.108		0	A	1		0.080	0.127	0.173
Leucine....g	0.170		0	A	1		0.126	0.199	0.273
Lysine....g	0.265		0	A	1		0.196	0.310	0.424
Methionine....g	0.060		0	A	1		0.044	0.070	0.096
Cystine....g	0.011		0	A	1		0.008	0.013	0.018
Phenylalanine....g	0.146		0	A	1		0.108	0.170	0.233
Tyrosine....g	0.096		0	A	1		0.071	0.113	0.154
Valine....g	0.164		0	A	1		0.121	0.192	0.262
Arginine....g	0.182		0	A	1		0.134	0.213	0.291
Histidine....g	0.065		0	A	1		0.048	0.076	0.104
Alanine....g	0.104		0	A	1		0.077	0.121	0.166
Aspartic acid....g	0.677		0	A	1		0.501	0.792	1.083
Glutamic acid....g	0.504		0	A	1		0.373	0.590	0.806
Glycine....g	0.095		0	A	1		0.070	0.111	0.151
Proline....g	0.133		0	A	1		0.099	0.156	0.213
Serine....g	0.110		0	A	1		0.081	0.128	0.176
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 74g: 1 small serving

Measure 2 = 117g: 1 medium serving

Measure 3 = 160g: 1 large serving

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

Food Group: 21 Fast Foods

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

NDB No. 21386

BURGER KING, french toast sticks

Burger King Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.57	0.770	4	A	1		7.05	35.92	
Energy....kcal	349		0	NC	4		73	373	
Energy....kJ	1458		0	NC	4		306	1560	
Protein....g	6.00	0.185	4	A	1		1.26	6.42	
Total lipid (fat)....g	17.74	1.082	4	A	1		3.73	18.98	
Ash....g	1.47	0.123	4	A	1		0.31	1.57	
Carbohydrate, by difference....g	41.21		0	NC	4		8.66	44.10	
Fiber, total dietary....g	1.4	0.103	4	A	1		0.3	1.5	
Sugars, total....g	9.89	0.434	4	A	1		2.08	10.59	
Sucrose....g	7.14	0.392	4	A	1		1.50	7.64	
Glucose (dextrose)....g	1.03	0.033	4	A	1		0.22	1.10	
Fructose....g	0.75	0.027	4	A	1		0.16	0.81	
Lactose....g	0.15	0.009	4	A	1		0.03	0.17	
Maltose....g	0.82	0.100	4	A	1		0.17	0.87	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	26.60	0.816	4	A	1		5.59	28.46	
Minerals:									
Calcium, Ca....mg	53	3.762	4	A	1		11	56	
Iron, Fe....mg	1.92	0.101	4	A	1		0.40	2.06	
Magnesium, Mg....mg	19	1.007	4	A	1		4	20	
Phosphorus, P....mg	87	6.786	4	A	1		18	93	
Potassium, K....mg	111	3.136	4	A	1		23	119	
Sodium, Na....mg	428	25.660	4	A	1		90	457	
Zinc, Zn....mg	0.51	0.031	4	A	1		0.11	0.55	
Copper, Cu....mg	0.085	0.004	4	A	1		0.018	0.091	
Manganese, Mn....mg	0.390	0.023	4	A	1		0.082	0.417	
Selenium, Se....µg	12.2	0.735	4	A	1		2.6	13.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.284	0.009	4	A	1		0.060	0.304	
Riboflavin....mg	0.175	0.010	4	A	1		0.037	0.187	
Niacin....mg	2.575	0.112	4	A	1		0.541	2.755	
Pantothenic acid....mg	0.336	0.012	4	A	1		0.071	0.360	
Vitamin B-6....mg	0.053	0.005	4	A	1		0.011	0.056	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.88	0.055	4	A	1		0.18	0.94	
Tocopherol, beta....mg	0.07	0.005	4	A	1		0.01	0.07	
Tocopherol, gamma....mg	5.29	0.635	4	A	1		1.11	5.67	
Tocopherol, delta....mg	3.50	0.260	4	A	1		0.73	3.74	
Tocotrienol, alpha....mg	0.03	0.017	4	A	1		0.01	0.03	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.004	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	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	14.5	0.338	4	A	1		3.1	15.6	
Dihydrophylloquinone....µg	27.7	1.851	4	A	1		5.8	29.7	
Menaquinone-4....µg									

NDB No. 21386
BURGER KING, french toast sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.989		0	NC	4		0.838	4.268	
4:0....g									
6:0....g									
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.007	0.007	4	A	1		0.001	0.007	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	1.961	0.122	4	A	1		0.412	2.098	
17:0....g	0.012	0.007	4	A	1		0.003	0.013	
18:0....g	1.892	0.129	4	A	1		0.397	2.025	
20:0....g	0.058	0.004	4	A	1		0.012	0.062	
22:0....g	0.059	0.005	4	A	1		0.012	0.063	
24:0....g									
Fatty acids, total monounsaturated....g	9.502		0	NC	4		1.995	10.168	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.031	0.002	4	A	1		0.006	0.033	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	9.406	0.806	4	A	1		1.975	10.065	
20:1....g	0.065	0.008	4	A	1		0.014	0.070	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.566		0	NC	4		0.539	2.746	
18:2 undifferentiated....g	2.421	0.154	4	A	1		0.508	2.591	
18:3 undifferentiated....g	0.145		0	AS	1		0.030	0.155	
18:3 n-3 c,c,c (ALA)....g	0.145	0.029	4	A	1		0.030	0.155	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4	A	1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0	A	1		0.010	0.051	
Threonine....g	0.178		0	A	1		0.037	0.190	
Isoleucine....g	0.234		0	A	1		0.049	0.250	
Leucine....g	0.440		0	A	1		0.092	0.470	
Lysine....g	0.154		0	A	1		0.032	0.165	
Methionine....g	0.086		0	A	1		0.018	0.092	
Cystine....g	0.135		0	A	1		0.028	0.144	
Phenylalanine....g	0.296		0	A	1		0.062	0.317	
Tyrosine....g	0.185		0	A	1		0.039	0.198	
Valine....g	0.278		0	A	1		0.058	0.298	
Arginine....g	0.258		0	A	1		0.054	0.276	
Histidine....g	0.146		0	A	1		0.031	0.156	
Alanine....g	0.225		0	A	1		0.047	0.241	
Aspartic acid....g	0.324		0	A	1		0.068	0.347	
Glutamic acid....g	1.999		0	A	1		0.420	2.138	
Glycine....g	0.238		0	A	1		0.050	0.254	

NDB No. 21386
BURGER KING, french toast sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.621		0	A	1		0.130	0.665	
Serine.....g	0.305		0	A	1		0.064	0.326	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 21g: 1 stick

Measure 2 = 107g: 1 serving 5 sticks

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

Food Group: 21 Fast Foods

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NDB No. 21143
CHICK-FIL-A, Chick-n-Strips
Chick-Fil-A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.35	0.484	4	A	1		27.17	109.24	
Energy....kcal	228		0	NC	4		114	458	
Energy....kJ	954		0	NC	4		477	1918	
Protein....g	21.40	0.763	4	A	1		10.70	43.01	
Total lipid (fat)....g	11.20	0.474	4	A	1		5.60	22.51	
Ash....g	2.66	0.097	4	A	1		1.33	5.35	
Carbohydrate, by difference....g	10.39		0	NC	4		5.19	20.88	
Fiber, total dietary....g	0.9		2	A	1		0.5	1.8	
Sugars, total....g	1.24		1	A	1		0.62	2.49	
Sucrose....g	1.24		1	A	1		0.62	2.49	
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	9.50	0.681	3	A	1		4.75	19.09	
Minerals:									
Calcium, Ca....mg	25	1.720	4	A	1		12	50	
Iron, Fe....mg	0.97	0.005	3	A	1		0.48	1.94	
Magnesium, Mg....mg	30	1.083	4	A	1		15	61	
Phosphorus, P....mg	264	9.313	4	A	1		132	530	
Potassium, K....mg	497	17.182	4	A	1		248	998	
Sodium, Na....mg	577	18.588	4	A	1		289	1160	
Zinc, Zn....mg	0.72	0.025	4	A	1		0.36	1.46	
Copper, Cu....mg	0.060	0.004	4	A	1		0.030	0.120	
Manganese, Mn....mg	0.121	0.008	4	A	1		0.061	0.244	
Selenium, Se....µg	20.6	0.433	3	A	1		10.3	41.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	A	1		0.5	2.1	
Thiamin....mg	0.153	0.003	3	A	1		0.077	0.308	
Riboflavin....mg	0.270	0.006	3	A	1		0.135	0.543	
Niacin....mg	8.763	0.254	3	A	1		4.382	17.614	
Pantothenic acid....mg	1.550		2	A	1		0.775	3.115	
Vitamin B-6....mg	0.476	0.015	3	A	1		0.238	0.957	
Folate, total....µg	40	1.411	3	A	1		20	80	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.19	0.030	3	A	1		0.10	0.39	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.56	0.085	3	A	1		0.78	3.14	
Tocopherol, beta....mg	0.09	0.008	3	A	1		0.04	0.18	
Tocopherol, gamma....mg	0.92	0.062	3	A	1		0.46	1.85	
Tocopherol, delta....mg	0.07	0.009	3	A	1		0.03	0.14	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21143
CHICK-FIL-A, Chick-n-Strips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.057		0	NC	4		1.028	4.134	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.001	0.000	3	A	1		0.001	0.003	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.001	0.000	3	A	1		0.001	0.002	
13:0....g									
14:0....g	0.009	0.000	3	A	1		0.004	0.018	
15:0....g	0.002	0.000	3	A	1		0.001	0.005	
16:0....g	1.102	0.022	3	A	1		0.551	2.216	
17:0....g	0.009	0.001	3	A	1		0.004	0.017	
18:0....g	0.332	0.006	3	A	1		0.166	0.668	
20:0....g	0.122	0.004	3	A	1		0.061	0.245	
22:0....g	0.300	0.010	3	A	1		0.150	0.604	
24:0....g	0.178	0.006	3	A	1		0.089	0.358	
Fatty acids, total monounsaturated....g	6.165		0	NC	4		3.082	12.391	
14:1....g	0.001	0.000	3	A	1		0.001	0.002	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.045	0.002	3	AS	1		0.022	0.090	
16:1 c....g	0.045	0.002	3	A	1		0.022	0.090	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.006	0.000	3	A	1		0.003	0.013	
18:1 undifferentiated....g	5.894	0.187	3	AS	1		2.947	11.847	
18:1 c....g	5.880	0.185	3	A	1		2.940	11.819	
18:1 t....g	0.014	0.005	3	A	1		0.007	0.028	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.190	0.008	3	A	1		0.095	0.382	
22:1 undifferentiated....g	0.024	0.001	3	AS	1		0.012	0.049	
22:1 c....g	0.024	0.001	3	A	1		0.012	0.049	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.005	0.000	3	A	1		0.002	0.010	
Fatty acids, total polyunsaturated....g	2.409		0	NC	4		1.205	4.843	
18:2 undifferentiated....g	2.302	0.071	3	AS	1		1.151	4.627	
18:2 n-6 c,c....g	2.276	0.070	3	A	1		1.138	4.575	
18:2 CLAs....g	0.004	0.000	3	A	1		0.002	0.007	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.002	3	A	1		0.011	0.044	
18:3 undifferentiated....g	0.033	0.001	3	AS	1		0.016	0.065	
18:3 n-3 c,c,c (ALA)....g	0.031	0.001	3	A	1		0.015	0.062	
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.001	0.003	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.008	0.000	3	A	1		0.004	0.015	
20:3 undifferentiated....g	0.011	0.000	3	AS	1		0.006	0.023	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.011	0.000	3	A	1		0.006	0.023	
20:4 undifferentiated....g	0.040	0.002	3	A	1		0.020	0.080	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.011	0.001	3	A	1		0.005	0.022	
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.002	0.006	
22:6 n-3 (DHA)....g	0.002	0.000	3	A	1		0.001	0.005	
Fatty acids, total trans....g	0.036		0	NC	4		0.018	0.072	
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.007	0.028	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.011	0.044	
Cholesterol....mg	56	0.771	3	A	1		28	113	
Phytosterols....mg									

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

NDB No. 21143
CHICK-FIL-A, Chick-n-Strips

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

food, or similar food.

Common Measures:

Measure 1 = 50g: 1 strip

Measure 2 = 201g: 1 serving 4 pieces

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

Food Group: 21 Fast Foods

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

NDB No. 21144
CHICK-FIL-A, hash browns
Chick-Fil-A

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	45.82	0.900	4	A	1		2.52	35.29	
Energy....kcal	301		0	NC	4		17	231	
Energy....kJ	1258		0	NC	4		69	969	
Protein....g	3.00	0.116	4	A	1		0.17	2.31	
Total lipid (fat)....g	18.50	0.610	4	A	1		1.02	14.24	
Ash....g	2.16	0.165	4	A	1		0.12	1.67	
Carbohydrate, by difference....g	30.51		0	NC	4		1.68	23.49	
Fiber, total dietary....g	3.2	0.167	3	A	1		0.2	2.4	
Sugars, total....g	0.54	0.041	3	A	1		0.03	0.42	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.33	0.017	3	A	1		0.02	0.25	
Fructose....g	0.21	0.025	3	A	1		0.01	0.16	
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	28.03	1.049	3	A	1		1.54	21.59	
Minerals:									
Calcium, Ca....mg	22	0.988	4	A	1		1	17	
Iron, Fe....mg	0.65	0.022	4	A	1		0.04	0.50	
Magnesium, Mg....mg	25	0.433	4	A	1		1	19	
Phosphorus, P....mg	100	7.017	4	A	1		5	77	
Potassium, K....mg	456	10.958	4	A	1		25	351	
Sodium, Na....mg	454	65.900	4	A	1		25	350	
Zinc, Zn....mg	0.45	0.040	4	A	1		0.02	0.35	
Copper, Cu....mg	0.108	0.014	4	A	1		0.006	0.083	
Manganese, Mn....mg	0.163	0.004	4	A	1		0.009	0.126	
Selenium, Se....µg	0.4		1	A	1		0.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.2	0.860	3	A	1		0.3	4.7	
Thiamin....mg	0.163	0.009	3	A	1		0.009	0.126	
Riboflavin....mg	0.060	0.006	3	A	1		0.003	0.046	
Niacin....mg	2.407	0.114	3	A	1		0.132	1.853	
Pantothenic acid....mg	0.520		2	A	1		0.029	0.400	
Vitamin B-6....mg	0.230	0.006	3	A	1		0.013	0.177	
Folate, total....µg	13	1.609	3	A	1		1	10	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Vitamin A, IU....IU	5		0	AS	1		0	3	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	17	1.626	3	A	1		1	13	
Vitamin E (alpha-tocopherol)....mg	3.00	0.516	3	A	1		0.16	2.31	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	4.19	0.913	3	A	1		0.23	3.22	
Tocopherol, delta....mg	0.10	0.012	3	A	1		0.01	0.08	
Tocotrienol, alpha....mg	0.41	0.059	3	A	1		0.02	0.31	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.34	0.038	3	A	1		0.02	0.26	
Tocotrienol, delta....mg	0.09	0.019	3	A	1		0.00	0.07	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21144
CHICK-FIL-A, hash browns

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.778		0	NC	4		0.153	2.139	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.008	0.000	3	A	1		0.000	0.006	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.010	0.000	3	A	1		0.001	0.007	
13:0....g									
14:0....g	0.042	0.001	3	A	1		0.002	0.033	
15:0....g	0.008	0.000	3	A	1		0.000	0.006	
16:0....g	2.070	0.040	3	A	1		0.114	1.594	
17:0....g	0.010	0.000	3	A	1		0.001	0.007	
18:0....g	0.449	0.012	3	A	1		0.025	0.346	
20:0....g	0.105	0.003	3	A	1		0.006	0.081	
22:0....g	0.049	0.002	3	A	1		0.003	0.038	
24:0....g	0.029	0.001	3	A	1		0.002	0.022	
Fatty acids, total monounsaturated....g	10.700		0	NC	4		0.588	8.239	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.036	0.001	3	AS	1		0.002	0.027	
16:1 c....g	0.036	0.001	3	A	1		0.002	0.027	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.009	0.000	3	A	1		0.000	0.007	
18:1 undifferentiated....g	10.415	0.293	3	AS	1		0.573	8.020	
18:1 c....g	10.393	0.293	3	A	1		0.572	8.003	
18:1 t....g	0.022	0.001	3	A	1		0.001	0.017	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.207	0.003	3	A	1		0.011	0.159	
22:1 undifferentiated....g	0.012	0.001	3	AS	1		0.001	0.009	
22:1 c....g	0.012	0.001	3	A	1		0.001	0.009	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.022	0.000	3	A	1		0.001	0.017	
Fatty acids, total polyunsaturated....g	3.887		0	NC	4		0.214	2.993	
18:2 undifferentiated....g	3.220	0.087	3	AS	1		0.177	2.479	
18:2 n-6 c,c....g	3.185	0.086	3	A	1		0.175	2.452	
18:2 CLAs....g	0.012	0.000	3	A	1		0.001	0.009	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.001	3	A	1		0.001	0.017	
18:3 undifferentiated....g	0.652	0.011	3	AS	1		0.036	0.502	
18:3 n-3 c,c,c (ALA)....g	0.614	0.010	3	A	1		0.034	0.473	
18:3 n-6 c,c,c....g	0.038	0.002	3	A	1		0.002	0.029	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.011	0.000	3	A	1		0.001	0.008	
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.005	0.000	3	A	1		0.000	0.004	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.044		0	NC	4		0.002	0.034	
Fatty acids, total trans-monoenoic....g	0.022		0	NC	4		0.001	0.017	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.001	0.017	
Cholesterol....mg									
Phytosterols....mg									

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

NDB No. 21144
CHICK-FIL-A, hash browns

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

food, or similar food.

Common Measures:
Measure 1 = 5.5g: 1 piece
Measure 2 = 77g: 1 serving

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

Food Group: 21 Fast Foods

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

NDB No. 21473

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.78		2	A	1		68.52	287.46	
Energy....kcal	279		0	NC	4		457	1916	
Energy....kJ	1165		0	NC	4		1911	8017	
Protein....g	13.48	0.199	3	A	1		22.11	92.74	
Total lipid (fat)....g	11.68	0.480	3	A	1		19.16	80.38	
Ash....g	3.19	0.088	3	A	1		5.24	21.97	
Carbohydrate, by difference....g	29.86		0	NC	4		48.97	205.45	
Fiber, total dietary....g	1.9		2	A	1		3.1	13.1	
Sugars, total....g									
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	2.02	0.091	3	A	1		3.32	13.92	
Fructose....g	2.25	0.018	3	A	1		3.68	15.46	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g									
Galactose....g									
Starch....g	21.47	0.088	3	A	1		35.21	147.69	
Minerals:									
Calcium, Ca....mg	235	6.754	3	A	1		385	1615	
Iron, Fe....mg	2.35	0.019	3	A	1		3.85	16.15	
Magnesium, Mg....mg	27	0.426	3	A	1		44	183	
Phosphorus, P....mg	354	9.452	3	A	1		580	2435	
Potassium, K....mg	185	9.768	3	A	1		303	1271	
Sodium, Na....mg	806	19.139	3	A	1		1321	5543	
Zinc, Zn....mg	1.67	0.035	3	A	1		2.73	11.47	
Copper, Cu....mg	0.107	0.003	3	A	1		0.175	0.734	
Manganese, Mn....mg	0.313	0.003	3	A	1		0.514	2.156	
Selenium, Se....µg	33.3	3.200	3	A	1		54.7	229.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	A	1		0.8	3.4	
Thiamin....mg	0.337	0.015	3	A	1		0.552	2.316	
Riboflavin....mg	0.253	0.012	3	A	1		0.415	1.743	
Niacin....mg	3.553	0.139	3	A	1		5.827	24.447	
Pantothenic acid....mg	0.457	0.009	3	A	1		0.749	3.142	
Vitamin B-6....mg	0.103	0.003	3	A	1		0.169	0.711	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36	0.012	3	A	1		0.60	2.50	
Vitamin A, RAE....µg	80		0	AS	1		131	550	
Vitamin A, IU....IU	266		0	AS	1		437	1832	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.93	0.090	3	A	1		1.52	6.38	
Tocopherol, beta....mg	0.08	0.000	3	A	1		0.13	0.55	
Tocopherol, gamma....mg	1.26	0.074	3	A	1		2.07	8.67	
Tocopherol, delta....mg	0.37	0.015	3	A	1		0.60	2.52	
Tocotrienol, alpha....mg	0.02	0.012	3	A	1		0.04	0.16	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.007	3	A	1		0.01	0.05	
Tocotrienol, delta....mg	0.00	0.000	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	8.4	0.780	3	A	1		13.7	57.7	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	3.2	0.159	3	A	1		5.2	21.9	

NDB No. 21473

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.630		0	NC	4		9.233	38.732	
4:0....g	0.103	0.003	3	A	1		0.169	0.711	
6:0....g	0.107	0.003	3	A	1		0.175	0.734	
8:0....g	0.073	0.003	3	A	1		0.120	0.505	
10:0....g	0.200	0.006	3	A	1		0.328	1.376	
12:0....g	0.250	0.006	3	A	1		0.410	1.720	
13:0....g									
14:0....g	0.860	0.023	3	A	1		1.410	5.917	
15:0....g	0.087	0.003	3	A	1		0.142	0.596	
16:0....g	2.753	0.084	3	A	1		4.515	18.943	
17:0....g	0.057	0.003	3	A	1		0.093	0.390	
18:0....g	1.100	0.046	3	A	1		1.804	7.568	
20:0....g	0.017	0.003	3	A	1		0.027	0.115	
22:0....g	0.010	0.000	3	A	1		0.016	0.069	
24:0....g	0.008	0.000	3	A	1		0.013	0.053	
Fatty acids, total monounsaturated....g	2.905		0	NC	4		4.764	19.984	
14:1....g	0.060	0.000	3	A	1		0.098	0.413	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.163	0.009	3	AS	1		0.268	1.124	
16:1 c....g	0.140	0.006	3	A	1		0.230	0.963	
16:1 t....g	0.023	0.003	3	A	1		0.038	0.161	
17:1....g	0.002	0.002	3	A	1		0.003	0.014	
18:1 undifferentiated....g	2.657	0.111	3	AS	1		4.357	18.278	
18:1 c....g	2.453	0.104	3	A	1		4.023	16.879	
18:1 t....g	0.203	0.009	3	A	1		0.333	1.399	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.000	3	A	1		0.033	0.138	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.003	0.011	
22:1 c....g	0.002	0.000	3	A	1		0.003	0.011	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total polyunsaturated....g	1.790		0	NC	4		2.936	12.317	
18:2 undifferentiated....g	1.577	0.044	3	AS	1		2.586	10.847	
18:2 n-6 c,c....g	1.473	0.042	3	A	1		2.416	10.137	
18:2 CLAs....g	0.043	0.003	3	A	1		0.071	0.298	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.000	3	A	1		0.098	0.413	
18:3 undifferentiated....g	0.169	0.004	3	AS	1		0.277	1.163	
18:3 n-3 c,c,c (ALA)....g	0.167	0.003	3	A	1		0.273	1.147	
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.004	0.016	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002	0.007	
20:2 n-6 c,c....g	0.004	0.000	3	A	1		0.007	0.028	
20:3 undifferentiated....g	0.011	0.000	3	AS	1		0.018	0.076	
20:3 n-3....g	0.001	0.000	3	A	1		0.002	0.007	
20:3 n-6....g	0.010	0.000	3	A	1		0.016	0.069	
20:4 undifferentiated....g	0.010	0.000	3	A	1		0.016	0.069	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.021	
21:5....g									
22:4....g	0.007	0.001	3	A	1		0.012	0.050	
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.010	0.044	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total trans....g	0.287		0	NC	4		0.470	1.972	
Fatty acids, total trans-monoenoic....g	0.227		0	NC	4		0.372	1.559	
Fatty acids, total trans-polyenoic....g	0.060		0	NC	4		0.098	0.413	
Cholesterol....mg	28		1	A	1		45	190	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21474

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.95	0.460	5	A	1		80.42	320.37	
Energy....kcal	256		0	NC	4		468	1864	
Energy....kJ	1070		0	NC	4		1958	7800	
Protein....g	12.80	0.135	5	A	1		23.42	93.31	
Total lipid (fat)....g	8.60	0.110	5	A	1		15.74	62.69	
Ash....g	2.87	0.035	5	A	1		5.26	20.94	
Carbohydrate, by difference....g	31.78		0	NC	4		58.16	231.69	
Fiber, total dietary....g	2.4		2	A	1		4.3	17.1	
Sugars, total....g	5.00		1	A	1		9.14	36.41	
Sucrose....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose)....g	1.70	0.147	5	A	1		3.12	12.41	
Fructose....g	2.36	0.041	5	A	1		4.32	17.19	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.70		1	A	1		1.28	5.10	
Galactose....g	0.20		1	A	1		0.37	1.46	
Starch....g	24.72	0.521	5	A	1		45.24	180.21	
Minerals:									
Calcium, Ca....mg	192	4.138	5	A	1		351	1400	
Iron, Fe....mg	0.77	0.020	5	A	1		1.41	5.60	
Magnesium, Mg....mg	27	0.319	5	A	1		49	194	
Phosphorus, P....mg	241	10.108	5	A	1		442	1760	
Potassium, K....mg	196	4.735	5	A	1		358	1427	
Sodium, Na....mg	696	4.375	5	A	1		1275	5077	
Zinc, Zn....mg	1.56	0.008	5	A	1		2.85	11.37	
Copper, Cu....mg	0.114	0.002	5	A	1		0.209	0.831	
Manganese, Mn....mg	0.366	0.004	5	A	1		0.670	2.668	
Selenium, Se....µg	26.6	0.747	5	A	1		48.6	193.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1	A	1		2.8	11.2	
Thiamin....mg	0.094	0.008	5	A	1		0.172	0.685	
Riboflavin....mg	0.096	0.002	5	A	1		0.176	0.700	
Niacin....mg	1.268	0.023	5	A	1		2.320	9.244	
Pantothenic acid....mg	0.420	0.021	3	A	1		0.769	3.062	
Vitamin B-6....mg	0.112	0.004	5	A	1		0.205	0.816	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.33	0.009	5	A	1		0.61	2.42	
Vitamin A, RAE....µg	46		0	AS	1		85	337	
Vitamin A, IU....IU	154		0	AS	1		282	1123	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.89	0.021	5	A	1		1.64	6.52	
Tocopherol, beta....mg	0.11	0.004	5	A	1		0.21	0.83	
Tocopherol, gamma....mg	1.43	0.036	5	A	1		2.62	10.44	
Tocopherol, delta....mg	0.26	0.010	5	A	1		0.48	1.90	
Tocotrienol, alpha....mg	0.02	0.016	5	A	1		0.04	0.17	
Tocotrienol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.006	5	A	1		0.02	0.07	
Tocotrienol, delta....mg	0.00	0.000	5	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	6.9	0.033	3	A	1		12.6	50.1	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	1.4	0.109	3	A	1		2.6	10.3	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.514		0	NC	4		6.430	25.616	
4:0....g	0.058	0.002	5	A	1		0.106	0.423	
6:0....g	0.060	0.000	5	A	1		0.110	0.437	
8:0....g	0.040	0.000	5	A	1		0.073	0.292	
10:0....g	0.110	0.000	5	A	1		0.201	0.802	
12:0....g	0.138	0.002	5	A	1		0.253	1.006	
13:0....g									
14:0....g	0.486	0.007	5	A	1		0.889	3.543	
15:0....g	0.050	0.000	5	A	1		0.092	0.365	
16:0....g	1.686	0.015	5	A	1		3.085	12.291	
17:0....g	0.030	0.000	5	A	1		0.055	0.219	
18:0....g	0.826	0.014	5	A	1		1.512	6.022	
20:0....g	0.010	0.000	5	A	1		0.018	0.073	
22:0....g	0.010	0.000	5	A	1		0.018	0.073	
24:0....g	0.007	0.000	5	A	1		0.012	0.050	
Fatty acids, total monounsaturated....g	1.854		0	NC	4		3.392	13.514	
14:1....g	0.032	0.002	5	A	1		0.059	0.233	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.088	0.002	5	AS	1		0.161	0.642	
16:1 c....g	0.078	0.002	5	A	1		0.143	0.569	
16:1 t....g	0.010	0.000	5	A	1		0.018	0.073	
17:1....g	0.000	0.000	5	A	1		0.000	0.001	
18:1 undifferentiated....g	1.716	0.010	5	AS	1		3.140	12.510	
18:1 c....g	1.594	0.009	5	A	1		2.917	11.620	
18:1 t....g	0.122	0.004	5	A	1		0.223	0.889	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.002	5	A	1		0.026	0.102	
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.002	0.007	
22:1 c....g	0.001	0.000	5	A	1		0.002	0.007	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.003	0.002	5	A	1		0.005	0.019	
Fatty acids, total polyunsaturated....g	1.461		0	NC	4		2.674	10.652	
18:2 undifferentiated....g	1.292	0.016	5	AS	1		2.364	9.419	
18:2 n-6 c,c....g	1.224	0.017	5	A	1		2.240	8.923	
18:2 CLAs....g	0.028	0.002	5	A	1		0.051	0.204	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.040	0.000	5	A	1		0.073	0.292	
18:3 undifferentiated....g	0.136	0.002	5	AS	1		0.249	0.991	
18:3 n-3 c,c,c (ALA)....g	0.134	0.002	5	A	1		0.245	0.977	
18:3 n-6 c,c,c....g	0.002	0.000	5	A	1		0.004	0.015	
18:3i....g									
18:4....g	0.001	0.000	5	A	1		0.001	0.006	
20:2 n-6 c,c....g	0.003	0.000	5	A	1		0.005	0.022	
20:3 undifferentiated....g	0.008	0.000	5	AS	1		0.014	0.055	
20:3 n-3....g	0.001	0.000	5	A	1		0.002	0.007	
20:3 n-6....g	0.007	0.000	5	A	1		0.012	0.048	
20:4 undifferentiated....g	0.008	0.000	5	A	1		0.015	0.060	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	5	A	1		0.004	0.015	
21:5....g									
22:4....g	0.007	0.001	5	A	1		0.012	0.048	
22:5 n-3 (DPA)....g	0.004	0.000	5	A	1		0.007	0.029	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g	0.172		0	NC	4		0.315	1.254	
Fatty acids, total trans-monoenoic....g	0.132		0	NC	4		0.242	0.962	
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.073	0.292	
Cholesterol....mg	15	0.769	3	A	1		28	111	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21475

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.15	0.235	3	A	1		77.52	309.62	
Energy ... kcal	247		0	NC	4		397	1587	
Energy ... kJ	1033		0	NC	4		1663	6642	
Protein ... g	12.96	0.300	3	A	1		20.86	83.32	
Total lipid (fat) ... g	9.91	0.185	3	A	1		15.95	63.70	
Ash ... g	2.51	0.052	3	A	1		4.05	16.16	
Carbohydrate, by difference ... g	26.47		0	NC	4		42.62	170.20	
Fiber, total dietary ... g	3.0		2	A	1		4.8	19.3	
Sugars, total ... g									
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	1.16	0.091	3	A	1		1.87	7.48	
Fructose ... g	1.35	0.047	3	A	1		2.17	8.68	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g									
Galactose ... g									
Starch ... g	20.00	0.404	3	A	1		32.20	128.60	
Minerals:									
Calcium, Ca ... mg	275	4.292	3	A	1		442	1765	
Iron, Fe ... mg	0.68	0.012	3	A	1		1.09	4.37	
Magnesium, Mg ... mg	27	0.265	3	A	1		43	174	
Phosphorus, P ... mg	236	2.871	3	A	1		381	1520	
Potassium, K ... mg	233	4.001	3	A	1		376	1501	
Sodium, Na ... mg	506	12.297	3	A	1		814	3251	
Zinc, Zn ... mg	1.80	0.015	3	A	1		2.89	11.55	
Copper, Cu ... mg	0.097	0.003	3	A	1		0.156	0.622	
Manganese, Mn ... mg	0.227	0.003	3	A	1		0.365	1.457	
Selenium, Se ... µg	21.4	0.520	3	A	1		34.5	137.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		1	A	1		0.2	0.8	
Thiamin ... mg	0.103	0.018	3	A	1		0.166	0.664	
Riboflavin ... mg	0.127	0.003	3	A	1		0.204	0.814	
Niacin ... mg	1.283	0.022	3	A	1		2.066	8.252	
Pantothenic acid ... mg	0.497	0.027	3	A	1		0.800	3.194	
Vitamin B-6 ... mg	0.130	0.000	3	A	1		0.209	0.836	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.62	0.023	3	A	1		1.00	3.99	
Vitamin A, RAE ... µg	64		0	AS	1		103	410	
Vitamin A, IU ... IU	212		0	AS	1		342	1366	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.74	0.103	3	A	1		1.20	4.78	
Tocopherol, beta ... mg	0.05	0.010	3	A	1		0.08	0.32	
Tocopherol, gamma ... mg	1.05	0.119	3	A	1		1.70	6.77	
Tocopherol, delta ... mg	0.30	0.018	3	A	1		0.49	1.95	
Tocotrienol, alpha ... mg	0.00	0.003	3	A	1		0.01	0.02	
Tocotrienol, beta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.01	0.007	3	A	1		0.01	0.04	
Tocotrienol, delta ... mg	0.00	0.000	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	4.2	0.259	3	A	1		6.7	26.9	
Dihydrophylloquinone ... µg	2.8	0.150	3	A	1		4.5	18.0	
Menaquinone-4 ... µg	1.9	0.060	3	A	1		3.1	12.4	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.601		0	NC	4		7.408	29.584	
4:0....g	0.083	0.003	3	A	1		0.134	0.536	
6:0....g	0.087	0.003	3	A	1		0.140	0.557	
8:0....g	0.060	0.000	3	A	1		0.097	0.386	
10:0....g	0.163	0.003	3	A	1		0.263	1.050	
12:0....g	0.197	0.007	3	A	1		0.317	1.265	
13:0....g									
14:0....g	0.690	0.025	3	A	1		1.111	4.437	
15:0....g	0.067	0.003	3	A	1		0.107	0.429	
16:0....g	2.193	0.074	3	A	1		3.531	14.103	
17:0....g	0.047	0.003	3	A	1		0.075	0.300	
18:0....g	0.983	0.023	3	A	1		1.583	6.323	
20:0....g	0.010	0.000	3	A	1		0.016	0.064	
22:0....g	0.010	0.000	3	A	1		0.016	0.064	
24:0....g	0.007	0.000	3	A	1		0.012	0.047	
Fatty acids, total monounsaturated....g	2.736		0	NC	4		4.404	17.590	
14:1....g	0.050	0.000	3	A	1		0.081	0.322	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.133	0.003	3	AS	1		0.215	0.857	
16:1 c....g	0.113	0.003	3	A	1		0.182	0.729	
16:1 t....g	0.020	0.000	3	A	1		0.032	0.129	
17:1....g	0.001	0.000	3	A	1		0.001	0.004	
18:1 undifferentiated....g	2.530	0.058	3	AS	1		4.073	16.268	
18:1 c....g	2.120	0.053	3	A	1		3.413	13.632	
18:1 t....g	0.410	0.012	3	A	1		0.660	2.636	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.000	3	A	1		0.032	0.129	
22:1 undifferentiated....g	0.001	0.000	3	AS	1		0.002	0.006	
22:1 c....g	0.001	0.000	3	A	1		0.002	0.006	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	3	A	1		0.001	0.004	
Fatty acids, total polyunsaturated....g	1.158		0	NC	4		1.865	7.448	
18:2 undifferentiated....g	1.010	0.038	3	AS	1		1.626	6.494	
18:2 n-6 c,c....g	0.917	0.039	3	A	1		1.476	5.894	
18:2 CLAs....g	0.037	0.003	3	A	1		0.059	0.236	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.057	0.003	3	A	1		0.091	0.364	
18:3 undifferentiated....g	0.109	0.003	3	AS	1		0.175	0.699	
18:3 n-3 c,c,c (ALA)....g	0.107	0.003	3	A	1		0.172	0.686	
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.003	0.013	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002	0.009	
20:2 n-6 c,c....g	0.003	0.000	3	A	1		0.005	0.019	
20:3 undifferentiated....g	0.010	0.000	3	AS	1		0.016	0.062	
20:3 n-3....g	0.001	0.000	3	A	1		0.002	0.006	
20:3 n-6....g	0.009	0.000	3	A	1		0.014	0.056	
20:4 undifferentiated....g	0.010	0.000	3	A	1		0.016	0.064	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.019	
21:5....g									
22:4....g	0.006	0.000	3	A	1		0.009	0.036	
22:5 n-3 (DPA)....g	0.005	0.000	3	A	1		0.009	0.034	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.001	0.004	
Fatty acids, total trans....g	0.487		0	NC	4		0.784	3.129	
Fatty acids, total trans-monoenoic....g	0.430		0	NC	4		0.692	2.765	
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.091	0.364	
Cholesterol....mg	21		2	A	1		34	137	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21476

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.87	1.058	3	A	1		74.94	306.45	
Energy ... kcal	279		0	NC	4		499	2042	
Energy ... kJ	1167		0	NC	4		2089	8542	
Protein ... g	13.92	0.110	3	A	1		24.91	101.87	
Total lipid (fat) ... g	11.71	0.081	3	A	1		20.96	85.72	
Ash ... g	3.04	0.049	3	A	1		5.45	22.28	
Carbohydrate, by difference ... g	29.46		0	NC	4		52.74	215.68	
Fiber, total dietary ... g	2.1		2	A	1		3.7	15.0	
Sugars, total ... g									
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	1.78	0.116	3	A	1		3.18	13.01	
Fructose ... g	2.13	0.027	3	A	1		3.81	15.57	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g	1.31		2	A	1		2.34	9.55	
Galactose ... g									
Starch ... g	22.87	0.837	3	A	1		40.93	167.38	
Minerals:									
Calcium, Ca ... mg	226	1.510	3	A	1		405	1654	
Iron, Fe ... mg	2.30	0.081	3	A	1		4.11	16.81	
Magnesium, Mg ... mg	26	0.536	3	A	1		47	193	
Phosphorus, P ... mg	270	3.578	3	A	1		483	1973	
Potassium, K ... mg	179	5.154	3	A	1		321	1312	
Sodium, Na ... mg	753	13.329	3	A	1		1348	5511	
Zinc, Zn ... mg	1.63	0.053	3	A	1		2.92	11.96	
Copper, Cu ... mg	0.107	0.003	3	A	1		0.191	0.781	
Manganese, Mn ... mg	0.333	0.023	3	A	1		0.597	2.440	
Selenium, Se ... µg	32.4	3.783	3	A	1		58.1	237.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.1		1	A	1		2.0	8.1	
Thiamin ... mg	0.273	0.030	3	A	1		0.489	2.001	
Riboflavin ... mg	0.247	0.007	3	A	1		0.442	1.806	
Niacin ... mg	3.723	0.107	3	A	1		6.665	27.255	
Pantothenic acid ... mg	0.490		1	A	1		0.877	3.587	
Vitamin B-6 ... mg	0.120	0.000	3	A	1		0.215	0.878	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.55	0.050	3	A	1		0.98	4.03	
Vitamin A, RAE ... µg	64		0	AS	1		114	465	
Vitamin A, IU ... IU	212		0	AS	1		379	1551	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.72	0.175	3	A	1		1.29	5.29	
Tocopherol, beta ... mg	0.06	0.018	3	A	1		0.11	0.46	
Tocopherol, gamma ... mg	0.91	0.285	3	A	1		1.63	6.69	
Tocopherol, delta ... mg	0.30	0.079	3	A	1		0.54	2.22	
Tocotrienol, alpha ... mg	0.02	0.017	3	A	1		0.03	0.12	
Tocotrienol, beta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.01	0.007	3	A	1		0.01	0.05	
Tocotrienol, delta ... mg	0.00	0.000	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	7.8		1	A	1		13.9	56.7	
Dihydrophylloquinone ... µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4 ... µg	2.8		1	A	1		4.9	20.1	

NDB No. 21476

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.007		0	NC	4		8.963	36.651	
4:0....g	0.073	0.003	3	A	1		0.131	0.537	
6:0....g	0.073	0.003	3	A	1		0.131	0.537	
8:0....g	0.053	0.003	3	A	1		0.095	0.390	
10:0....g	0.143	0.003	3	A	1		0.257	1.049	
12:0....g	0.177	0.007	3	A	1		0.316	1.293	
13:0....g									
14:0....g	0.643	0.009	3	A	1		1.152	4.709	
15:0....g	0.060	0.000	3	A	1		0.107	0.439	
16:0....g	2.603	0.035	3	A	1		4.660	19.056	
17:0....g	0.050	0.000	3	A	1		0.090	0.366	
18:0....g	1.090	0.010	3	A	1		1.951	7.979	
20:0....g	0.020	0.000	3	A	1		0.036	0.146	
22:0....g	0.010	0.000	3	A	1		0.018	0.073	
24:0....g	0.007	0.000	3	A	1		0.013	0.051	
Fatty acids, total monounsaturated....g	3.289		0	NC	4		5.888	24.078	
14:1....g	0.050	0.000	3	A	1		0.090	0.366	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.193	0.003	3	AS	1		0.346	1.415	
16:1 c....g	0.173	0.003	3	A	1		0.310	1.269	
16:1 t....g	0.020	0.000	3	A	1		0.036	0.146	
17:1....g	0.001	0.001	3	A	1		0.002	0.007	
18:1 undifferentiated....g	2.993	0.027	3	AS	1		5.358	21.911	
18:1 c....g	2.827	0.030	3	A	1		5.060	20.691	
18:1 t....g	0.167	0.003	3	A	1		0.298	1.220	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.040	0.000	3	A	1		0.072	0.293	
22:1 undifferentiated....g	0.010	0.000	3	AS	1		0.018	0.073	
22:1 c....g	0.010	0.000	3	A	1		0.018	0.073	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	3	A	1		0.003	0.012	
Fatty acids, total polyunsaturated....g	2.001		0	NC	4		3.582	14.650	
18:2 undifferentiated....g	1.763	0.013	3	AS	1		3.156	12.908	
18:2 n-6 c,c....g	1.673	0.013	3	A	1		2.995	12.249	
18:2 CLAs....g	0.040	0.000	3	A	1		0.072	0.293	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.050	0.000	3	A	1		0.090	0.366	
18:3 undifferentiated....g	0.183	0.000	3	AS	1		0.328	1.342	
18:3 n-3 c,c,c (ALA)....g	0.180	0.000	3	A	1		0.322	1.318	
18:3 n-6 c,c,c....g	0.003	0.000	3	A	1		0.006	0.024	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002	0.007	
20:2 n-6 c,c....g	0.010	0.000	3	A	1		0.018	0.073	
20:3 undifferentiated....g	0.013	0.000	3	AS	1		0.023	0.093	
20:3 n-3....g	0.003	0.000	3	A	1		0.005	0.020	
20:3 n-6....g	0.010	0.000	3	A	1		0.018	0.073	
20:4 undifferentiated....g	0.010	0.000	3	A	1		0.018	0.073	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.022	
21:5....g									
22:4....g	0.010	0.000	3	A	1		0.017	0.071	
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.011	0.044	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total trans....g	0.237		0	NC	4		0.424	1.732	
Fatty acids, total trans-monoenoic....g	0.187		0	NC	4		0.334	1.366	
Fatty acids, total trans-polyenoic....g	0.050		0	NC	4		0.090	0.366	
Cholesterol....mg	24		2	A	1		43	178	
Phytosterols....mg									

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

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

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

food, or similar food.

Common Measures:
Measure 1 = 179g: 1 slice 1/4 of pie
Measure 2 = 732g: 1 pie 12" diameter

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

Food Group: 21 Fast Foods

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

NDB No. 21477

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.32	0.244	5	A	1		89.66	328.77	
Energy....kcal	265		0	NC	4		549	2014	
Energy....kJ	1110		0	NC	4		2299	8428	
Protein....g	12.46	0.081	5	A	1		25.80	94.59	
Total lipid (fat)....g	10.11	0.196	5	A	1		20.92	76.70	
Ash....g	2.97	0.031	5	A	1		6.14	22.51	
Carbohydrate, by difference....g	31.15		0	NC	4		64.48	236.42	
Fiber, total dietary....g	2.3		2	A	1		4.7	17.1	
Sugars, total....g	5.10		0	NR	4		10.56	38.71	
Sucrose....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose)....g	1.97	0.048	5	A	1		4.09	14.98	
Fructose....g	2.32	0.043	5	A	1		4.80	17.62	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.60		1	A	1		1.24	4.55	
Galactose....g	0.20		1	A	1		0.41	1.52	
Starch....g	24.24	0.250	5	A	1		50.18	183.98	
Minerals:									
Calcium, Ca....mg	157	1.716	5	A	1		325	1193	
Iron, Fe....mg	0.95	0.124	5	A	1		1.97	7.21	
Magnesium, Mg....mg	27	0.086	5	A	1		55	202	
Phosphorus, P....mg	225	4.120	5	A	1		465	1705	
Potassium, K....mg	212	3.578	5	A	1		438	1607	
Sodium, Na....mg	743	8.404	5	A	1		1537	5637	
Zinc, Zn....mg	1.45	0.007	5	A	1		3.01	11.04	
Copper, Cu....mg	0.120	0.003	5	A	1		0.248	0.911	
Manganese, Mn....mg	0.392	0.005	5	A	1		0.811	2.975	
Selenium, Se....µg	26.8	0.922	5	A	1		55.6	203.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		1	A	1		2.6	9.7	
Thiamin....mg	0.132	0.008	5	A	1		0.273	1.002	
Riboflavin....mg	0.083	0.005	4	A	1		0.171	0.626	
Niacin....mg	1.564	0.030	5	A	1		3.237	11.871	
Pantothenic acid....mg	0.450	0.000	3	A	1		0.932	3.416	
Vitamin B-6....mg	0.136	0.002	5	A	1		0.282	1.032	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.42	0.019	5	A	1		0.87	3.19	
Vitamin A, RAE....µg	41		0	AS	1		85	311	
Vitamin A, IU....IU	137		0	AS	1		283	1038	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.88	0.075	5	A	1		1.81	6.65	
Tocopherol, beta....mg	0.10	0.005	5	A	1		0.22	0.79	
Tocopherol, gamma....mg	1.31	0.053	5	A	1		2.72	9.97	
Tocopherol, delta....mg	0.25	0.011	5	A	1		0.52	1.90	
Tocotrienol, alpha....mg	0.03	0.019	5	A	1		0.06	0.23	
Tocotrienol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.008	5	A	1		0.02	0.06	
Tocotrienol, delta....mg	0.00	0.000	5	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	7.6	0.176	3	A	1		15.7	57.6	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	2.7	0.164	3	A	1		5.6	20.6	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.761		0	NC	4		7.784	28.543	
4:0....g	0.040	0.000	5	A	1		0.083	0.304	
6:0....g	0.040	0.000	5	A	1		0.083	0.304	
8:0....g	0.030	0.000	5	A	1		0.062	0.228	
10:0....g	0.084	0.002	5	A	1		0.174	0.638	
12:0....g	0.106	0.004	5	A	1		0.219	0.805	
13:0....g									
14:0....g	0.412	0.009	5	A	1		0.853	3.127	
15:0....g	0.040	0.000	5	A	1		0.083	0.304	
16:0....g	2.000	0.053	5	A	1		4.140	15.180	
17:0....g	0.032	0.002	5	A	1		0.066	0.243	
18:0....g	0.946	0.026	5	A	1		1.958	7.180	
20:0....g	0.012	0.002	5	A	1		0.025	0.091	
22:0....g	0.010	0.000	5	A	1		0.021	0.076	
24:0....g	0.006	0.000	5	A	1		0.013	0.049	
Fatty acids, total monounsaturated....g	2.770		0	NC	4		5.734	21.024	
14:1....g	0.030	0.000	5	A	1		0.062	0.228	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.156	0.006	5	AS	1		0.323	1.184	
16:1 c....g	0.146	0.006	5	A	1		0.302	1.108	
16:1 t....g	0.010	0.000	5	A	1		0.021	0.076	
17:1....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated....g	2.536	0.090	5	AS	1		5.250	19.248	
18:1 c....g	2.422	0.085	5	A	1		5.014	18.383	
18:1 t....g	0.114	0.005	5	A	1		0.236	0.865	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.002	5	A	1		0.075	0.273	
22:1 undifferentiated....g	0.010	0.000	5	AS	1		0.021	0.076	
22:1 c....g	0.010	0.000	5	A	1		0.021	0.076	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	5	A	1		0.004	0.015	
Fatty acids, total polyunsaturated....g	1.775		0	NC	4		3.674	13.471	
18:2 undifferentiated....g	1.576	0.033	5	AS	1		3.262	11.962	
18:2 n-6 c,c....g	1.516	0.029	5	A	1		3.138	11.506	
18:2 CLAs....g	0.026	0.002	5	A	1		0.054	0.197	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.034	0.002	5	A	1		0.070	0.258	
18:3 undifferentiated....g	0.149	0.002	5	AS	1		0.308	1.131	
18:3 n-3 c,c,c (ALA)....g	0.146	0.002	5	A	1		0.302	1.108	
18:3 n-6 c,c,c....g	0.003	0.000	5	A	1		0.006	0.023	
18:3i....g									
18:4....g	0.001	0.000	5	A	1		0.002	0.008	
20:2 n-6 c,c....g	0.010	0.000	5	A	1		0.021	0.076	
20:3 undifferentiated....g	0.011	0.000	5	AS	1		0.023	0.085	
20:3 n-3....g	0.003	0.000	5	A	1		0.005	0.020	
20:3 n-6....g	0.009	0.000	5	A	1		0.018	0.065	
20:4 undifferentiated....g	0.010	0.000	5	A	1		0.021	0.076	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	5	A	1		0.004	0.015	
21:5....g									
22:4....g	0.009	0.000	5	A	1		0.019	0.068	
22:5 n-3 (DPA)....g	0.005	0.000	5	A	1		0.010	0.035	
22:6 n-3 (DHA)....g	0.001	0.000	5	A	1		0.002	0.009	
Fatty acids, total trans....g	0.158		0	NC	4		0.327	1.199	
Fatty acids, total trans-monoenoic....g	0.124		0	NC	4		0.257	0.941	
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.070	0.258	
Cholesterol....mg	18	0.570	3	A	1		38	140	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21478

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.38	0.306	4	A	1		61.45	232.24	
Energy....kcal	283		0	NC	4		411	1552	
Energy....kJ	1185		0	NC	4		1718	6494	
Protein....g	13.22	0.141	4	A	1		19.17	72.44	
Total lipid (fat)....g	12.86	0.287	4	A	1		18.64	70.45	
Ash....g	2.88	0.071	4	A	1		4.17	15.77	
Carbohydrate, by difference....g	28.67		0	NC	4		41.57	157.10	
Fiber, total dietary....g	2.8	0.033	3	A	1		4.1	15.5	
Sugars, total....g									
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	1.31	0.128	4	A	1		1.90	7.17	
Fructose....g	1.35	0.065	4	A	1		1.96	7.41	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.97		1	A	1		1.41	5.32	
Galactose....g									
Starch....g	22.33	0.851	3	A	1		32.38	122.39	
Minerals:									
Calcium, Ca....mg	209	2.675	4	A	1		303	1144	
Iron, Fe....mg	0.90	0.030	4	A	1		1.31	4.93	
Magnesium, Mg....mg	28	0.284	4	A	1		41	155	
Phosphorus, P....mg	213	1.014	4	A	1		309	1166	
Potassium, K....mg	268	6.283	4	A	1		389	1470	
Sodium, Na....mg	663	14.072	4	A	1		962	3635	
Zinc, Zn....mg	1.64	0.022	4	A	1		2.37	8.96	
Copper, Cu....mg	0.108	0.003	4	A	1		0.156	0.589	
Manganese, Mn....mg	0.305	0.006	4	A	1		0.442	1.671	
Selenium, Se....µg	24.1	0.892	4	A	1		34.9	132.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	A	1		1.3	4.8	
Thiamin....mg	0.143	0.005	4	A	1		0.207	0.781	
Riboflavin....mg	0.125	0.005	4	A	1		0.181	0.685	
Niacin....mg	2.053	0.046	4	A	1		2.976	11.248	
Pantothenic acid....mg	0.537	0.041	3	A	1		0.778	2.941	
Vitamin B-6....mg	0.160	0.004	4	A	1		0.232	0.877	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55	0.039	4	A	1		0.80	3.01	
Vitamin A, RAE....µg	46		0	AS	1		66	250	
Vitamin A, IU....IU	152		0	AS	1		221	835	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.77	0.063	4	A	1		1.12	4.22	
Tocopherol, beta....mg	0.06	0.005	4	A	1		0.08	0.30	
Tocopherol, gamma....mg	0.99	0.060	4	A	1		1.44	5.44	
Tocopherol, delta....mg	0.29	0.026	4	A	1		0.42	1.58	
Tocotrienol, alpha....mg	0.00	0.003	4	A	1		0.00	0.01	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.006	4	A	1		0.01	0.05	
Tocotrienol, delta....mg	0.00	0.000	4	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	5.0	0.186	3	A	1		7.3	27.6	
Dihydrophylloquinone....µg	3.9	0.275	3	A	1		5.6	21.1	
Menaquinone-4....µg	4.0	0.350	3	A	1		5.7	21.6	

NDB No. 21478

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.973		0	NC	4		7.211	27.252	
4:0....g	0.055	0.003	4	A	1		0.080	0.301	
6:0....g	0.055	0.003	4	A	1		0.080	0.301	
8:0....g	0.038	0.003	4	A	1		0.054	0.206	
10:0....g	0.108	0.005	4	A	1		0.156	0.589	
12:0....g	0.135	0.006	4	A	1		0.196	0.740	
13:0....g									
14:0....g	0.528	0.027	4	A	1		0.765	2.891	
15:0....g	0.050	0.004	4	A	1		0.073	0.274	
16:0....g	2.670	0.072	4	A	1		3.872	14.632	
17:0....g	0.048	0.003	4	A	1		0.069	0.260	
18:0....g	1.248	0.028	4	A	1		1.809	6.836	
20:0....g	0.020	0.000	4	A	1		0.029	0.110	
22:0....g	0.010	0.000	4	A	1		0.015	0.055	
24:0....g	0.008	0.000	4	A	1		0.011	0.042	
Fatty acids, total monounsaturated....g	4.354		0	NC	4		6.313	23.860	
14:1....g	0.038	0.003	4	A	1		0.054	0.206	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.230	0.009	4	AS	1		0.334	1.260	
16:1 c....g	0.218	0.009	4	A	1		0.315	1.192	
16:1 t....g	0.013	0.003	4	A	1		0.018	0.069	
17:1....g	0.007	0.004	4	A	1		0.010	0.037	
18:1 undifferentiated....g	4.008	0.097	4	AS	1		5.811	21.961	
18:1 c....g	3.563	0.093	4	A	1		5.166	19.523	
18:1 t....g	0.445	0.005	4	A	1		0.645	2.439	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.053	0.003	4	A	1		0.076	0.288	
22:1 undifferentiated....g	0.018	0.003	4	AS	1		0.025	0.096	
22:1 c....g	0.018	0.003	4	A	1		0.025	0.096	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	4	A	1		0.003	0.012	
Fatty acids, total polyunsaturated....g	1.827		0	NC	4		2.649	10.011	
18:2 undifferentiated....g	1.613	0.019	4	AS	1		2.338	8.837	
18:2 n-6 c,c....g	1.528	0.021	4	A	1		2.215	8.371	
18:2 CLAs....g	0.035	0.003	4	A	1		0.051	0.192	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.050	0.000	4	A	1		0.073	0.274	
18:3 undifferentiated....g	0.137	0.005	4	AS	1		0.198	0.748	
18:3 n-3 c,c,c (ALA)....g	0.133	0.005	4	A	1		0.192	0.726	
18:3 n-6 c,c,c....g	0.004	0.000	4	A	1		0.006	0.022	
18:3i....g									
18:4....g	0.002	0.001	4	A	1		0.003	0.011	
20:2 n-6 c,c....g	0.020	0.000	4	A	1		0.029	0.110	
20:3 undifferentiated....g	0.014	0.000	4	AS	1		0.020	0.077	
20:3 n-3....g	0.004	0.000	4	A	1		0.006	0.022	
20:3 n-6....g	0.010	0.000	4	A	1		0.015	0.055	
20:4 undifferentiated....g	0.020	0.000	4	A	1		0.029	0.110	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	4	A	1		0.004	0.014	
21:5....g									
22:4....g	0.010	0.000	4	A	1		0.015	0.055	
22:5 n-3 (DPA)....g	0.007	0.000	4	A	1		0.009	0.036	
22:6 n-3 (DHA)....g	0.001	0.000	4	A	1		0.002	0.007	
Fatty acids, total trans....g	0.508		0	NC	4		0.736	2.781	
Fatty acids, total trans-monoenoic....g	0.458		0	NC	4		0.663	2.507	
Fatty acids, total trans-polyenoic....g	0.050		0	NC	4		0.073	0.274	
Cholesterol....mg	28		2	A	1		40	153	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21479

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.80	0.208	6	A	1		106.23	409.96	
Energy....kcal	255		0	NC	4		578	2232	
Energy....kJ	1066		0	NC	4		2420	9338	
Protein....g	11.74	0.090	6	A	1		26.65	102.84	
Total lipid (fat)....g	10.68	0.186	6	A	1		24.23	93.51	
Ash....g	2.85	0.033	6	A	1		6.48	25.00	
Carbohydrate, by difference....g	27.93		0	NC	4		63.41	244.69	
Fiber, total dietary....g	2.3	0.145	3	A	1		5.1	19.9	
Sugars, total....g	4.71		0	NR	4		10.69	41.26	
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose)....g	1.76	0.169	6	A	1		4.00	15.42	
Fructose....g	2.15	0.065	6	A	1		4.87	18.81	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.60		1	A	1		1.36	5.26	
Galactose....g	0.20		1	A	1		0.45	1.75	
Starch....g	21.07	0.150	6	A	1		47.82	184.54	
Minerals:									
Calcium, Ca....mg	139	5.198	6	A	1		315	1215	
Iron, Fe....mg	1.01	0.052	6	A	1		2.29	8.85	
Magnesium, Mg....mg	27	0.314	6	A	1		61	234	
Phosphorus, P....mg	211	5.844	6	A	1		479	1849	
Potassium, K....mg	210	3.657	6	A	1		476	1838	
Sodium, Na....mg	712	8.714	6	A	1		1616	6234	
Zinc, Zn....mg	1.30	0.033	6	A	1		2.95	11.39	
Copper, Cu....mg	0.118	0.003	6	A	1		0.269	1.037	
Manganese, Mn....mg	0.382	0.005	6	A	1		0.866	3.343	
Selenium, Se....µg	25.0	0.646	6	A	1		56.8	219.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.153	0.006	6	A	1		0.348	1.343	
Riboflavin....mg	0.080	0.004	6	A	1		0.182	0.701	
Niacin....mg	1.605	0.021	6	A	1		3.643	14.060	
Pantothenic acid....mg	0.467	0.015	3	A	1		1.059	4.088	
Vitamin B-6....mg	0.137	0.002	6	A	1		0.310	1.197	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.41	0.022	6	A	1		0.92	3.55	
Vitamin A, RAE....µg	35		0	AS	1		80	308	
Vitamin A, IU....IU	117		0	AS	1		266	1025	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.89	0.044	6	A	1		2.02	7.81	
Tocopherol, beta....mg	0.12	0.011	6	A	1		0.26	1.01	
Tocopherol, gamma....mg	1.28	0.035	6	A	1		2.90	11.20	
Tocopherol, delta....mg	0.25	0.010	6	A	1		0.57	2.20	
Tocotrienol, alpha....mg	0.05	0.010	6	A	1		0.11	0.42	
Tocotrienol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.04	0.009	6	A	1		0.08	0.31	
Tocotrienol, delta....mg	0.00	0.000	6	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	7.6	0.497	3	A	1		17.3	66.9	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	3.0	0.076	3	A	1		6.7	25.8	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.965		0	NC	4		9.001	34.733	
4:0....g	0.040	0.000	6	A	1		0.091	0.350	
6:0....g	0.038	0.002	6	A	1		0.087	0.336	
8:0....g	0.028	0.002	6	A	1		0.064	0.248	
10:0....g	0.080	0.003	6	A	1		0.182	0.701	
12:0....g	0.097	0.003	6	A	1		0.219	0.847	
13:0....g									
14:0....g	0.380	0.008	6	A	1		0.863	3.329	
15:0....g	0.033	0.002	6	A	1		0.076	0.292	
16:0....g	2.158	0.039	6	A	1		4.899	18.907	
17:0....g	0.035	0.002	6	A	1		0.079	0.307	
18:0....g	1.037	0.019	6	A	1		2.353	9.081	
20:0....g	0.020	0.000	6	A	1		0.045	0.175	
22:0....g	0.010	0.000	6	A	1		0.023	0.088	
24:0....g	0.006	0.000	6	A	1		0.014	0.054	
Fatty acids, total monounsaturated....g	3.372		0	NC	4		7.654	29.536	
14:1....g	0.025	0.002	6	A	1		0.057	0.219	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.178	0.005	6	AS	1		0.405	1.562	
16:1 c....g	0.168	0.005	6	A	1		0.382	1.475	
16:1 t....g	0.010	0.000	6	A	1		0.023	0.088	
17:1....g	0.003	0.002	6	A	1		0.007	0.026	
18:1 undifferentiated....g	3.108	0.062	6	AS	1		7.056	27.229	
18:1 c....g	3.005	0.060	6	A	1		6.821	26.324	
18:1 t....g	0.103	0.003	6	A	1		0.235	0.905	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047	0.002	6	A	1		0.106	0.409	
22:1 undifferentiated....g	0.009	0.000	6	AS	1		0.020	0.079	
22:1 c....g	0.009	0.000	6	A	1		0.020	0.079	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.003	0.012	
Fatty acids, total polyunsaturated....g	1.891		0	NC	4		4.292	16.564	
18:2 undifferentiated....g	1.670	0.021	6	AS	1		3.791	14.629	
18:2 n-6 c,c....g	1.615	0.019	6	A	1		3.666	14.147	
18:2 CLAs....g	0.025	0.002	6	A	1		0.057	0.219	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.000	6	A	1		0.068	0.263	
18:3 undifferentiated....g	0.148	0.002	6	AS	1		0.336	1.298	
18:3 n-3 c,c,c (ALA)....g	0.145	0.002	6	A	1		0.329	1.270	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.007	0.028	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.002	0.009	
20:2 n-6 c,c....g	0.020	0.000	6	A	1		0.045	0.175	
20:3 undifferentiated....g	0.014	0.000	6	AS	1		0.031	0.118	
20:3 n-3....g	0.004	0.000	6	A	1		0.009	0.034	
20:3 n-6....g	0.010	0.000	6	A	1		0.022	0.085	
20:4 undifferentiated....g	0.018	0.002	6	A	1		0.042	0.161	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1		0.005	0.018	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.023	0.088	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.012	0.048	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.003	0.012	
Fatty acids, total trans....g	0.143		0	NC	4		0.325	1.256	
Fatty acids, total trans-monoenoic....g	0.113		0	NC	4		0.257	0.993	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.068	0.263	
Cholesterol....mg	19	0.494	4	A	1		43	165	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21480

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

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.31	0.447	4	A	1		73.33	281.51	
Energy....kcal	255		0	NC	4		395	1518	
Energy....kJ	1067		0	NC	4		1654	6349	
Protein....g	11.41	0.235	4	A	1		17.68	67.87	
Total lipid (fat)....g	10.80	0.363	4	A	1		16.74	64.27	
Ash....g	2.43	0.037	4	A	1		3.77	14.46	
Carbohydrate, by difference....g	28.05		0	NC	4		43.48	166.89	
Fiber, total dietary....g	2.8	0.058	3	A	1		4.3	16.7	
Sugars, total....g									
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	1.38	0.070	4	A	1		2.14	8.21	
Fructose....g	1.57	0.034	4	A	1		2.44	9.36	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g									
Galactose....g									
Starch....g	21.43	0.598	4	A	1		33.21	127.48	
Minerals:									
Calcium, Ca....mg	161	7.056	4	A	1		249	955	
Iron, Fe....mg	0.92	0.012	4	A	1		1.43	5.49	
Magnesium, Mg....mg	28	0.194	4	A	1		43	166	
Phosphorus, P....mg	187	4.428	4	A	1		290	1113	
Potassium, K....mg	278	3.340	4	A	1		431	1655	
Sodium, Na....mg	555	12.602	4	A	1		861	3304	
Zinc, Zn....mg	1.40	0.030	4	A	1		2.17	8.34	
Copper, Cu....mg	0.110	0.000	4	A	1		0.171	0.655	
Manganese, Mn....mg	0.313	0.003	4	A	1		0.484	1.859	
Selenium, Se....µg	20.9	0.591	4	A	1		32.4	124.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	A	1		1.2	4.5	
Thiamin....mg	0.148	0.020	4	A	1		0.229	0.878	
Riboflavin....mg	0.098	0.006	4	A	1		0.151	0.580	
Niacin....mg	2.013	0.034	4	A	1		3.119	11.974	
Pantothenic acid....mg	0.537	0.009	3	A	1		0.832	3.193	
Vitamin B-6....mg	0.163	0.008	4	A	1		0.252	0.967	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.48	0.030	4	A	1		0.75	2.87	
Vitamin A, RAE....µg	41		0	AS	1		64	246	
Vitamin A, IU....IU	138		0	AS	1		214	822	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.82	0.139	4	A	1		1.26	4.85	
Tocopherol, beta....mg	0.07	0.008	4	A	1		0.10	0.40	
Tocopherol, gamma....mg	1.09	0.120	4	A	1		1.69	6.49	
Tocopherol, delta....mg	0.32	0.035	4	A	1		0.50	1.90	
Tocotrienol, alpha....mg	0.03	0.017	4	A	1		0.04	0.15	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.008	4	A	1		0.01	0.04	
Tocotrienol, delta....mg	0.00	0.000	4	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	5.7	0.304	3	A	1		8.8	33.6	
Dihydrophylloquinone....µg	3.5	0.033	3	A	1		5.4	20.6	
Menaquinone-4....µg	3.4	0.485	3	A	1		5.2	20.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.377		0	NC	4		6.784	26.040	
4:0....g	0.043	0.003	4	A	1		0.066	0.253	
6:0....g	0.040	0.000	4	A	1		0.062	0.238	
8:0....g	0.030	0.000	4	A	1		0.047	0.179	
10:0....g	0.090	0.004	4	A	1		0.140	0.536	
12:0....g	0.113	0.006	4	A	1		0.174	0.669	
13:0....g									
14:0....g	0.438	0.019	4	A	1		0.678	2.603	
15:0....g	0.043	0.003	4	A	1		0.066	0.253	
16:0....g	2.370	0.076	4	A	1		3.674	14.102	
17:0....g	0.040	0.000	4	A	1		0.062	0.238	
18:0....g	1.133	0.040	4	A	1		1.755	6.738	
20:0....g	0.020	0.000	4	A	1		0.031	0.119	
22:0....g	0.010	0.000	4	A	1		0.016	0.060	
24:0....g	0.007	0.000	4	A	1		0.011	0.042	
Fatty acids, total monounsaturated....g	3.957		0	NC	4		6.133	23.544	
14:1....g	0.030	0.000	4	A	1		0.047	0.179	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.190	0.011	4	AS	1		0.295	1.131	
16:1 c....g	0.180	0.011	4	A	1		0.279	1.071	
16:1 t....g	0.010	0.000	4	A	1		0.016	0.060	
17:1....g	0.001	0.001	4	A	1		0.002	0.007	
18:1 undifferentiated....g	3.680	0.163	4	AS	1		5.704	21.896	
18:1 c....g	3.278	0.166	4	A	1		5.080	19.501	
18:1 t....g	0.403	0.005	4	A	1		0.624	2.395	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.003	4	A	1		0.070	0.268	
22:1 undifferentiated....g	0.009	0.001	4	AS	1		0.014	0.055	
22:1 c....g	0.009	0.001	4	A	1		0.014	0.055	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	4	A	1		0.002	0.009	
Fatty acids, total polyunsaturated....g	1.790		0	NC	4		2.774	10.649	
18:2 undifferentiated....g	1.600	0.046	4	AS	1		2.480	9.520	
18:2 n-6 c,c....g	1.525	0.043	4	A	1		2.364	9.074	
18:2 CLAs....g	0.028	0.003	4	A	1		0.043	0.164	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.048	0.003	4	A	1		0.074	0.283	
18:3 undifferentiated....g	0.121	0.007	4	AS	1		0.187	0.717	
18:3 n-3 c,c,c (ALA)....g	0.118	0.008	4	A	1		0.182	0.699	
18:3 n-6 c,c,c....g	0.003	0.000	4	A	1		0.005	0.018	
18:3i....g									
18:4....g	0.001	0.000	4	A	1		0.002	0.006	
20:2 n-6 c,c....g	0.018	0.003	4	A	1		0.027	0.104	
20:3 undifferentiated....g	0.013	0.001	4	AS	1		0.021	0.079	
20:3 n-3....g	0.004	0.000	4	A	1		0.006	0.022	
20:3 n-6....g	0.010	0.001	4	A	1		0.015	0.057	
20:4 undifferentiated....g	0.018	0.003	4	A	1		0.027	0.104	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	A	1		0.003	0.012	
21:5....g									
22:4....g	0.010	0.001	4	A	1		0.015	0.057	
22:5 n-3 (DPA)....g	0.006	0.000	4	A	1		0.009	0.036	
22:6 n-3 (DHA)....g	0.002	0.000	4	A	1		0.002	0.009	
Fatty acids, total trans....g	0.460		0	NC	4		0.713	2.737	
Fatty acids, total trans-monoenoic....g	0.413		0	NC	4		0.639	2.454	
Fatty acids, total trans-polyenoic....g	0.048		0	NC	4		0.074	0.283	
Cholesterol....mg	20		2	A	1		31	120	
Phytosterols....mg									

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

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

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

food, or similar food.

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

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

Food Group: 21 Fast Foods

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

NDB No. 21277

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.87	0.544	6	A	1		48.46	388.10	
Energy ... kcal	257		0	NC	4		277	2222	
Energy ... kJ	1075		0	NC	4		1161	9299	
Protein ... g	10.80	0.238	6	A	1		11.66	93.42	
Total lipid (fat) ... g	8.97	0.123	6	A	1		9.68	77.56	
Ash ... g	2.13	0.062	6	A	1		2.30	18.40	
Carbohydrate, by difference ... g	33.24		0	NC	4		35.90	287.53	
Fiber, total dietary ... g	2.2	0.067	3	A	1		2.3	18.7	
Sugars, total ... g	4.02	0.038	3	A	1		4.35	34.81	
Sucrose ... g	0.40	0.000	3	A	1		0.43	3.46	
Glucose (dextrose) ... g	1.00	0.058	3	A	1		1.08	8.65	
Fructose ... g	1.07	0.033	3	A	1		1.15	9.23	
Lactose ... g	0.50	0.115	3	A	1		0.54	4.32	
Maltose ... g	0.93	0.033	3	A	1		1.01	8.07	
Galactose ... g	0.12	0.038	3	A	1		0.13	1.08	
Starch ... g	26.37	0.517	3	A	1		28.48	228.07	
Minerals:									
Calcium, Ca ... mg	167	2.338	6	A	1		180	1445	
Iron, Fe ... mg	2.34	0.074	6	A	1		2.52	20.21	
Magnesium, Mg ... mg	24	0.394	6	A	1		26	210	
Phosphorus, P ... mg	204	2.574	6	A	1		220	1763	
Potassium, K ... mg	161	5.468	6	A	1		174	1391	
Sodium, Na ... mg	523	8.048	6	A	1		564	4521	
Zinc, Zn ... mg	1.24	0.017	6	A	1		1.34	10.75	
Copper, Cu ... mg	0.107	0.002	6	A	1		0.116	0.930	
Manganese, Mn ... mg	0.324	0.012	6	A	1		0.350	2.807	
Selenium, Se ... µg	23.0		1	A	1		24.8	199.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		1	A	1		0.9	7.6	
Thiamin ... mg	0.320		1	A	1		0.346	2.768	
Riboflavin ... mg	0.170		1	A	1		0.184	1.471	
Niacin ... mg	3.350		1	A	1		3.618	28.977	
Pantothenic acid ... mg	0.450	0.029	4	A	1		0.486	3.893	
Vitamin B-6 ... mg	0.080		1	A	1		0.086	0.692	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.46		1	A	1		0.50	3.98	
Vitamin A, RAE ... µg	61		4	AS	1		65	524	
Vitamin A, IU ... IU	301		4	AS	1		325	2600	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.99	0.068	4	A	1		1.07	8.58	
Tocopherol, beta ... mg	0.05	0.009	4	A	1		0.06	0.48	
Tocopherol, gamma ... mg	1.34	0.038	4	A	1		1.45	11.61	
Tocopherol, delta ... mg	0.33	0.037	4	A	1		0.36	2.85	
Tocotrienol, alpha ... mg	0.11	0.009	4	A	1		0.12	0.99	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00	0.004	4	A	1		0.00	0.03	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone) ... µg	5.4	0.260	4	A	1		5.9	47.1	
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4 ... µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.110		0	NC	4		4.439	35.554	
4:0....g	0.095	0.007	6	A	1		0.102	0.820	
6:0....g	0.075	0.005	6	A	1		0.081	0.649	
8:0....g	0.051	0.003	6	A	1		0.056	0.445	
10:0....g	0.133	0.005	6	A	1		0.144	1.150	
12:0....g	0.163	0.006	6	A	1		0.176	1.408	
13:0....g									
14:0....g	0.563	0.022	6	A	1		0.608	4.873	
15:0....g	0.059	0.003	6	A	1		0.064	0.513	
16:0....g	2.047	0.053	6	A	1		2.211	17.711	
17:0....g	0.041	0.001	6	A	1		0.044	0.352	
18:0....g	0.839	0.012	6	A	1		0.906	7.256	
20:0....g	0.018	0.000	6	A	1		0.020	0.159	
22:0....g	0.014	0.000	6	A	1		0.015	0.124	
24:0....g	0.008	0.000	6	A	1		0.008	0.066	
Fatty acids, total monounsaturated....g	2.165		0	NC	4		2.338	18.725	
14:1....g	0.045	0.003	6	A	1		0.049	0.389	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.103	0.007	6	AS	1		0.112	0.894	
16:1 c....g	0.082	0.006	6	A	1		0.089	0.714	
16:1 t....g	0.021	0.001	6	A	1		0.022	0.180	
17:1....g	0.014	0.001	6	A	1		0.015	0.117	
18:1 undifferentiated....g	1.969	0.033	6	AS	1		2.127	17.033	
18:1 c....g	1.815	0.030	6	A	1		1.960	15.697	
18:1 t....g	0.154	0.004	6	A	1		0.167	1.336	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.001	6	A	1		0.034	0.271	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.014	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.014	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.001	0.007	
Fatty acids, total polyunsaturated....g	1.833		0	NC	4		1.979	15.854	
18:2 undifferentiated....g	1.608	0.044	6	AS	1		1.737	13.909	
18:2 n-6 c,c....g	1.517	0.042	6	A	1		1.638	13.122	
18:2 CLAs....g	0.037	0.002	6	A	1		0.040	0.324	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053	0.004	6	A	1		0.058	0.463	
18:3 undifferentiated....g	0.186	0.007	6	AS	1		0.201	1.612	
18:3 n-3 c,c,c (ALA)....g	0.184	0.007	6	A	1		0.199	1.590	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.003	0.022	
18:3i....g									
18:4....g	0.002	0.001	6	A	1		0.002	0.016	
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.003	0.027	
20:3 undifferentiated....g	0.008	0.000	6	AS	1		0.009	0.073	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.001	
20:3 n-6....g	0.008	0.000	6	A	1		0.009	0.072	
20:4 undifferentiated....g	0.011	0.001	6	A	1		0.012	0.094	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.036	
21:5....g									
22:4....g	0.004	0.000	6	A	1		0.005	0.039	
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.004	0.036	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001	0.004	
Fatty acids, total trans....g	0.229		0	NC	4		0.247	1.979	
Fatty acids, total trans-monoenoic....g	0.175		0	NC	4		0.189	1.517	
Fatty acids, total trans-polyenoic....g	0.053		0	NC	4		0.058	0.463	
Cholesterol....mg	17	0.953	3	A	1		18	147	
Phytosterols....mg									

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

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

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

food, or similar food.

Common Measures:
Measure 1 = 108g: 1 slice
Measure 2 = 865g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21279

DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.58	0.909	6	A	1		29.11	224.55	
Energy ... kcal	298		0	NC	4		209	1609	
Energy ... kJ	1247		0	NC	4		873	6734	
Protein ... g	12.33	0.406	6	A	1		8.63	66.60	
Total lipid (fat) ... g	15.10	0.361	6	A	1		10.57	81.54	
Ash ... g	2.80	0.102	6	A	1		1.96	15.15	
Carbohydrate, by difference ... g	28.18		0	NC	4		19.72	152.16	
Fiber, total dietary ... g	2.5	0.088	3	A	1		1.8	13.7	
Sugars, total ... g	4.09	0.191	3	A	1		2.86	22.09	
Sucrose ... g	0.77	0.067	3	A	1		0.54	4.14	
Glucose (dextrose) ... g	0.97	0.067	3	A	1		0.68	5.22	
Fructose ... g	1.10	0.100	3	A	1		0.77	5.94	
Lactose ... g	0.60	0.058	3	A	1		0.42	3.24	
Maltose ... g	0.57	0.033	3	A	1		0.40	3.06	
Galactose ... g	0.09	0.009	3	A	1		0.06	0.49	
Starch ... g	20.00	0.755	3	A	1		14.00	108.00	
Minerals:									
Calcium, Ca ... mg	292	15.916	6	A	1		204	1575	
Iron, Fe ... mg	0.91	0.020	6	A	1		0.64	4.93	
Magnesium, Mg ... mg	24	0.419	6	A	1		17	131	
Phosphorus, P ... mg	292	12.590	6	A	1		204	1574	
Potassium, K ... mg	202	9.687	6	A	1		142	1093	
Sodium, Na ... mg	628	10.694	6	A	1		440	3392	
Zinc, Zn ... mg	1.54	0.065	6	A	1		1.08	8.34	
Copper, Cu ... mg	0.096	0.005	6	A	1		0.067	0.519	
Manganese, Mn ... mg	0.229	0.007	6	A	1		0.160	1.235	
Selenium, Se ... µg	19.8		1	A	1		13.9	106.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.7		1	A	1		1.2	9.3	
Thiamin ... mg	0.060		1	A	1		0.042	0.324	
Riboflavin ... mg	0.080		1	A	1		0.056	0.432	
Niacin ... mg	1.010		1	A	1		0.707	5.454	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.070		1	A	1		0.049	0.378	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.64		1	A	1		0.45	3.46	
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	1.49	0.162	4	A	1		1.04	8.05	
Tocopherol, beta ... mg	0.06	0.003	4	A	1		0.04	0.34	
Tocopherol, gamma ... mg	3.54	0.205	4	A	1		2.48	19.12	
Tocopherol, delta ... mg	1.39	0.083	4	A	1		0.97	7.49	
Tocotrienol, alpha ... mg	0.09	0.031	4	A	1		0.06	0.50	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.01	0.004	4	A	1		0.01	0.04	
Tocotrienol, delta ... mg	0.00	0.000	4	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	15.8	1.041	4	A	1		11.0	85.1	
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4 ... µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.345		0	NC	4		4.442	34.264	
4:0....g	0.165	0.011	6	A	1		0.116	0.893	
6:0....g	0.132	0.007	6	A	1		0.092	0.712	
8:0....g	0.087	0.005	6	A	1		0.061	0.472	
10:0....g	0.219	0.013	6	A	1		0.153	1.182	
12:0....g	0.263	0.016	6	A	1		0.184	1.421	
13:0....g									
14:0....g	0.899	0.051	6	A	1		0.629	4.854	
15:0....g	0.096	0.005	6	A	1		0.067	0.517	
16:0....g	3.090	0.113	6	A	1		2.163	16.687	
17:0....g	0.066	0.003	6	A	1		0.046	0.355	
18:0....g	1.251	0.048	6	A	1		0.876	6.758	
20:0....g	0.033	0.001	6	A	1		0.023	0.180	
22:0....g	0.027	0.001	6	A	1		0.019	0.143	
24:0....g	0.011	0.000	6	A	1		0.008	0.062	
Fatty acids, total monounsaturated....g	3.748		0	NC	4		2.624	20.242	
14:1....g	0.073	0.006	6	A	1		0.051	0.395	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.161	0.010	6	AS	1		0.113	0.869	
16:1 c....g	0.129	0.008	6	A	1		0.090	0.695	
16:1 t....g	0.032	0.001	6	A	1		0.023	0.175	
17:1....g	0.023	0.001	6	A	1		0.016	0.126	
18:1 undifferentiated....g	3.428	0.099	6	AS	1		2.399	18.509	
18:1 c....g	3.191	0.087	6	A	1		2.234	17.232	
18:1 t....g	0.236	0.012	6	A	1		0.166	1.277	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.060	0.002	6	A	1		0.042	0.324	
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.001	0.007	
22:1 c....g	0.001	0.000	6	A	1		0.001	0.007	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	6	A	1		0.001	0.011	
Fatty acids, total polyunsaturated....g	3.762		0	NC	4		2.633	20.313	
18:2 undifferentiated....g	3.248	0.063	6	AS	1		2.274	17.539	
18:2 n-6 c,c....g	3.097	0.065	6	A	1		2.168	16.726	
18:2 CLAs....g	0.062	0.004	6	A	1		0.043	0.334	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.089	0.003	6	A	1		0.062	0.479	
18:3 undifferentiated....g	0.456	0.011	6	AS	1		0.320	2.465	
18:3 n-3 c,c,c (ALA)....g	0.453	0.010	6	A	1		0.317	2.445	
18:3 n-6 c,c,c....g	0.004	0.001	6	A	1		0.003	0.020	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.002	0.013	
20:2 n-6 c,c....g	0.006	0.000	6	A	1		0.004	0.031	
20:3 undifferentiated....g	0.013	0.001	6	AS	1		0.009	0.069	
20:3 n-3....g	0.001	0.000	6	A	1		0.000	0.004	
20:3 n-6....g	0.012	0.001	6	A	1		0.009	0.066	
20:4 undifferentiated....g	0.018	0.001	6	A	1		0.013	0.098	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	6	A	1		0.003	0.027	
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.003	0.025	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.005	0.035	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.000	0.004	
Fatty acids, total trans....g	0.357		0	NC	4		0.250	1.930	
Fatty acids, total trans-monoenoic....g	0.269		0	NC	4		0.188	1.452	
Fatty acids, total trans-polyenoic....g	0.089		0	NC	4		0.062	0.479	
Cholesterol....mg	27	2.610	3	A	1		19	145	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.073	0.567	
Threonine....g	0.420		0	A	1		0.294	2.269	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.585		0	A	1		0.409	3.157	
Leucine....g	1.203		0	A	1		0.842	6.495	
Lysine....g	0.880		0	A	1		0.616	4.753	
Methionine....g	0.330		0	A	1		0.231	1.783	
Cystine....g	0.153		0	A	1		0.107	0.827	
Phenylalanine....g	0.695		0	A	1		0.487	3.753	
Tyrosine....g	0.505		0	A	1		0.354	2.729	
Valine....g	0.752		0	A	1		0.527	4.062	
Arginine....g	0.505		0	A	1		0.354	2.727	
Histidine....g	0.367		0	A	1		0.257	1.984	
Alanine....g	0.395		0	A	1		0.277	2.134	
Aspartic acid....g	0.966		0	A	1		0.676	5.214	
Glutamic acid....g	3.664		0	A	1		2.565	19.785	
Glycine....g	0.323		0	A	1		0.226	1.742	
Proline....g	1.873		0	A	1		1.311	10.113	
Serine....g	0.828		0	A	1		0.580	4.472	
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	

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

Common Measures:

Measure 1 = 70g: 1 slice

Measure 2 = 540g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21278

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.42	0.850	6	A	1		51.23	411.16	
Energy....kcal	265		0	NC	4		313	2514	
Energy....kJ	1111		0	NC	4		1311	10521	
Protein....g	10.76	0.247	6	A	1		12.70	101.93	
Total lipid (fat)....g	9.83	0.152	6	A	1		11.60	93.12	
Ash....g	2.50	0.033	6	A	1		2.95	23.71	
Carbohydrate, by difference....g	33.48		0	NC	4		39.51	317.09	
Fiber, total dietary....g	2.4	0.120	3	A	1		2.9	23.0	
Sugars, total....g	4.22	0.211	3	A	1		4.97	39.92	
Sucrose....g	0.40	0.000	3	A	1		0.47	3.79	
Glucose (dextrose)....g	0.60	0.058	3	A	1		0.71	5.68	
Fructose....g	0.97	0.088	3	A	1		1.14	9.15	
Lactose....g	0.73	0.033	3	A	1		0.87	6.94	
Maltose....g	1.43	0.033	3	A	1		1.69	13.57	
Galactose....g	0.08	0.009	3	A	1		0.10	0.78	
Starch....g	24.97	0.933	3	A	1		29.46	236.43	
Minerals:									
Calcium, Ca....mg	166	3.490	6	A	1		195	1569	
Iron, Fe....mg	2.49	0.094	6	A	1		2.94	23.63	
Magnesium, Mg....mg	24	0.397	6	A	1		28	226	
Phosphorus, P....mg	203	3.931	6	A	1		239	1918	
Potassium, K....mg	169	4.302	6	A	1		199	1597	
Sodium, Na....mg	615	16.035	6	A	1		726	5824	
Zinc, Zn....mg	1.22	0.022	6	A	1		1.45	11.60	
Copper, Cu....mg	0.110	0.003	6	A	1		0.130	1.042	
Manganese, Mn....mg	0.275	0.006	6	A	1		0.324	2.603	
Selenium, Se....µg	20.3		1	A	1		24.0	192.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.4	3.6	
Thiamin....mg	0.340		1	A	1		0.401	3.220	
Riboflavin....mg	0.180		1	A	1		0.212	1.705	
Niacin....mg	3.510		1	A	1		4.142	33.240	
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		1	A	1		0.047	0.379	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36		1	A	1		0.42	3.41	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.89	0.063	4	A	1		1.05	8.45	
Tocopherol, beta....mg	0.07	0.009	4	A	1		0.08	0.64	
Tocopherol, gamma....mg	2.29	0.069	4	A	1		2.71	21.71	
Tocopherol, delta....mg	0.69	0.035	4	A	1		0.82	6.58	
Tocotrienol, alpha....mg	0.07	0.026	4	A	1		0.08	0.64	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	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	6.1	0.375	4	A	1		7.2	57.5	
Dihydrophylloquinone....µg	4.1	0.227	4	A	1		4.8	38.8	
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.062		0	NC	4		4.793	38.467	
4:0....g	0.098	0.008	6	A	1		0.115	0.925	
6:0....g	0.077	0.005	6	A	1		0.091	0.734	
8:0....g	0.052	0.003	6	A	1		0.062	0.494	
10:0....g	0.134	0.006	6	A	1		0.159	1.272	
12:0....g	0.162	0.008	6	A	1		0.191	1.536	
13:0....g									
14:0....g	0.557	0.027	6	A	1		0.657	5.275	
15:0....g	0.059	0.003	6	A	1		0.069	0.555	
16:0....g	2.003	0.067	6	A	1		2.364	18.973	
17:0....g	0.041	0.002	6	A	1		0.049	0.393	
18:0....g	0.828	0.017	6	A	1		0.977	7.840	
20:0....g	0.021	0.001	6	A	1		0.025	0.204	
22:0....g	0.017	0.000	6	A	1		0.020	0.163	
24:0....g	0.008	0.000	6	A	1		0.009	0.074	
Fatty acids, total monounsaturated....g	2.434		0	NC	4		2.872	23.053	
14:1....g	0.045	0.004	6	A	1		0.053	0.429	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.107	0.007	6	AS	1		0.126	1.015	
16:1 c....g	0.087	0.006	6	A	1		0.102	0.821	
16:1 t....g	0.020	0.001	6	A	1		0.024	0.194	
17:1....g	0.014	0.001	6	A	1		0.017	0.136	
18:1 undifferentiated....g	2.225	0.037	6	AS	1		2.625	21.067	
18:1 c....g	2.035	0.033	6	A	1		2.402	19.275	
18:1 t....g	0.189	0.004	6	A	1		0.223	1.793	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039	0.001	6	A	1		0.046	0.368	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.016	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.016	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	6	A	1		0.003	0.022	
Fatty acids, total polyunsaturated....g	2.387		0	NC	4		2.816	22.603	
18:2 undifferentiated....g	2.081	0.032	6	AS	1		2.456	19.712	
18:2 n-6 c,c....g	1.981	0.034	6	A	1		2.337	18.757	
18:2 CLAs....g	0.039	0.001	6	A	1		0.046	0.366	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.062	0.003	6	A	1		0.073	0.589	
18:3 undifferentiated....g	0.265	0.002	6	AS	1		0.313	2.509	
18:3 n-3 c,c,c (ALA)....g	0.262	0.002	6	A	1		0.310	2.486	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.003	0.024	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.002	0.014	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.004	0.033	
20:3 undifferentiated....g	0.010	0.001	6	AS	1		0.011	0.091	
20:3 n-3....g	0.001	0.000	6	A	1		0.001	0.005	
20:3 n-6....g	0.009	0.000	6	A	1		0.011	0.087	
20:4 undifferentiated....g	0.012	0.001	6	A	1		0.014	0.110	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	A	1		0.004	0.032	
21:5....g									
22:4....g	0.005	0.001	6	A	1		0.006	0.050	
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.005	0.039	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.272		0	NC	4		0.321	2.576	
Fatty acids, total trans-monoenoic....g	0.210		0	NC	4		0.248	1.987	
Fatty acids, total trans-polyenoic....g	0.062		0	NC	4		0.073	0.589	
Cholesterol....mg	16	1.172	3	A	1		19	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0	A	1		0.135	1.080	
Threonine....g	0.381		0	A	1		0.450	3.608	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.514		0	A	1		0.606	4.866	
Leucine.....g	0.935		0	A	1		1.104	8.858	
Lysine.....g	0.635		0	A	1		0.749	6.012	
Methionine.....g	0.281		0	A	1		0.331	2.660	
Cystine.....g	0.165		0	A	1		0.195	1.561	
Phenylalanine.....g	0.651		0	A	1		0.769	6.168	
Tyrosine.....g	0.475		0	A	1		0.560	4.494	
Valine.....g	0.647		0	A	1		0.763	6.124	
Arginine.....g	0.819		0	A	1		0.966	7.751	
Histidine.....g	0.360		0	A	1		0.424	3.405	
Alanine.....g	0.381		0	A	1		0.449	3.607	
Aspartic acid.....g	0.845		0	A	1		0.997	8.001	
Glutamic acid.....g	3.625		0	A	1		4.278	34.332	
Glycine.....g	0.348		0	A	1		0.411	3.296	
Proline.....g	1.446		0	A	1		1.706	13.689	
Serine.....g	0.779		0	A	1		0.920	7.381	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	

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

Common Measures:

Measure 1 = 118g: 1 slice

Measure 2 = 947g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21282

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.77	0.435	4	A	1		76.66	621.41	
Energy....kcal	244		0	NC	4		369	2987	
Energy....kJ	1021		0	NC	4		1542	12499	
Protein....g	10.33	0.129	4	A	1		15.60	126.42	
Total lipid (fat)....g	11.10	0.402	4	A	1		16.75	135.81	
Ash....g	2.08	0.024	4	A	1		3.15	25.50	
Carbohydrate, by difference....g	25.72		0	NC	4		38.84	314.86	
Fiber, total dietary....g	2.0	0.151	4	A	1		3.1	25.1	
Sugars, total....g	3.30	0.186	4	A	1		4.98	40.37	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	1.01	0.037	4	A	1		1.53	12.42	
Fructose....g	0.89	0.037	4	A	1		1.34	10.86	
Lactose....g	0.33	0.085	4	A	1		0.49	3.99	
Maltose....g	0.97	0.144	4	A	1		1.47	11.90	
Galactose....g	0.10	0.013	4	A	1		0.15	1.19	
Starch....g	19.90	1.128	4	A	1		30.05	243.58	
Minerals:									
Calcium, Ca....mg	113	9.053	4	A	1		170	1379	
Iron, Fe....mg	2.32	0.201	4	A	1		3.50	28.40	
Magnesium, Mg....mg	22	0.255	4	A	1		33	267	
Phosphorus, P....mg	184	6.897	4	A	1		277	2249	
Potassium, K....mg	174	3.065	4	A	1		263	2133	
Sodium, Na....mg	456	14.309	4	A	1		689	5585	
Zinc, Zn....mg	1.27	0.042	4	A	1		1.93	15.61	
Copper, Cu....mg	0.111	0.005	4	A	1		0.167	1.354	
Manganese, Mn....mg	0.260	0.006	4	A	1		0.392	3.178	
Selenium, Se....µg	24.0	3.155	4	A	1		36.3	294.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.135	0.032	4	A	1		0.204	1.655	
Riboflavin....mg	0.220	0.014	4	A	1		0.332	2.692	
Niacin....mg	3.250	0.144	4	A	1		4.907	39.779	
Pantothenic acid....mg	0.500	0.000	4	A	1		0.755	6.120	
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55	0.060	4	A	1		0.84	6.79	
Vitamin A, RAE....µg	51		0	AS	1		78	629	
Vitamin A, IU....IU	227		0	AS	1		343	2778	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.80	0.069	4	A	1		1.20	9.76	
Tocopherol, beta....mg	0.05	0.005	4	A	1		0.07	0.58	
Tocopherol, gamma....mg	1.03	0.039	4	A	1		1.56	12.64	
Tocopherol, delta....mg	0.28	0.043	4	A	1		0.43	3.49	
Tocotrienol, alpha....mg	0.09	0.018	4	A	1		0.14	1.10	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.03	0.003	4	A	1		0.04	0.34	
Tocotrienol, delta....mg	0.00	0.000	4	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	5.2	0.318	4	A	1		7.9	64.3	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21282

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.386		0	NC	4		6.623	53.683	
4:0....g									
6:0....g									
8:0....g	0.043	0.003	4	A	1		0.066	0.532	
10:0....g	0.102	0.008	4	A	1		0.155	1.254	
12:0....g	0.117	0.009	4	A	1		0.177	1.435	
13:0....g									
14:0....g	0.484	0.021	4	A	1		0.730	5.921	
15:0....g	0.052	0.002	4	A	1		0.078	0.636	
16:0....g	2.326	0.073	4	A	1		3.513	28.476	
17:0....g	0.057	0.002	4	A	1		0.086	0.700	
18:0....g	1.184	0.047	4	A	1		1.789	14.498	
20:0....g	0.019	0.001	4	A	1		0.029	0.231	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.627		0	NC	4		5.477	44.397	
14:1....g	0.046	0.002	4	A	1		0.070	0.565	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.184	0.008	4	A	1		0.278	2.257	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.365	0.099	4	A	1		5.082	41.193	
20:1....g	0.031	0.002	4	A	1		0.047	0.382	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.425		0	NC	4		2.151	17.440	
18:2 undifferentiated....g	1.260	0.024	4	A	1		1.903	15.428	
18:3 undifferentiated....g	0.127		0	AS	1		0.192	1.554	
18:3 n-3 c,c,c (ALA)....g	0.127	0.004	4	A	1		0.192	1.554	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.017	0.001	4	A	1		0.025	0.204	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.021	0.001	4	A	1		0.031	0.253	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	20	1.118	4	A	1		30	246	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0	A	1		0.125	1.011	
Threonine....g	0.319		0	A	1		0.482	3.909	
Isoleucine....g	0.435		0	A	1		0.657	5.324	
Leucine....g	0.856		0	A	1		1.293	10.480	
Lysine....g	0.531		0	A	1		0.802	6.501	
Methionine....g	0.227		0	A	1		0.343	2.779	
Cystine....g	0.137		0	A	1		0.207	1.675	
Phenylalanine....g	0.524		0	A	1		0.792	6.418	
Tyrosine....g	0.337		0	A	1		0.508	4.119	
Valine....g	0.529		0	A	1		0.800	6.481	
Arginine....g	0.462		0	A	1		0.698	5.657	
Histidine....g	0.385		0	A	1		0.582	4.715	
Alanine....g	0.379		0	A	1		0.573	4.643	
Aspartic acid....g	0.751		0	A	1		1.134	9.193	
Glutamic acid....g	2.845		0	A	1		4.296	34.827	
Glycine....g	0.387		0	A	1		0.584	4.733	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.468		0	A	1		2.216	17.964	
Serine.....g	0.581		0	A	1		0.878	7.114	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 151g: 1 slice

Measure 2 = 1224g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21280

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.40	0.540	6	A	1		49.04	393.64	
Energy ... kcal	273		0	NC	4		309	2477	
Energy ... kJ	1143		0	NC	4		1292	10367	
Protein ... g	11.25	0.208	6	A	1		12.71	102.04	
Total lipid (fat) ... g	11.18	0.318	6	A	1		12.64	101.43	
Ash ... g	2.31	0.069	6	A	1		2.61	20.92	
Carbohydrate, by difference ... g	31.86		0	NC	4		36.00	288.97	
Fiber, total dietary ... g	2.1	0.145	3	A	1		2.4	19.3	
Sugars, total ... g	3.69	0.058	3	A	1		4.17	33.48	
Sucrose ... g	0.37	0.033	3	A	1		0.41	3.33	
Glucose (dextrose) ... g	0.93	0.088	3	A	1		1.05	8.47	
Fructose ... g	1.03	0.033	3	A	1		1.17	9.37	
Lactose ... g	0.43	0.120	3	A	1		0.49	3.93	
Maltose ... g	0.83	0.033	3	A	1		0.94	7.56	
Galactose ... g	0.09	0.009	3	A	1		0.10	0.83	
Starch ... g	24.77	0.897	3	A	1		27.99	224.63	
Minerals:									
Calcium, Ca ... mg	141	4.217	6	A	1		159	1274	
Iron, Fe ... mg	2.33	0.111	6	A	1		2.63	21.15	
Magnesium, Mg ... mg	24	0.590	6	A	1		28	222	
Phosphorus, P ... mg	191	3.263	6	A	1		215	1729	
Potassium, K ... mg	183	5.959	6	A	1		206	1657	
Sodium, Na ... mg	611	6.351	6	A	1		690	5542	
Zinc, Zn ... mg	1.31	0.021	6	A	1		1.49	11.93	
Copper, Cu ... mg	0.119	0.004	6	A	1		0.135	1.082	
Manganese, Mn ... mg	0.352	0.016	6	A	1		0.397	3.190	
Selenium, Se ... µg	28.3		1	A	1		32.0	256.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		1	A	1		0.9	7.5	
Thiamin ... mg	0.310		1	A	1		0.350	2.812	
Riboflavin ... mg	0.200		1	A	1		0.226	1.814	
Niacin ... mg	3.460		1	A	1		3.910	31.382	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.070		1	A	1		0.079	0.635	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.49		1	A	1		0.55	4.44	
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.97	0.077	4	A	1		1.09	8.77	
Tocopherol, beta ... mg	0.06	0.007	4	A	1		0.07	0.54	
Tocopherol, gamma ... mg	1.34	0.032	4	A	1		1.52	12.20	
Tocopherol, delta ... mg	0.35	0.031	4	A	1		0.39	3.15	
Tocotrienol, alpha ... mg	0.12	0.016	4	A	1		0.14	1.09	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.02	0.001	4	A	1		0.02	0.16	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone) ... µg	5.2	0.111	4	A	1		5.8	46.9	
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4 ... µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.779		0	NC	4		5.401	43.348	
4:0....g	0.081	0.007	6	A	1		0.092	0.739	
6:0....g	0.065	0.003	6	A	1		0.073	0.588	
8:0....g	0.044	0.002	6	A	1		0.050	0.402	
10:0....g	0.112	0.005	6	A	1		0.127	1.016	
12:0....g	0.137	0.007	6	A	1		0.154	1.240	
13:0....g									
14:0....g	0.532	0.025	6	A	1		0.602	4.828	
15:0....g	0.057	0.003	6	A	1		0.065	0.521	
16:0....g	2.499	0.077	6	A	1		2.823	22.663	
17:0....g	0.062	0.002	6	A	1		0.070	0.565	
18:0....g	1.144	0.019	6	A	1		1.293	10.379	
20:0....g	0.021	0.000	6	A	1		0.024	0.195	
22:0....g	0.014	0.000	6	A	1		0.016	0.128	
24:0....g	0.007	0.000	6	A	1		0.008	0.060	
Fatty acids, total monounsaturated....g	3.368		0	NC	4		3.806	30.552	
14:1....g	0.048	0.003	6	A	1		0.054	0.437	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.175	0.008	6	AS	1		0.198	1.590	
16:1 c....g	0.152	0.008	6	A	1		0.172	1.383	
16:1 t....g	0.023	0.001	6	A	1		0.026	0.207	
17:1....g	0.031	0.001	6	A	1		0.035	0.278	
18:1 undifferentiated....g	3.056	0.091	6	AS	1		3.453	27.715	
18:1 c....g	2.819	0.084	6	A	1		3.186	25.571	
18:1 t....g	0.236	0.008	6	A	1		0.267	2.143	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.051	0.002	6	A	1		0.058	0.467	
22:1 undifferentiated....g	0.006	0.001	6	AS	1		0.007	0.053	
22:1 c....g	0.006	0.001	6	A	1		0.007	0.053	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	6	A	1		0.002	0.012	
Fatty acids, total polyunsaturated....g	2.106		0	NC	4		2.379	19.098	
18:2 undifferentiated....g	1.847	0.035	6	AS	1		2.088	16.757	
18:2 n-6 c,c....g	1.749	0.036	6	A	1		1.977	15.868	
18:2 CLAs....g	0.044	0.002	6	A	1		0.050	0.401	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.054	0.004	6	A	1		0.061	0.488	
18:3 undifferentiated....g	0.190	0.006	6	AS	1		0.215	1.725	
18:3 n-3 c,c,c (ALA)....g	0.187	0.006	6	A	1		0.211	1.696	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.004	0.029	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.009	
20:2 n-6 c,c....g	0.016	0.001	6	A	1		0.019	0.150	
20:3 undifferentiated....g	0.012	0.001	6	AS	1		0.013	0.106	
20:3 n-3....g	0.002	0.000	6	A	1		0.002	0.018	
20:3 n-6....g	0.010	0.001	6	A	1		0.011	0.088	
20:4 undifferentiated....g	0.020	0.001	6	A	1		0.022	0.180	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.035	
21:5....g									
22:4....g	0.008	0.000	6	A	1		0.009	0.076	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.006	0.048	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.003	
Fatty acids, total trans....g	0.313		0	NC	4		0.354	2.839	
Fatty acids, total trans-monoenoic....g	0.259		0	NC	4		0.293	2.351	
Fatty acids, total trans-polyenoic....g	0.054		0	NC	4		0.061	0.488	
Cholesterol....mg	25	2.367	3	A	1		28	223	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0	A	1		0.091	0.733	
Threonine....g	0.306		0	A	1		0.345	2.771	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.419		0	A	1		0.473	3.801	
Leucine....g	0.825		0	A	1		0.932	7.480	
Lysine....g	0.562		0	A	1		0.635	5.100	
Methionine....g	0.212		0	A	1		0.239	1.921	
Cystine....g	0.165		0	A	1		0.187	1.499	
Phenylalanine....g	0.529		0	A	1		0.598	4.798	
Tyrosine....g	0.301		0	A	1		0.340	2.727	
Valine....g	0.508		0	A	1		0.574	4.606	
Arginine....g	0.436		0	A	1		0.493	3.953	
Histidine....g	0.268		0	A	1		0.303	2.434	
Alanine....g	0.362		0	A	1		0.409	3.283	
Aspartic acid....g	0.688		0	A	1		0.777	6.236	
Glutamic acid....g	3.069		0	A	1		3.468	27.835	
Glycine....g	0.384		0	A	1		0.434	3.482	
Proline....g	1.308		0	A	1		1.478	11.862	
Serine....g	0.575		0	A	1		0.650	5.219	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 113g: 1 slice

Measure 2 = 907g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21492

DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	38.53	1.405	6	A	1		30.44	216.94	
Energy ... kcal	328		0	NC	4		259	1849	
Energy ... kJ	1374		0	NC	4		1085	7736	
Protein ... g	13.88	0.257	6	A	1		10.97	78.16	
Total lipid (fat) ... g	19.05	0.428	6	A	1		15.05	107.25	
Ash ... g	3.19	0.054	6	A	1		2.52	17.95	
Carbohydrate, by difference ... g	25.35		0	NC	4		20.02	142.69	
Fiber, total dietary ... g	2.6	0.145	3	A	1		2.1	14.8	
Sugars, total ... g	3.65	0.118	3	A	1		2.88	20.54	
Sucrose ... g	0.63	0.033	3	A	1		0.50	3.57	
Glucose (dextrose) ... g	0.83	0.033	3	A	1		0.66	4.69	
Fructose ... g	0.97	0.067	3	A	1		0.76	5.44	
Lactose ... g	0.57	0.033	3	A	1		0.45	3.19	
Maltose ... g	0.57	0.067	3	A	1		0.45	3.19	
Galactose ... g	0.08	0.009	3	A	1		0.07	0.46	
Starch ... g	17.97	1.233	3	A	1		14.19	101.15	
Minerals:									
Calcium, Ca ... mg	236	3.688	6	A	1		186	1329	
Iron, Fe ... mg	1.13	0.036	6	A	1		0.89	6.35	
Magnesium, Mg ... mg	25	0.537	6	A	1		19	138	
Phosphorus, P ... mg	263	3.190	6	A	1		208	1479	
Potassium, K ... mg	224	5.500	6	A	1		177	1258	
Sodium, Na ... mg	783	11.129	6	A	1		618	4406	
Zinc, Zn ... mg	1.65	0.030	6	A	1		1.30	9.30	
Copper, Cu ... mg	0.104	0.003	6	A	1		0.082	0.585	
Manganese, Mn ... mg	0.279	0.010	6	A	1		0.221	1.573	
Selenium, Se ... µg	26.0		1	A	1		20.5	146.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2		1	A	1		0.9	6.5	
Thiamin ... mg	0.110		1	A	1		0.087	0.619	
Riboflavin ... mg	0.110		1	A	1		0.087	0.619	
Niacin ... mg	2.070		1	A	1		1.635	11.654	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.080		1	A	1		0.063	0.450	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.81		1	A	1		0.64	4.56	
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:									

NDB No. 21492
DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.557		0	NC	4		5.970	42.545	
4:0....g	0.125	0.009	6	A	1		0.099	0.707	
6:0....g	0.103	0.004	6	A	1		0.082	0.582	
8:0....g	0.071	0.002	6	A	1		0.056	0.398	
10:0....g	0.178	0.003	6	A	1		0.141	1.002	
12:0....g	0.212	0.004	6	A	1		0.167	1.194	
13:0....g									
14:0....g	0.839	0.019	6	A	1		0.663	4.726	
15:0....g	0.091	0.002	6	A	1		0.072	0.513	
16:0....g	3.937	0.084	6	A	1		3.110	22.163	
17:0....g	0.107	0.003	6	A	1		0.084	0.601	
18:0....g	1.814	0.027	6	A	1		1.433	10.215	
20:0....g	0.037	0.001	6	A	1		0.029	0.210	
22:0....g	0.026	0.000	6	A	1		0.021	0.148	
24:0....g	0.011	0.000	6	A	1		0.009	0.062	
Fatty acids, total monounsaturated....g	5.941		0	NC	4		4.693	33.449	
14:1....g	0.079	0.003	6	A	1		0.063	0.447	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.296	0.009	6	AS	1		0.234	1.668	
16:1 c....g	0.259	0.008	6	A	1		0.205	1.461	
16:1 t....g	0.037	0.001	6	A	1		0.029	0.207	
17:1....g	0.055	0.002	6	A	1		0.043	0.308	
18:1 undifferentiated....g	5.402	0.137	6	AS	1		4.268	30.416	
18:1 c....g	5.016	0.129	6	A	1		3.963	28.242	
18:1 t....g	0.386	0.014	6	A	1		0.305	2.174	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.094	0.004	6	A	1		0.074	0.530	
22:1 undifferentiated....g	0.012	0.001	6	AS	1		0.010	0.069	
22:1 c....g	0.012	0.001	6	A	1		0.010	0.069	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	6	A	1		0.001	0.010	
Fatty acids, total polyunsaturated....g	4.102		0	NC	4		3.240	23.092	
18:2 undifferentiated....g	3.619	0.126	6	AS	1		2.859	20.378	
18:2 n-6 c,c....g	3.463	0.126	6	A	1		2.736	19.499	
18:2 CLAs....g	0.073	0.002	6	A	1		0.058	0.413	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.083	0.002	6	A	1		0.065	0.465	
18:3 undifferentiated....g	0.367	0.073	6	AS	1		0.290	2.069	
18:3 n-3 c,c,c (ALA)....g	0.363	0.073	6	A	1		0.287	2.043	
18:3 n-6 c,c,c....g	0.005	0.000	6	A	1		0.004	0.026	
18:3i....g									
18:4....g	0.003	0.000	6	A	1		0.002	0.014	
20:2 n-6 c,c....g	0.030	0.002	6	A	1		0.024	0.168	
20:3 undifferentiated....g	0.021	0.001	6	AS	1		0.016	0.116	
20:3 n-3....g	0.004	0.000	6	A	1		0.003	0.024	
20:3 n-6....g	0.016	0.000	6	A	1		0.013	0.092	
20:4 undifferentiated....g	0.035	0.001	6	A	1		0.028	0.198	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	6	A	1		0.004	0.028	
21:5....g									
22:4....g	0.011	0.001	6	A	1		0.009	0.062	
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007	0.047	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.000	0.003	
Fatty acids, total trans....g	0.506		0	NC	4		0.399	2.847	
Fatty acids, total trans-monoenoic....g	0.423		0	NC	4		0.334	2.381	
Fatty acids, total trans-polyenoic....g	0.083		0	NC	4		0.065	0.465	
Cholesterol....mg	38	0.960	3	A	1		30	214	
Phytosterols....mg									

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

NDB No. 21492

DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust

Common Measures:

Measure 1 = 79g: 1 slice

Measure 2 = 563g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21281

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.90	1.233	6	A	1		51.54	412.30	
Energy ... kcal	283		0	NC	4		347	2780	
Energy ... kJ	1182		0	NC	4		1454	11631	
Protein ... g	11.52	0.192	6	A	1		14.17	113.32	
Total lipid (fat) ... g	12.10	0.291	6	A	1		14.88	119.06	
Ash ... g	2.60	0.086	6	A	1		3.19	25.55	
Carbohydrate, by difference ... g	31.89		0	NC	4		39.22	313.77	
Fiber, total dietary ... g	2.4	0.120	3	A	1		3.0	23.9	
Sugars, total ... g	3.91	0.120	3	A	1		4.81	38.45	
Sucrose ... g	0.33	0.033	3	A	1		0.41	3.28	
Glucose (dextrose) ... g	0.60	0.058	3	A	1		0.74	5.90	
Fructose ... g	0.93	0.067	3	A	1		1.15	9.18	
Lactose ... g	0.67	0.033	3	A	1		0.82	6.56	
Maltose ... g	1.30	0.058	3	A	1		1.60	12.79	
Galactose ... g	0.07	0.000	3	A	1		0.09	0.73	
Starch ... g	22.97	1.372	3	A	1		28.25	225.99	
Minerals:									
Calcium, Ca ... mg	149	7.455	6	A	1		184	1469	
Iron, Fe ... mg	2.54	0.052	6	A	1		3.12	24.98	
Magnesium, Mg ... mg	24	0.270	6	A	1		29	234	
Phosphorus, P ... mg	197	6.337	6	A	1		242	1937	
Potassium, K ... mg	190	6.839	6	A	1		234	1873	
Sodium, Na ... mg	693	7.646	6	A	1		852	6819	
Zinc, Zn ... mg	1.33	0.012	6	A	1		1.64	13.09	
Copper, Cu ... mg	0.114	0.002	6	A	1		0.140	1.120	
Manganese, Mn ... mg	0.298	0.006	6	A	1		0.366	2.931	
Selenium, Se ... µg	24.5		1	A	1		30.1	241.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		1	A	1		0.5	4.0	
Thiamin ... mg	0.360		1	A	1		0.443	3.542	
Riboflavin ... mg	0.190		1	A	1		0.234	1.870	
Niacin ... mg	3.250		1	A	1		3.998	31.980	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.070		1	A	1		0.086	0.689	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.52		1	A	1		0.64	5.12	
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.88	0.135	4	A	1		1.08	8.66	
Tocopherol, beta ... mg	0.06	0.004	4	A	1		0.07	0.59	
Tocopherol, gamma ... mg	2.13	0.168	4	A	1		2.62	20.93	
Tocopherol, delta ... mg	0.67	0.069	4	A	1		0.82	6.57	
Tocotrienol, alpha ... mg	0.07	0.027	4	A	1		0.08	0.66	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta ... mg	0.00	0.000	4	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	5.9	0.275	4	A	1		7.3	58.3	
Dihydrophylloquinone ... µg	3.2	0.394	4	A	1		4.0	31.7	
Menaquinone-4 ... µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.856		0	NC	4		5.973	47.781	
4:0....g	0.086	0.009	6	A	1		0.106	0.848	
6:0....g	0.067	0.006	6	A	1		0.083	0.661	
8:0....g	0.046	0.003	6	A	1		0.056	0.449	
10:0....g	0.118	0.007	6	A	1		0.146	1.166	
12:0....g	0.145	0.007	6	A	1		0.178	1.425	
13:0....g									
14:0....g	0.559	0.022	6	A	1		0.687	5.499	
15:0....g	0.061	0.002	6	A	1		0.075	0.600	
16:0....g	2.513	0.061	6	A	1		3.091	24.731	
17:0....g	0.064	0.002	6	A	1		0.078	0.626	
18:0....g	1.146	0.023	6	A	1		1.410	11.277	
20:0....g	0.024	0.000	6	A	1		0.029	0.233	
22:0....g	0.017	0.000	6	A	1		0.020	0.164	
24:0....g	0.008	0.000	6	A	1		0.009	0.074	
Fatty acids, total monounsaturated....g	3.618		0	NC	4		4.450	35.602	
14:1....g	0.050	0.002	6	A	1		0.062	0.497	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.181	0.007	6	AS	1		0.223	1.786	
16:1 c....g	0.158	0.007	6	A	1		0.195	1.558	
16:1 t....g	0.023	0.001	6	A	1		0.028	0.228	
17:1....g	0.031	0.002	6	A	1		0.038	0.303	
18:1 undifferentiated....g	3.291	0.076	6	AS	1		4.048	32.382	
18:1 c....g	3.021	0.068	6	A	1		3.716	29.732	
18:1 t....g	0.269	0.010	6	A	1		0.331	2.650	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.055	0.002	6	A	1		0.068	0.541	
22:1 undifferentiated....g	0.007	0.000	6	AS	1		0.008	0.066	
22:1 c....g	0.007	0.000	6	A	1		0.008	0.066	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.001	6	A	1		0.003	0.028	
Fatty acids, total polyunsaturated....g	2.550		0	NC	4		3.137	25.095	
18:2 undifferentiated....g	2.226	0.065	6	AS	1		2.738	21.900	
18:2 n-6 c,c....g	2.115	0.065	6	A	1		2.601	20.808	
18:2 CLAs....g	0.045	0.001	6	A	1		0.055	0.443	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.066	0.002	6	A	1		0.081	0.649	
18:3 undifferentiated....g	0.255	0.008	6	AS	1		0.314	2.509	
18:3 n-3 c,c,c (ALA)....g	0.252	0.008	6	A	1		0.310	2.478	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.004	0.031	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.002	0.018	
20:2 n-6 c,c....g	0.016	0.001	6	A	1		0.020	0.161	
20:3 undifferentiated....g	0.013	0.000	6	AS	1		0.016	0.131	
20:3 n-3....g	0.002	0.000	6	A	1		0.003	0.021	
20:3 n-6....g	0.011	0.000	6	A	1		0.014	0.110	
20:4 undifferentiated....g	0.020	0.001	6	A	1		0.025	0.202	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	A	1		0.004	0.031	
21:5....g									
22:4....g	0.008	0.000	6	A	1		0.010	0.079	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.007	0.054	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.002	
Fatty acids, total trans....g	0.358		0	NC	4		0.441	3.528	
Fatty acids, total trans-monoenoic....g	0.292		0	NC	4		0.360	2.878	
Fatty acids, total trans-polyenoic....g	0.066		0	NC	4		0.081	0.649	
Cholesterol....mg	24	0.491	3	A	1		30	238	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1		0.139	1.113	
Threonine....g	0.359		0	A	1		0.441	3.528	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.465		0	A	1		0.572	4.579	
Leucine....g	0.958		0	A	1		1.178	9.423	
Lysine....g	0.657		0	A	1		0.809	6.468	
Methionine....g	0.246		0	A	1		0.302	2.420	
Cystine....g	0.186		0	A	1		0.229	1.831	
Phenylalanine....g	0.599		0	A	1		0.737	5.892	
Tyrosine....g	0.365		0	A	1		0.449	3.589	
Valine....g	0.586		0	A	1		0.721	5.766	
Arginine....g	0.478		0	A	1		0.588	4.706	
Histidine....g	0.301		0	A	1		0.370	2.959	
Alanine....g	0.398		0	A	1		0.489	3.916	
Aspartic acid....g	0.792		0	A	1		0.975	7.798	
Glutamic acid....g	3.417		0	A	1		4.203	33.627	
Glycine....g	0.402		0	A	1		0.495	3.958	
Proline....g	1.570		0	A	1		1.932	15.453	
Serine....g	0.683		0	A	1		0.840	6.718	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 123g: 1 slice

Measure 2 = 984g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21494

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.55	0.758	6	A	1		49.65	397.61	
Energy....kcal	273		0	NC	4		311	2488	
Energy....kJ	1140		0	NC	4		1300	10408	
Protein....g	11.08	0.142	6	A	1		12.63	101.19	
Total lipid (fat)....g	11.20	0.357	6	A	1		12.77	102.26	
Ash....g	2.32	0.073	6	A	1		2.65	21.23	
Carbohydrate, by difference....g	31.84		0	NC	4		36.30	290.71	
Fiber, total dietary....g	2.4	0.067	3	A	1		2.7	21.6	
Sugars, total....g	3.92	0.129	3	A	1		4.46	35.75	
Sucrose....g	0.40	0.000	3	A	1		0.46	3.65	
Glucose (dextrose)....g	1.07	0.067	3	A	1		1.22	9.74	
Fructose....g	1.13	0.033	3	A	1		1.29	10.35	
Lactose....g	0.37	0.033	3	A	1		0.42	3.35	
Maltose....g	0.87	0.033	3	A	1		0.99	7.91	
Galactose....g	0.08	0.009	3	A	1		0.09	0.75	
Starch....g	23.83	1.017	3	A	1		27.17	217.60	
Minerals:									
Calcium, Ca....mg	137	3.807	6	A	1		156	1252	
Iron, Fe....mg	2.36	0.077	6	A	1		2.69	21.55	
Magnesium, Mg....mg	25	0.634	6	A	1		29	231	
Phosphorus, P....mg	196	6.114	6	A	1		223	1785	
Potassium, K....mg	183	3.731	6	A	1		208	1666	
Sodium, Na....mg	594	15.700	6	A	1		677	5425	
Zinc, Zn....mg	1.24	0.038	6	A	1		1.41	11.32	
Copper, Cu....mg	0.118	0.003	6	A	1		0.134	1.076	
Manganese, Mn....mg	0.340	0.013	6	A	1		0.388	3.106	
Selenium, Se....µg	22.0		1	A	1		25.1	200.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	A	1		0.6	5.1	
Thiamin....mg	0.330		1	A	1		0.376	3.013	
Riboflavin....mg	0.160		1	A	1		0.182	1.461	
Niacin....mg	3.350		1	A	1		3.819	30.585	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		1	A	1		0.080	0.639	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.48		1	A	1		0.55	4.38	
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:									

NDB No. 21494
DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.607		0	NC	4		5.252	42.061	
4:0....g	0.080	0.008	6	A	1		0.092	0.735	
6:0....g	0.064	0.004	6	A	1		0.073	0.583	
8:0....g	0.043	0.002	6	A	1		0.049	0.389	
10:0....g	0.109	0.005	6	A	1		0.124	0.995	
12:0....g	0.133	0.006	6	A	1		0.151	1.213	
13:0....g									
14:0....g	0.491	0.022	6	A	1		0.559	4.480	
15:0....g	0.049	0.002	6	A	1		0.056	0.450	
16:0....g	2.460	0.100	6	A	1		2.804	22.457	
17:0....g	0.044	0.002	6	A	1		0.051	0.405	
18:0....g	1.088	0.028	6	A	1		1.241	9.935	
20:0....g	0.023	0.000	6	A	1		0.026	0.207	
22:0....g	0.014	0.000	6	A	1		0.016	0.126	
24:0....g	0.007	0.000	6	A	1		0.008	0.064	
Fatty acids, total monounsaturated....g	3.366		0	NC	4		3.838	30.736	
14:1....g	0.037	0.003	6	A	1		0.042	0.335	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.159	0.012	6	AS	1		0.182	1.455	
16:1 c....g	0.142	0.011	6	A	1		0.162	1.299	
16:1 t....g	0.017	0.001	6	A	1		0.019	0.155	
17:1....g	0.020	0.001	6	A	1		0.023	0.181	
18:1 undifferentiated....g	3.092	0.134	6	AS	1		3.525	28.228	
18:1 c....g	2.951	0.130	6	A	1		3.365	26.947	
18:1 t....g	0.140	0.005	6	A	1		0.160	1.281	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056	0.004	6	A	1		0.064	0.510	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.015	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.015	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.002	0.012	
Fatty acids, total polyunsaturated....g	2.385		0	NC	4		2.719	21.776	
18:2 undifferentiated....g	2.100	0.064	6	AS	1		2.394	19.171	
18:2 n-6 c,c....g	2.008	0.060	6	A	1		2.289	18.335	
18:2 CLAs....g	0.036	0.001	6	A	1		0.042	0.333	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.055	0.003	6	A	1		0.063	0.504	
18:3 undifferentiated....g	0.201	0.007	6	AS	1		0.230	1.838	
18:3 n-3 c,c,c (ALA)....g	0.198	0.007	6	A	1		0.226	1.809	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.004	0.029	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.005	
20:2 n-6 c,c....g	0.026	0.002	6	A	1		0.030	0.240	
20:3 undifferentiated....g	0.016	0.001	6	AS	1		0.018	0.143	
20:3 n-3....g	0.004	0.000	6	A	1		0.005	0.036	
20:3 n-6....g	0.012	0.001	6	A	1		0.013	0.106	
20:4 undifferentiated....g	0.022	0.001	6	A	1		0.025	0.201	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1		0.003	0.027	
21:5....g									
22:4....g	0.009	0.000	6	A	1		0.010	0.081	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.007	0.055	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001	0.005	
Fatty acids, total trans....g	0.212		0	NC	4		0.242	1.940	
Fatty acids, total trans-monoenoic....g	0.157		0	NC	4		0.179	1.436	
Fatty acids, total trans-polyenoic....g	0.055		0	NC	4		0.063	0.504	
Cholesterol....mg	21	0.371	3	A	1		24	194	
Phytosterols....mg									

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

NDB No. 21494

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

Common Measures:

Measure 1 = 114g: 1 slice

Measure 2 = 913g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21493

DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.38	1.252	6	A	1		31.50	241.09	
Energy....kcal	319		0	NC	4		249	1904	
Energy....kJ	1334		0	NC	4		1041	7964	
Protein....g	12.77	0.199	6	A	1		9.96	76.22	
Total lipid (fat)....g	18.52	0.588	6	A	1		14.44	110.54	
Ash....g	3.03	0.084	6	A	1		2.37	18.11	
Carbohydrate, by difference....g	25.30		0	NC	4		19.73	151.04	
Fiber, total dietary....g	2.6	0.145	3	A	1		2.0	15.3	
Sugars, total....g	3.42	0.082	3	A	1		2.66	20.39	
Sucrose....g	0.57	0.033	3	A	1		0.44	3.38	
Glucose (dextrose)....g	0.77	0.033	3	A	1		0.60	4.58	
Fructose....g	0.83	0.067	3	A	1		0.65	4.97	
Lactose....g	0.60	0.153	3	A	1		0.47	3.58	
Maltose....g	0.57	0.033	3	A	1		0.44	3.38	
Galactose....g	0.08	0.009	3	A	1		0.06	0.49	
Starch....g	18.03	0.590	3	A	1		14.07	107.66	
Minerals:									
Calcium, Ca....mg	234	3.127	6	A	1		182	1395	
Iron, Fe....mg	1.07	0.042	6	A	1		0.83	6.36	
Magnesium, Mg....mg	25	0.436	6	A	1		20	152	
Phosphorus, P....mg	270	4.967	6	A	1		211	1612	
Potassium, K....mg	231	6.031	6	A	1		180	1377	
Sodium, Na....mg	725	13.545	6	A	1		566	4328	
Zinc, Zn....mg	1.48	0.025	6	A	1		1.16	8.85	
Copper, Cu....mg	0.110	0.005	6	A	1		0.086	0.657	
Manganese, Mn....mg	0.248	0.008	6	A	1		0.194	1.482	
Selenium, Se....µg	19.8		1	A	1		15.4	118.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	A	1		0.9	6.8	
Thiamin....mg	0.090		1	A	1		0.070	0.537	
Riboflavin....mg	0.080		1	A	1		0.062	0.478	
Niacin....mg	1.620		1	A	1		1.264	9.671	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		1	A	1		0.055	0.418	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.66		1	A	1		0.51	3.94	
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:									

NDB No. 21493
DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.079		0	NC	4		5.521	42.259	
4:0....g	0.126	0.007	6	A	1		0.099	0.755	
6:0....g	0.100	0.005	6	A	1		0.078	0.599	
8:0....g	0.068	0.003	6	A	1		0.053	0.407	
10:0....g	0.175	0.007	6	A	1		0.137	1.046	
12:0....g	0.210	0.008	6	A	1		0.164	1.257	
13:0....g									
14:0....g	0.776	0.027	6	A	1		0.606	4.635	
15:0....g	0.078	0.002	6	A	1		0.061	0.464	
16:0....g	3.752	0.131	6	A	1		2.927	22.401	
17:0....g	0.071	0.003	6	A	1		0.056	0.425	
18:0....g	1.641	0.056	6	A	1		1.280	9.795	
20:0....g	0.039	0.001	6	A	1		0.031	0.234	
22:0....g	0.026	0.001	6	A	1		0.020	0.155	
24:0....g	0.011	0.000	6	A	1		0.008	0.064	
Fatty acids, total monounsaturated....g	5.602		0	NC	4		4.369	33.443	
14:1....g	0.059	0.003	6	A	1		0.046	0.350	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.254	0.014	6	AS	1		0.198	1.516	
16:1 c....g	0.228	0.013	6	A	1		0.178	1.362	
16:1 t....g	0.026	0.002	6	A	1		0.020	0.154	
17:1....g	0.033	0.002	6	A	1		0.025	0.195	
18:1 undifferentiated....g	5.155	0.220	6	AS	1		4.021	30.774	
18:1 c....g	4.946	0.217	6	A	1		3.858	29.528	
18:1 t....g	0.209	0.007	6	A	1		0.163	1.247	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.098	0.005	6	A	1		0.076	0.584	
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.002	0.019	
22:1 c....g	0.003	0.000	6	A	1		0.002	0.019	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.001	0.004	
Fatty acids, total polyunsaturated....g	4.522		0	NC	4		3.527	26.996	
18:2 undifferentiated....g	3.923	0.158	6	AS	1		3.060	23.418	
18:2 n-6 c,c....g	3.784	0.155	6	A	1		2.952	22.592	
18:2 CLAs....g	0.059	0.002	6	A	1		0.046	0.350	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.080	0.003	6	A	1		0.062	0.476	
18:3 undifferentiated....g	0.464	0.015	6	AS	1		0.362	2.772	
18:3 n-3 c,c,c (ALA)....g	0.459	0.015	6	A	1		0.358	2.743	
18:3 n-6 c,c,c....g	0.005	0.000	6	A	1		0.004	0.029	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.001	0.010	
20:2 n-6 c,c....g	0.043	0.004	6	A	1		0.033	0.255	
20:3 undifferentiated....g	0.024	0.002	6	AS	1		0.019	0.145	
20:3 n-3....g	0.007	0.001	6	A	1		0.005	0.041	
20:3 n-6....g	0.017	0.001	6	A	1		0.014	0.104	
20:4 undifferentiated....g	0.037	0.003	6	A	1		0.029	0.221	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	A	1		0.003	0.023	
21:5....g									
22:4....g	0.012	0.001	6	A	1		0.010	0.075	
22:5 n-3 (DPA)....g	0.009	0.001	6	A	1		0.007	0.057	
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.001	0.011	
Fatty acids, total trans....g	0.314		0	NC	4		0.245	1.876	
Fatty acids, total trans-monoenoic....g	0.235		0	NC	4		0.183	1.401	
Fatty acids, total trans-polyenoic....g	0.080		0	NC	4		0.062	0.476	
Cholesterol....mg	35	1.557	3	A	1		28	212	
Phytosterols....mg									

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

NDB No. 21493

DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust

Common Measures:

Measure 1 = 78g: 1 slice

Measure 2 = 597g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21495

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

Domino's Pizza, LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.12	1.287	6	A	1		55.62	444.96	
Energy....kcal	277		0	NC	4		357	2860	
Energy....kJ	1159		0	NC	4		1495	11961	
Protein....g	11.03	0.184	6	A	1		14.23	113.86	
Total lipid (fat)....g	12.03	0.240	6	A	1		15.52	124.18	
Ash....g	2.65	0.074	6	A	1		3.42	27.35	
Carbohydrate, by difference....g	31.17		0	NC	4		40.21	321.64	
Fiber, total dietary....g	2.6	0.120	3	A	1		3.3	26.5	
Sugars, total....g	3.82	0.138	3	A	1		4.92	39.38	
Sucrose....g	0.30	0.000	3	A	1		0.39	3.10	
Glucose (dextrose)....g	0.50	0.000	3	A	1		0.65	5.16	
Fructose....g	0.83	0.033	3	A	1		1.07	8.60	
Lactose....g	0.67	0.088	3	A	1		0.86	6.88	
Maltose....g	1.43	0.033	3	A	1		1.85	14.79	
Galactose....g	0.08	0.009	3	A	1		0.11	0.85	
Starch....g	24.73	0.273	3	A	1		31.91	255.25	
Minerals:									
Calcium, Ca....mg	154	5.141	6	A	1		198	1588	
Iron, Fe....mg	2.50	0.087	6	A	1		3.23	25.85	
Magnesium, Mg....mg	24	0.560	6	A	1		32	252	
Phosphorus, P....mg	207	4.064	6	A	1		266	2131	
Potassium, K....mg	188	3.221	6	A	1		242	1937	
Sodium, Na....mg	677	15.167	6	A	1		873	6985	
Zinc, Zn....mg	1.27	0.025	6	A	1		1.63	13.07	
Copper, Cu....mg	0.112	0.004	6	A	1		0.145	1.159	
Manganese, Mn....mg	0.272	0.008	6	A	1		0.351	2.809	
Selenium, Se....µg	19.5		1	A	1		25.2	201.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.5	4.4	
Thiamin....mg	0.370		1	A	1		0.477	3.818	
Riboflavin....mg	0.180		1	A	1		0.232	1.858	
Niacin....mg	3.310		1	A	1		4.270	34.159	
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		1	A	1		0.065	0.516	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.50		1	A	1		0.65	5.16	
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:									

NDB No. 21495
DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.755		0	NC	4		6.134	49.073	
4:0....g	0.084	0.010	6	A	1		0.109	0.872	
6:0....g	0.069	0.006	6	A	1		0.089	0.714	
8:0....g	0.048	0.003	6	A	1		0.061	0.492	
10:0....g	0.122	0.006	6	A	1		0.157	1.256	
12:0....g	0.147	0.006	6	A	1		0.190	1.519	
13:0....g									
14:0....g	0.535	0.019	6	A	1		0.690	5.523	
15:0....g	0.054	0.002	6	A	1		0.070	0.559	
16:0....g	2.494	0.066	6	A	1		3.217	25.736	
17:0....g	0.047	0.002	6	A	1		0.061	0.490	
18:0....g	1.102	0.028	6	A	1		1.422	11.376	
20:0....g	0.025	0.000	6	A	1		0.032	0.258	
22:0....g	0.016	0.000	6	A	1		0.021	0.169	
24:0....g	0.008	0.000	6	A	1		0.010	0.079	
Fatty acids, total monounsaturated....g	3.608		0	NC	4		4.654	37.232	
14:1....g	0.040	0.002	6	A	1		0.052	0.418	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.169	0.008	6	AS	1		0.218	1.746	
16:1 c....g	0.150	0.008	6	A	1		0.194	1.551	
16:1 t....g	0.019	0.001	6	A	1		0.024	0.194	
17:1....g	0.021	0.001	6	A	1		0.027	0.218	
18:1 undifferentiated....g	3.312	0.091	6	AS	1		4.273	34.181	
18:1 c....g	3.133	0.089	6	A	1		4.041	32.331	
18:1 t....g	0.179	0.004	6	A	1		0.231	1.851	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.061	0.003	6	A	1		0.079	0.631	
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.003	0.026	
22:1 c....g	0.003	0.000	6	A	1		0.003	0.026	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.002	0.012	
Fatty acids, total polyunsaturated....g	2.711		0	NC	4		3.498	27.982	
18:2 undifferentiated....g	2.371	0.067	6	AS	1		3.058	24.465	
18:2 n-6 c,c....g	2.267	0.067	6	A	1		2.924	23.395	
18:2 CLAs....g	0.040	0.000	6	A	1		0.052	0.416	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.063	0.004	6	A	1		0.082	0.654	
18:3 undifferentiated....g	0.255	0.007	6	AS	1		0.329	2.635	
18:3 n-3 c,c,c (ALA)....g	0.252	0.007	6	A	1		0.325	2.601	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.004	0.034	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.002	0.014	
20:2 n-6 c,c....g	0.026	0.001	6	A	1		0.034	0.273	
20:3 undifferentiated....g	0.016	0.000	6	AS	1		0.020	0.162	
20:3 n-3....g	0.004	0.000	6	A	1		0.005	0.040	
20:3 n-6....g	0.012	0.000	6	A	1		0.015	0.122	
20:4 undifferentiated....g	0.022	0.001	6	A	1		0.029	0.232	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	A	1		0.004	0.033	
21:5....g									
22:4....g	0.008	0.000	6	A	1		0.011	0.088	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.008	0.060	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001	0.007	
Fatty acids, total trans....g	0.261		0	NC	4		0.337	2.699	
Fatty acids, total trans-monoenoic....g	0.198		0	NC	4		0.256	2.045	
Fatty acids, total trans-polyenoic....g	0.063		0	NC	4		0.082	0.654	
Cholesterol....mg	23	1.946	3	A	1		30	241	
Phytosterols....mg									

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

NDB No. 21495

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

Common Measures:

Measure 1 = 129g: 1 slice

Measure 2 = 1032g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21046
Entrees, crab cake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.38		1		1		32.03		
Energy ... kcal	266		0	NC	4		160		
Energy ... kJ	1113				4		668		
Protein (N x 6.25) ... g	18.75		1		1		11.25		
Total lipid (fat) ... g	17.25		1		1		10.35		
Ash ... g	2.10		1		1		1.26		
Carbohydrate, by difference ... g	8.52		0	NC	4		5.11		
Fiber, total dietary ... g	0.4		0		4		0.2		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	337		1		1		202		
Iron, Fe ... mg	1.86		1		1		1.12		
Magnesium, Mg ... mg	42		1		1		25		
Phosphorus, P ... mg	378		1		1		227		
Potassium, K ... mg	270		1		1		162		
Sodium, Na ... mg	819		1		1		491		
Zinc, Zn ... mg	3.54		1		1		2.12		
Copper, Cu ... mg	0.610		1		1		0.366		
Manganese, Mn ... mg	0.470		1		1		0.282		
Selenium, Se ... µg	42.1		0	RK	4		25.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0		4		0.2		
Thiamin ... mg	0.092		0		4		0.055		
Riboflavin ... mg	0.125		0		4		0.075		
Niacin ... mg	1.943		0		4		1.166		
Pantothenic acid ... mg	0.450		0		4		0.270		
Vitamin B-6 ... mg	0.249		0		4		0.149		
Folate, total ... µg	41		0	RK	4		25		
Folic acid ... µg	25		0	NC	4		15		
Folate, food ... µg	16		0		4		10		
Folate, DFE ... µg	59		0	NC	4		35		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	7.33		0		4		4.40		
Vitamin A, RAE ... µg	155		0	NC	4		93		
Retinol ... µg	155		0	NC	4		93		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	522		0		4		313		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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. 21046
Entrees, crab cake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.740		0		1		2.244		
Fatty acids, total monounsaturated....g	7.180		0		1		4.308		
Fatty acids, total polyunsaturated....g	5.130		0		1		3.078		
Fatty acids, total trans....g									
Cholesterol....mg	137		0		4		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.155		
Threonine....g	0.750		0		1		0.450		
Isoleucine....g	0.912		0		1		0.547		
Leucine....g	1.476		0		1		0.886		
Lysine....g	1.524		0		1		0.914		
Methionine....g	0.513		0		1		0.308		
Cystine....g	0.231		0		1		0.139		
Phenylalanine....g	0.813		0		1		0.488		
Tyrosine....g	0.618		0		1		0.371		
Valine....g	0.909		0		1		0.545		
Arginine....g	1.539		0		1		0.923		
Histidine....g	0.384		0		1		0.230		
Alanine....g	1.029		0		1		0.617		
Aspartic acid....g	1.854		0		1		1.112		
Glutamic acid....g	3.294		0		1		1.976		
Glycine....g	1.059		0		1		0.635		
Proline....g	0.717		0		1		0.430		
Serine....g	0.792		0		1		0.475		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 60g: 1 cake

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.820		0		1		2.566		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.130		1		1		0.118		
15:0....g									
16:0....g	2.260		1		1		2.057		
17:0....g									
18:0....g	0.430		1		1		0.391		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.580		0		1		2.348		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.580		1		1		2.348		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.270		0		1		5.706		
18:2 undifferentiated....g	5.780		1		1		5.260		
18:3 undifferentiated....g	0.490		1		1		0.446		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	34		1		1		31		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.153		
Threonine....g	0.626		0		1		0.570		
Isoleucine....g	0.676		0		1		0.615		
Leucine....g	1.190		0		1		1.083		
Lysine....g	1.247		0		1		1.135		
Methionine....g	0.417		0		1		0.379		
Cystine....g	0.175		0		1		0.159		
Phenylalanine....g	0.602		0		1		0.548		
Tyrosine....g	0.494		0		1		0.450		
Valine....g	0.760		0		1		0.692		
Arginine....g	0.852		0		1		0.775		
Histidine....g	0.425		0		1		0.387		
Alanine....g	0.847		0		1		0.771		
Aspartic acid....g	1.422		0		1		1.294		
Glutamic acid....g	2.514		0		1		2.288		
Glycine....g	0.688		0		1		0.626		
Proline....g	0.664		0		1		0.604		
Serine....g	0.628		0		1		0.571		
Hydroxyproline....g									

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

NDB No. 21047

Entrees, fish fillet, battered or breaded, and fried

Common Measures:

Measure 1 = 91g: 1 fillet

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

Food Group: 21 Fast Foods

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

NDB No. 21299
Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.17	0.696	12	A	1		46.20	368.28	
Energy....kcal	266		0	NC	4		285	2270	
Energy....kJ	1113		0	NC	4		1191	9494	
Protein....g	11.39	0.228	12	A	1		12.19	97.17	
Total lipid (fat)....g	9.69	0.242	12	A	1		10.37	82.67	
Ash....g	2.41	0.094	12	A	1		2.58	20.56	
Carbohydrate, by difference....g	33.33		0	NC	4		35.66	284.32	
Fiber, total dietary....g	2.3	0.089	6	A	1		2.5	19.6	
Sugars, total....g	3.58	0.209	6	A	1		3.83	30.53	
Sucrose....g	0.20	0.089	6	A	1		0.21	1.71	
Glucose (dextrose)....g	0.78	0.105	6	A	1		0.84	6.68	
Fructose....g	1.00	0.052	6	A	1		1.07	8.53	
Lactose....g	0.42	0.065	6	A	1		0.45	3.55	
Maltose....g	1.05	0.062	6	A	1		1.12	8.96	
Galactose....g	0.13	0.023	6	A	1		0.14	1.10	
Starch....g	26.95	0.850	6	A	1		28.84	229.88	
Minerals:									
Calcium, Ca....mg	188	8.173	12	A	1		201	1602	
Iron, Fe....mg	2.48	0.071	12	A	1		2.65	21.15	
Magnesium, Mg....mg	24	0.381	12	A	1		26	204	
Phosphorus, P....mg	216	5.694	12	A	1		231	1841	
Potassium, K....mg	172	5.020	12	A	1		184	1466	
Sodium, Na....mg	598	24.124	12	A	1		640	5102	
Zinc, Zn....mg	1.34	0.036	12	A	1		1.44	11.44	
Copper, Cu....mg	0.105	0.002	12	A	1		0.113	0.897	
Manganese, Mn....mg	0.360	0.013	12	A	1		0.385	3.073	
Selenium, Se....µg	19.9		2	A	1		21.3	169.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		2	A	1		1.5	12.1	
Thiamin....mg	0.390		2	A	1		0.417	3.327	
Riboflavin....mg	0.195		2	A	1		0.209	1.663	
Niacin....mg	3.825		2	A	1		4.093	32.627	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		2	A	1		0.086	0.682	
Folate, total....µg	93	15.250	8	A	1		99	789	
Folic acid....µg	52	7.250	8	A	1		56	446	
Folate, food....µg	40		0	AS	1		43	344	
Folate, DFE....µg	129		0	NC	4		138	1102	
Choline, total....mg	16.4	0.230	8	AS	1		17.6	140.1	
Betaine....mg	27.8	0.585	8	A	1		29.7	237.1	
Vitamin B-12....µg	0.42		2	A	1		0.45	3.58	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	69		0	AS	1		74	587	
Retinol....µg	61	4.199	15	A	1		65	521	
Carotene, beta....µg	92		2	A	1		99	788	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	358		0	AS	1		383	3050	
Lycopene....µg	1915		2	A	1		2049	16335	
Lutein + zeaxanthin....µg	58		2	A	1		62	495	
Vitamin E (alpha-tocopherol)....mg	0.83	0.141	15	A	1		0.89	7.07	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.05	0.006	15	A	1		0.05	0.41	
Tocopherol, gamma....mg	1.19	0.062	15	A	1		1.27	10.13	
Tocopherol, delta....mg	0.34	0.008	15	A	1		0.37	2.91	
Tocotrienol, alpha....mg	0.06	0.022	15	A	1		0.06	0.47	
Tocotrienol, beta....mg	0.00	0.000	15	A	1		0.00	0.00	

NDB No. 21299

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.001	15	A	1		0.00	0.02	
Tocotrienol, delta....mg	0.00	0.000	15	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone)....µg	6.7	0.575	15	A	1		7.1	56.8	
Dihydrophylloquinone....µg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.465		0	NC	4		4.777	38.082	
4:0....g	0.101	0.005	12	A	1		0.108	0.862	
6:0....g	0.080	0.003	12	A	1		0.086	0.685	
8:0....g	0.055	0.002	12	A	1		0.059	0.471	
10:0....g	0.141	0.005	12	A	1		0.151	1.207	
12:0....g	0.175	0.006	12	A	1		0.187	1.494	
13:0....g									
14:0....g	0.602	0.021	12	A	1		0.644	5.137	
15:0....g	0.064	0.002	12	A	1		0.068	0.544	
16:0....g	2.298	0.085	12	A	1		2.459	19.600	
17:0....g	0.043	0.001	12	A	1		0.046	0.368	
18:0....g	0.858	0.009	12	A	1		0.918	7.317	
20:0....g	0.021	0.001	12	A	1		0.023	0.180	
22:0....g	0.014	0.000	12	A	1		0.015	0.118	
24:0....g	0.008	0.000	12	A	1		0.009	0.070	
Fatty acids, total monounsaturated....g	2.608		0	NC	4		2.790	22.243	
14:1....g	0.048	0.002	12	A	1		0.051	0.409	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.117	0.006	12	AS	1		0.125	0.995	
16:1 c....g	0.094	0.005	12	A	1		0.101	0.804	
16:1 t....g	0.022	0.001	12	A	1		0.024	0.191	
17:1....g	0.015	0.001	12	A	1		0.016	0.124	
18:1 undifferentiated....g	2.388	0.129	12	AS	1		2.556	20.373	
18:1 c....g	2.227	0.127	12	A	1		2.383	19.000	
18:1 t....g	0.161	0.003	12	A	1		0.172	1.373	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.002	12	A	1		0.040	0.318	
22:1 undifferentiated....g	0.002	0.000	12	AS	1		0.002	0.014	
22:1 c....g	0.002	0.000	12	A	1		0.002	0.014	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	12	A	1		0.001	0.009	
Fatty acids, total polyunsaturated....g	1.681		0	NC	4		1.799	14.341	
18:2 undifferentiated....g	1.463	0.061	12	AS	1		1.566	12.483	
18:2 n-6 c,c....g	1.367	0.063	12	A	1		1.463	11.661	
18:2 CLAs....g	0.039	0.001	12	A	1		0.042	0.333	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.057	0.002	12	A	1		0.061	0.489	
18:3 undifferentiated....g	0.177	0.007	12	AS	1		0.190	1.511	
18:3 n-3 c,c,c (ALA)....g	0.175	0.007	12	A	1		0.187	1.490	
18:3 n-6 c,c,c....g	0.003	0.000	12	A	1		0.003	0.021	
18:3i....g									
18:4....g	0.002	0.000	12	A	1		0.002	0.014	
20:2 n-6 c,c....g	0.003	0.000	12	A	1		0.004	0.029	
20:3 undifferentiated....g	0.010	0.000	12	AS	1		0.010	0.082	
20:3 n-3....g	0.000	0.000	12	A	1		0.000	0.003	
20:3 n-6....g	0.009	0.000	12	A	1		0.010	0.080	
20:4 undifferentiated....g	0.012	0.001	12	A	1		0.013	0.100	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	12	A	1		0.005	0.036	
21:5....g									
22:4....g	0.004	0.000	12	A	1		0.005	0.038	
22:5 n-3 (DPA)....g	0.004	0.000	12	A	1		0.004	0.036	

NDB No. 21299

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.004	
Fatty acids, total trans....g	0.241		0	NC	4		0.257	2.053	
Fatty acids, total trans-monoenoic....g	0.183		0	NC	4		0.196	1.564	
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.061	0.489	
Cholesterol....mg	17	0.889	6	A	1		19	148	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.410		0	A	1		0.439	3.498	
Isoleucine....g	0.564		0	A	1		0.604	4.811	
Leucine....g	1.139		0	A	1		1.218	9.712	
Lysine....g	0.770		0	A	1		0.824	6.570	
Methionine....g	0.264		0	A	1		0.282	2.250	
Cystine....g	0.163		0	A	1		0.175	1.392	
Phenylalanine....g	0.664		0	A	1		0.710	5.663	
Tyrosine....g	0.522		0	A	1		0.558	4.451	
Valine....g	0.720		0	A	1		0.771	6.146	
Arginine....g	0.486		0	A	1		0.520	4.147	
Histidine....g	0.355		0	A	1		0.380	3.028	
Alanine....g	0.419		0	A	1		0.448	3.572	
Aspartic acid....g	0.839		0	A	1		0.898	7.158	
Glutamic acid....g	3.535		0	A	1		3.783	30.154	
Glycine....g	0.341		0	A	1		0.364	2.906	
Proline....g	1.357		0	A	1		1.452	11.573	
Serine....g	0.700		0	A	1		0.749	5.974	
Hydroxyproline....g	0.000	0.000	7	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 107g: 1 slice

Measure 2 = 853g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21511

Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.37	0.461	6	A	1		50.74	406.35	
Energy ... kcal	274		0	NC	4		320	2564	
Energy ... kJ	1145		0	NC	4		1340	10729	
Protein ... g	12.23	0.238	6	A	1		14.31	114.62	
Total lipid (fat) ... g	11.63	0.193	6	A	1		13.61	109.00	
Ash ... g	2.76	0.034	6	A	1		3.23	25.91	
Carbohydrate, by difference ... g	30.00		0	NC	4		35.10	281.12	
Fiber, total dietary ... g	1.7	0.209	3	A	1		2.0	15.9	
Sugars, total ... g	2.90	0.058	3	A	1		3.39	27.17	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.40	0.000	3	A	1		0.47	3.75	
Fructose ... g	0.67	0.033	3	A	1		0.78	6.25	
Lactose ... g	0.60	0.000	3	A	1		0.70	5.62	
Maltose ... g	1.10	0.000	3	A	1		1.29	10.31	
Galactose ... g	0.13	0.033	3	A	1		0.16	1.25	
Starch ... g	23.70	0.603	3	A	1		27.73	222.07	
Minerals:									
Calcium, Ca ... mg	238	5.275	6	A	1		278	2228	
Iron, Fe ... mg	2.04	0.046	6	A	1		2.39	19.15	
Magnesium, Mg ... mg	22	0.216	6	A	1		25	203	
Phosphorus, P ... mg	249	3.512	6	A	1		291	2333	
Potassium, K ... mg	229	3.683	6	A	1		268	2147	
Sodium, Na ... mg	615	5.669	6	A	1		720	5763	
Zinc, Zn ... mg	1.49	0.022	6	A	1		1.74	13.95	
Copper, Cu ... mg	0.081	0.002	6	A	1		0.095	0.760	
Manganese, Mn ... mg	0.351	0.005	6	A	1		0.411	3.290	
Selenium, Se ... µg	16.0	0.561	3	A	1		18.8	150.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.1		2	A	1		3.7	29.5	
Thiamin ... mg	0.323	0.009	3	A	1		0.378	3.029	
Riboflavin ... mg	0.333	0.009	3	A	1		0.390	3.123	
Niacin ... mg	3.763	0.061	3	A	1		4.403	35.262	
Pantothenic acid ... mg	0.450		2	A	1		0.526	4.216	
Vitamin B-6 ... mg	0.119	0.001	3	A	1		0.140	1.118	
Folate, total ... µg	90	3.181	3	A	1		105	844	
Folic acid ... µg	50		0	BFNN	4		58	467	
Folate, food ... µg	40		0	NC	4		47	377	
Folate, DFE ... µg	125		0	NC	4		146	1171	
Choline, total ... mg	15.7		0	BFNN	4		18.3	146.9	
Betaine ... mg									
Vitamin B-12 ... µg	0.40	0.040	3	A	1		0.47	3.75	
Vitamin B-12, added ... µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE ... µg	117		0	AS	1		137	1095	
Retinol ... µg	110		1	A	1		128	1026	
Carotene, beta ... µg	87		1	A	1		102	814	
Carotene, alpha ... µg	1		1	A	1		2	13	
Cryptoxanthin, beta ... µg	0		1	A	1		0	0	
Vitamin A, IU ... IU	511		0	AS	1		598	4789	
Lycopene ... µg	935		1	A	1		1093	8756	
Lutein + zeaxanthin ... µg	45		1	A	1		53	426	
Vitamin E (alpha-tocopherol) ... mg	0.67		2	A	1		0.78	6.27	
Vitamin E, added ... mg	0.00		0	BFNN	4		0.00	0.00	
Tocopherol, beta ... mg	0.06		2	A	1		0.07	0.60	
Tocopherol, gamma ... mg	0.89		2	A	1		1.04	8.30	
Tocopherol, delta ... mg	0.30		2	A	1		0.35	2.79	
Tocotrienol, alpha ... mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta ... mg	0.22		2	A	1		0.26	2.10	

NDB No. 21511

Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	BFNN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFNN	4		0	0	
Vitamin K (phylloquinone)....µg	8.3		0	BFFN	4		9.8	78.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.825		0	NC	4		6.815	54.581	
4:0....g	0.175	0.005	3	A	1		0.205	1.640	
6:0....g	0.143	0.002	3	A	1		0.167	1.336	
8:0....g	0.091	0.001	3	A	1		0.106	0.850	
10:0....g	0.233	0.002	3	A	1		0.272	2.180	
12:0....g	0.275	0.002	3	A	1		0.321	2.574	
13:0....g									
14:0....g	0.898	0.000	3	A	1		1.051	8.417	
15:0....g	0.096	0.000	3	A	1		0.113	0.903	
16:0....g	2.820	0.010	3	A	1		3.299	26.423	
17:0....g	0.059	0.000	3	A	1		0.069	0.549	
18:0....g	0.997	0.009	3	A	1		1.166	9.338	
20:0....g	0.020	0.001	3	A	1		0.023	0.186	
22:0....g	0.012	0.000	3	A	1		0.014	0.112	
24:0....g	0.008	0.000	3	A	1		0.009	0.072	
Fatty acids, total monounsaturated....g	2.771		0	NC	4		3.242	25.965	
14:1....g	0.092	0.002	3	A	1		0.108	0.865	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.168	0.003	3	AS	1		0.197	1.576	
16:1 c....g	0.139	0.003	3	A	1		0.162	1.299	
16:1 t....g	0.030	0.000	3	A	1		0.035	0.277	
17:1....g	0.019	0.000	3	A	1		0.023	0.180	
18:1 undifferentiated....g	2.463	0.012	3	AS	1		2.882	23.080	
18:1 c....g	2.273	0.012	3	A	1		2.659	21.298	
18:1 t....g	0.190	0.001	3	A	1		0.223	1.783	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.000	3	A	1		0.032	0.256	
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.001	0.006	
22:1 c....g	0.001	0.001	3	A	1		0.001	0.006	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.547		0	NC	4		1.810	14.499	
18:2 undifferentiated....g	1.348	0.048	3	AS	1		1.577	12.626	
18:2 n-6 c,c....g	1.234	0.043	3	A	1		1.443	11.559	
18:2 CLAs....g	0.042	0.001	3	A	1		0.049	0.396	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.072	0.004	3	A	1		0.084	0.671	
18:3 undifferentiated....g	0.155	0.008	3	AS	1		0.181	1.452	
18:3 n-3 c,c,c (ALA)....g	0.150	0.008	3	A	1		0.176	1.408	
18:3 n-6 c,c,c....g	0.004	0.000	3	A	1		0.004	0.034	
18:3i....g	0.001	0.000	3	A	1		0.001	0.009	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	3	A	1		0.004	0.028	
20:3 undifferentiated....g	0.011	0.001	3	AS	1		0.013	0.106	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.011	0.001	3	A	1		0.013	0.106	
20:4 undifferentiated....g	0.017	0.000	3	A	1		0.020	0.162	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.004	0.028	
21:5....g									
22:4....g	0.004	0.000	3	A	1		0.005	0.037	
22:5 n-3 (DPA)....g	0.006	0.001	3	A	1		0.007	0.056	

NDB No. 21511

Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.292		0	NC	4		0.342	2.740	
Fatty acids, total trans-monoenoic....g	0.220		0	NC	4		0.257	2.060	
Fatty acids, total trans-polyenoic....g	0.073		0	NC	4		0.085	0.681	
Cholesterol....mg	30	1.662	3	A	1		35	282	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0	A	1		0.145	1.163	
Threonine....g	0.392		0	A	1		0.458	3.671	
Isoleucine....g	0.573		0	A	1		0.671	5.373	
Leucine....g	1.070		0	A	1		1.252	10.030	
Lysine....g	0.593		0	A	1		0.693	5.552	
Methionine....g	0.268		0	A	1		0.313	2.507	
Cystine....g									
Phenylalanine....g	0.640		0	A	1		0.749	6.000	
Tyrosine....g	0.401		0	A	1		0.470	3.760	
Valine....g	0.707		0	A	1		0.827	6.627	
Arginine....g	0.440		0	A	1		0.514	4.119	
Histidine....g	0.315		0	A	1		0.369	2.955	
Alanine....g	0.382		0	A	1		0.447	3.582	
Aspartic acid....g	0.812		0	A	1		0.950	7.612	
Glutamic acid....g	3.393		0	A	1		3.969	31.789	
Glycine....g	0.306		0	A	1		0.358	2.865	
Proline....g	1.739		0	A	1		2.035	16.298	
Serine....g	0.583		0	A	1		0.682	5.463	
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine....mg	0		0	BFNN	4		0	0	
Theobromine....mg	0		0	BFNN	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 = 117g: 1 slice 1/8 pizza

Measure 2 = 937g: 1 pizza whole

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

Food Group: 21 Fast Foods

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

NDB No. 21300
Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.05	0.532	12	A	1		49.51	396.92	
Energy ... kcal	271		0	NC	4		311	2496	
Energy ... kJ	1133		0	NC	4		1303	10446	
Protein ... g	10.81	0.136	12	A	1		12.43	99.64	
Total lipid (fat) ... g	10.54	0.276	12	A	1		12.12	97.19	
Ash ... g	2.44	0.047	12	A	1		2.80	22.46	
Carbohydrate, by difference ... g	33.17		0	NC	4		38.14	305.79	
Fiber, total dietary ... g	2.2	0.126	6	A	1		2.6	20.7	
Sugars, total ... g	3.34	0.403	6	A	1		3.84	30.81	
Sucrose ... g	0.20	0.089	6	A	1		0.23	1.84	
Glucose (dextrose) ... g	0.50	0.052	6	A	1		0.57	4.61	
Fructose ... g	0.72	0.119	6	A	1		0.82	6.61	
Lactose ... g	0.57	0.080	6	A	1		0.65	5.22	
Maltose ... g	1.25	0.092	6	A	1		1.44	11.52	
Galactose ... g	0.11	0.019	6	A	1		0.12	1.00	
Starch ... g	24.98	0.515	5	A	1		28.73	230.32	
Minerals:									
Calcium, Ca ... mg	179	5.983	12	A	1		205	1647	
Iron, Fe ... mg	2.48	0.066	12	A	1		2.86	22.91	
Magnesium, Mg ... mg	23	0.415	12	A	1		26	209	
Phosphorus, P ... mg	209	4.227	12	A	1		241	1930	
Potassium, K ... mg	169	2.763	12	A	1		195	1560	
Sodium, Na ... mg	597	10.189	12	A	1		687	5507	
Zinc, Zn ... mg	1.27	0.026	12	A	1		1.46	11.69	
Copper, Cu ... mg	0.104	0.003	12	A	1		0.120	0.961	
Manganese, Mn ... mg	0.335	0.019	12	A	1		0.385	3.089	
Selenium, Se ... µg	18.1		2	A	1		20.9	167.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2		2	A	1		1.3	10.6	
Thiamin ... mg	0.365		2	A	1		0.420	3.365	
Riboflavin ... mg	0.200		2	A	1		0.230	1.844	
Niacin ... mg	3.495		2	A	1		4.019	32.224	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.060		2	A	1		0.069	0.553	
Folate, total ... µg	106	6.811	4	A	1		122	980	
Folic acid ... µg	66	3.979	4	A	1		76	609	
Folate, food ... µg	40		0	AS	1		46	371	
Folate, DFE ... µg	152		0	NC	4		175	1406	
Choline, total ... mg	16.6	0.372	7	AS	1		19.0	152.7	
Betaine ... mg	27.3	1.667	7	A	1		31.4	252.0	
Vitamin B-12 ... µg	0.35		2	A	1		0.40	3.18	
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... µg	69		0	NC	4		80	638	
Retinol ... µg	61		0	BFSN	4		71	567	
Carotene, beta ... µg	93		0	BFSN	4		107	857	
Carotene, alpha ... µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0	0	
Vitamin A, IU ... IU	360		0	NC	4		414	3317	
Lycopene ... µg	1927		0	BFSN	4		2216	17765	
Lutein + zeaxanthin ... µg	22		0	NR	4		25	200	
Vitamin E (alpha-tocopherol) ... mg	0.82	0.043	11	A	1		0.94	7.52	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.06	0.006	11	A	1		0.06	0.52	
Tocopherol, gamma ... mg	2.09	0.440	11	A	1		2.41	19.31	
Tocopherol, delta ... mg	0.62	0.121	11	A	1		0.72	5.74	
Tocotrienol, alpha ... mg	0.04	0.012	11	A	1		0.05	0.41	
Tocotrienol, beta ... mg	0.00	0.000	11	A	1		0.00	0.00	

NDB No. 21300
Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.002	11	A	1		0.00	0.02	
Tocotrienol, delta....mg	0.00	0.000	11	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	10.0	3.540	11	A	1		11.4	91.8	
Dihydrophylloquinone....µg	1.4	1.367	11	A	1		1.6	12.6	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.226		0	NC	4		4.860	38.963	
4:0....g	0.102	0.006	12	A	1		0.117	0.937	
6:0....g	0.081	0.003	12	A	1		0.093	0.744	
8:0....g	0.054	0.002	12	A	1		0.063	0.502	
10:0....g	0.139	0.004	12	A	1		0.160	1.279	
12:0....g	0.168	0.006	12	A	1		0.193	1.547	
13:0....g									
14:0....g	0.574	0.020	12	A	1		0.661	5.296	
15:0....g	0.061	0.002	12	A	1		0.070	0.564	
16:0....g	2.101	0.051	12	A	1		2.416	19.368	
17:0....g	0.043	0.001	12	A	1		0.049	0.396	
18:0....g	0.849	0.016	12	A	1		0.977	7.832	
20:0....g	0.023	0.001	12	A	1		0.026	0.212	
22:0....g	0.019	0.001	12	A	1		0.022	0.175	
24:0....g	0.008	0.000	12	A	1		0.010	0.078	
Fatty acids, total monounsaturated....g	2.595		0	NC	4		2.984	23.925	
14:1....g	0.047	0.002	12	A	1		0.054	0.432	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.114	0.005	12	AS	1		0.131	1.051	
16:1 c....g	0.093	0.004	12	A	1		0.107	0.855	
16:1 t....g	0.021	0.001	12	A	1		0.024	0.196	
17:1....g	0.015	0.001	12	A	1		0.017	0.139	
18:1 undifferentiated....g	2.373	0.062	12	AS	1		2.729	21.877	
18:1 c....g	2.189	0.060	12	A	1		2.518	20.184	
18:1 t....g	0.184	0.014	12	A	1		0.211	1.693	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042	0.002	12	A	1		0.049	0.391	
22:1 undifferentiated....g	0.002	0.000	12	AS	1		0.002	0.016	
22:1 c....g	0.002	0.000	12	A	1		0.002	0.016	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	12	A	1		0.002	0.018	
Fatty acids, total polyunsaturated....g	2.752		0	NC	4		3.165	25.378	
18:2 undifferentiated....g	2.403	0.147	12	AS	1		2.763	22.156	
18:2 n-6 c,c....g	2.304	0.148	12	A	1		2.649	21.240	
18:2 CLAs....g	0.039	0.001	12	A	1		0.045	0.360	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.002	12	A	1		0.069	0.556	
18:3 undifferentiated....g	0.309	0.020	12	AS	1		0.355	2.847	
18:3 n-3 c,c,c (ALA)....g	0.306	0.020	12	A	1		0.352	2.824	
18:3 n-6 c,c,c....g	0.003	0.000	12	A	1		0.003	0.024	
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.002	0.013	
20:2 n-6 c,c....g	0.004	0.000	12	A	1		0.005	0.037	
20:3 undifferentiated....g	0.010	0.000	12	AS	1		0.011	0.090	
20:3 n-3....g	0.000	0.000	12	A	1		0.000	0.004	
20:3 n-6....g	0.009	0.000	12	A	1		0.011	0.086	
20:4 undifferentiated....g	0.011	0.001	12	A	1		0.013	0.105	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	12	A	1		0.004	0.035	
21:5....g									
22:4....g	0.005	0.000	12	A	1		0.006	0.048	
22:5 n-3 (DPA)....g	0.004	0.000	12	A	1		0.005	0.038	

NDB No. 21300

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans....g	0.265		0	NC	4		0.305	2.445	
Fatty acids, total trans-monoenoic....g	0.205		0	NC	4		0.236	1.889	
Fatty acids, total trans-polyenoic....g	0.060		0	NC	4		0.069	0.556	
Cholesterol....mg	17	0.752	6	A	1		20	160	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.131		0	A	1		0.151	1.210	
Threonine....g	0.399		0	A	1		0.459	3.679	
Isoleucine....g	0.555		0	A	1		0.638	5.114	
Leucine....g	1.084		0	A	1		1.247	9.997	
Lysine....g	0.807		0	A	1		0.928	7.443	
Methionine....g	0.287		0	A	1		0.330	2.646	
Cystine....g	0.260		0	A	1		0.299	2.394	
Phenylalanine....g	0.678		0	A	1		0.779	6.247	
Tyrosine....g	0.488		0	A	1		0.561	4.498	
Valine....g	0.703		0	A	1		0.809	6.485	
Arginine....g	0.634		0	A	1		0.729	5.846	
Histidine....g	0.328		0	A	1		0.377	3.022	
Alanine....g	0.374		0	A	1		0.430	3.444	
Aspartic acid....g	0.847		0	A	1		0.974	7.806	
Glutamic acid....g	3.723		0	A	1		4.282	34.330	
Glycine....g	0.371		0	A	1		0.427	3.421	
Proline....g	1.437		0	A	1		1.653	13.252	
Serine....g	0.767		0	A	1		0.882	7.075	
Hydroxyproline....g	0.000	0.000	6	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 115g: 1 slice

Measure 2 = 922g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21301
Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	38.92	1.047	12	A	1		29.58	229.66	
Energy ... kcal	302		0	NC	4		229	1780	
Energy ... kJ	1263		0	NC	4		960	7452	
Protein ... g	12.85	0.278	12	A	1		9.77	75.81	
Total lipid (fat) ... g	13.95	0.399	12	A	1		10.60	82.30	
Ash ... g	3.07	0.098	12	A	1		2.34	18.14	
Carbohydrate, by difference ... g	31.20		0	NC	4		23.71	184.08	
Fiber, total dietary ... g	2.5	0.108	6	A	1		1.9	14.7	
Sugars, total ... g	3.61	0.238	6	A	1		2.75	21.31	
Sucrose ... g	0.38	0.174	6	A	1		0.29	2.26	
Glucose (dextrose) ... g	0.78	0.087	6	A	1		0.60	4.62	
Fructose ... g	1.02	0.060	6	A	1		0.77	6.00	
Lactose ... g	0.55	0.056	6	A	1		0.42	3.24	
Maltose ... g	0.73	0.080	6	A	1		0.56	4.33	
Galactose ... g	0.15	0.025	6	A	1		0.11	0.86	
Starch ... g	23.83	1.909	6	A	1		18.11	140.62	
Minerals:									
Calcium, Ca ... mg	288	9.705	12	A	1		219	1698	
Iron, Fe ... mg	1.71	0.243	12	A	1		1.30	10.12	
Magnesium, Mg ... mg	24	0.276	12	A	1		18	144	
Phosphorus, P ... mg	295	7.815	12	A	1		224	1739	
Potassium, K ... mg	199	5.119	12	A	1		152	1177	
Sodium, Na ... mg	742	34.993	12	A	1		564	4380	
Zinc, Zn ... mg	1.59	0.044	12	A	1		1.21	9.39	
Copper, Cu ... mg	0.100	0.003	12	A	1		0.076	0.588	
Manganese, Mn ... mg	0.305	0.024	12	A	1		0.232	1.798	
Selenium, Se ... µg	20.0		2	A	1		15.2	118.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.0		2	A	1		2.2	17.5	
Thiamin ... mg	0.205		2	A	1		0.156	1.209	
Riboflavin ... mg	0.160		2	A	1		0.122	0.944	
Niacin ... mg	2.595		2	A	1		1.972	15.310	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.065		2	A	1		0.049	0.383	
Folate, total ... µg	96	4.564	4	A	1		73	566	
Folic acid ... µg	56	3.568	4	A	1		43	332	
Folate, food ... µg	40		0	AS	1		30	235	
Folate, DFE ... µg	135		0	NC	4		103	799	
Choline, total ... mg	18.9		3	AS	1		14.3	111.3	
Betaine ... mg	20.4		3	A	1		15.5	120.1	
Vitamin B-12 ... µg	0.57		2	A	1		0.44	3.39	
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... µg	72		0	NC	4		55	427	
Retinol ... µg	64		0	BFSN	4		49	379	
Carotene, beta ... µg	97		0	BFSN	4		74	573	
Carotene, alpha ... µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0	0	
Vitamin A, IU ... IU	376		0	NC	4		286	2218	
Lycopene ... µg	2013		0	BFSN	4		1530	11879	
Lutein + zeaxanthin ... µg	30		0	NR	4		23	179	
Vitamin E (alpha-tocopherol) ... mg	1.29	0.233	14	A	1		0.98	7.61	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.06	0.006	14	A	1		0.05	0.36	
Tocopherol, gamma ... mg	2.52	0.547	14	A	1		1.91	14.85	
Tocopherol, delta ... mg	0.88	0.212	14	A	1		0.67	5.19	
Tocotrienol, alpha ... mg	0.06	0.012	14	A	1		0.05	0.36	
Tocotrienol, beta ... mg	0.00	0.000	14	A	1		0.00	0.00	

NDB No. 21301

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01	0.003	14	A	1		0.01	0.04	
Tocotrienol, delta....mg	0.00	0.000	14	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	9.7	2.182	14	A	1		7.3	57.0	
Dihydrophylloquinone....µg	3.0	2.809	14	A	1		2.3	17.9	
Menaquinone-4....µg	2.8	0.185	4	A	1		2.1	16.2	
Lipids:									
Fatty acids, total saturated....g	6.224		0	NC	4		4.730	36.722	
4:0....g	0.165	0.006	12	A	1		0.126	0.975	
6:0....g	0.132	0.004	12	A	1		0.100	0.777	
8:0....g	0.088	0.002	12	A	1		0.067	0.521	
10:0....g	0.222	0.007	12	A	1		0.168	1.308	
12:0....g	0.267	0.008	12	A	1		0.203	1.575	
13:0....g									
14:0....g	0.909	0.027	12	A	1		0.691	5.366	
15:0....g	0.097	0.003	12	A	1		0.074	0.572	
16:0....g	3.010	0.067	12	A	1		2.287	17.758	
17:0....g	0.065	0.002	12	A	1		0.049	0.384	
18:0....g	1.202	0.030	12	A	1		0.914	7.093	
20:0....g	0.029	0.001	12	A	1		0.022	0.170	
22:0....g	0.022	0.001	12	A	1		0.017	0.131	
24:0....g	0.010	0.000	12	A	1		0.008	0.060	
Fatty acids, total monounsaturated....g	3.507		0	NC	4		2.665	20.690	
14:1....g	0.075	0.003	12	A	1		0.057	0.441	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.163	0.006	12	AS	1		0.124	0.963	
16:1 c....g	0.131	0.005	12	A	1		0.100	0.773	
16:1 t....g	0.032	0.001	12	A	1		0.024	0.190	
17:1....g	0.022	0.001	12	A	1		0.017	0.133	
18:1 undifferentiated....g	3.195	0.088	12	AS	1		2.428	18.850	
18:1 c....g	2.959	0.085	12	A	1		2.249	17.456	
18:1 t....g	0.236	0.006	12	A	1		0.180	1.394	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048	0.004	12	A	1		0.037	0.285	
22:1 undifferentiated....g	0.002	0.000	12	AS	1		0.001	0.009	
22:1 c....g	0.002	0.000	12	A	1		0.001	0.009	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	12	A	1		0.001	0.009	
Fatty acids, total polyunsaturated....g	3.044		0	NC	4		2.314	17.961	
18:2 undifferentiated....g	2.636	0.191	12	AS	1		2.003	15.552	
18:2 n-6 c,c....g	2.491	0.190	12	A	1		1.893	14.695	
18:2 CLAs....g	0.060	0.002	12	A	1		0.045	0.353	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.085	0.002	12	A	1		0.065	0.504	
18:3 undifferentiated....g	0.352	0.033	12	AS	1		0.267	2.074	
18:3 n-3 c,c,c (ALA)....g	0.348	0.033	12	A	1		0.264	2.052	
18:3 n-6 c,c,c....g	0.004	0.000	12	A	1		0.003	0.022	
18:3i....g									
18:4....g	0.002	0.000	12	A	1		0.002	0.013	
20:2 n-6 c,c....g	0.005	0.000	12	A	1		0.004	0.030	
20:3 undifferentiated....g	0.014	0.001	12	AS	1		0.010	0.080	
20:3 n-3....g	0.001	0.000	12	A	1		0.001	0.006	
20:3 n-6....g	0.013	0.001	12	A	1		0.010	0.074	
20:4 undifferentiated....g	0.018	0.001	12	A	1		0.014	0.108	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	12	A	1		0.003	0.027	
21:5....g									
22:4....g	0.005	0.000	12	A	1		0.004	0.028	
22:5 n-3 (DPA)....g	0.006	0.000	12	A	1		0.005	0.037	

NDB No. 21301

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.000	12	A	1		0.000	0.003	
Fatty acids, total trans....g	0.354		0	NC	4		0.269	2.088	
Fatty acids, total trans-monoenoic....g	0.268		0	NC	4		0.204	1.584	
Fatty acids, total trans-polyenoic....g	0.085		0	NC	4		0.065	0.504	
Cholesterol....mg	28	1.726	6	A	1		22	167	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.111	0.864	
Threonine....g	0.514		0	A	1		0.390	3.031	
Isoleucine....g	0.657		0	A	1		0.499	3.877	
Leucine....g	1.335		0	A	1		1.014	7.874	
Lysine....g	0.962		0	A	1		0.731	5.675	
Methionine....g	0.320		0	A	1		0.243	1.889	
Cystine....g	0.200		0	A	1		0.152	1.182	
Phenylalanine....g	0.776		0	A	1		0.590	4.579	
Tyrosine....g	0.605		0	A	1		0.460	3.569	
Valine....g	0.845		0	A	1		0.642	4.986	
Arginine....g	0.554		0	A	1		0.421	3.267	
Histidine....g	0.361		0	A	1		0.274	2.131	
Alanine....g	0.462		0	A	1		0.351	2.724	
Aspartic acid....g	1.101		0	A	1		0.837	6.495	
Glutamic acid....g	3.994		0	A	1		3.035	23.564	
Glycine....g	0.355		0	A	1		0.270	2.093	
Proline....g	1.639		0	A	1		1.245	9.669	
Serine....g	0.868		0	A	1		0.659	5.119	
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 76g: 1 slice

Measure 2 = 590g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21304

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.40	0.429	15	A	1		68.54	588.66	
Energy....kcal	244		0	NC	4		331	2847	
Energy....kJ	1020		0	NC	4		1387	11911	
Protein....g	11.02	0.444	15	A	1		14.98	128.67	
Total lipid (fat)....g	10.90	0.246	15	A	1		14.83	127.34	
Ash....g	2.30	0.093	15	A	1		3.13	26.84	
Carbohydrate, by difference....g	25.38		0	NC	4		34.52	296.48	
Fiber, total dietary....g	2.2	0.100	15	A	1		3.0	26.0	
Sugars, total....g	3.73	0.398	15	A	1		5.07	43.57	
Sucrose....g	0.08	0.083	15	A	1		0.11	0.97	
Glucose (dextrose)....g	1.07	0.171	15	A	1		1.45	12.46	
Fructose....g	1.10	0.157	15	A	1		1.50	12.84	
Lactose....g	0.17	0.054	15	A	1		0.24	2.04	
Maltose....g	1.21	0.115	15	A	1		1.64	14.11	
Galactose....g	0.10	0.013	15	A	1		0.13	1.15	
Starch....g	18.70	0.945	15	A	1		25.43	218.41	
Minerals:									
Calcium, Ca....mg	120	15.779	15	A	1		164	1407	
Iron, Fe....mg	1.86	0.208	15	A	1		2.54	21.78	
Magnesium, Mg....mg	23	0.648	15	A	1		31	264	
Phosphorus, P....mg	183	9.529	15	A	1		249	2140	
Potassium, K....mg	184	10.556	15	A	1		250	2150	
Sodium, Na....mg	589	23.430	15	A	1		801	6881	
Zinc, Zn....mg	1.24	0.119	15	A	1		1.68	14.47	
Copper, Cu....mg	0.138	0.009	15	A	1		0.187	1.609	
Manganese, Mn....mg	0.273	0.006	15	A	1		0.371	3.188	
Selenium, Se....µg	23.1	2.961	15	A	1		31.4	269.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.143	15	A	1		0.2	1.7	
Thiamin....mg	0.256	0.049	15	A	1		0.347	2.984	
Riboflavin....mg	0.266	0.017	15	A	1		0.362	3.111	
Niacin....mg	3.100	0.253	15	A	1		4.216	36.212	
Pantothenic acid....mg	0.455	0.053	15	A	1		0.619	5.316	
Vitamin B-6....mg	0.098	0.002	4	A	1		0.133	1.146	
Folate, total....µg	62	3.375	8	A	1		84	723	
Folic acid....µg	36	1.750	8	A	1		49	423	
Folate, food....µg	26		0	AS	1		35	299	
Folate, DFE....µg	87		0	NC	4		119	1019	
Choline, total....mg	21.7		4	AS	1		29.4	252.9	
Betaine....mg	23.7		4	A	1		32.2	276.6	
Vitamin B-12....µg	0.68	0.065	15	A	1		0.93	7.97	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	61		0	NC	4		83	709	
Retinol....µg	54		0	BFSN	4		73	629	
Carotene, beta....µg	81		0	BFSN	4		111	951	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	315		0	NC	4		429	3683	
Lycopene....µg	1689		0	BFSN	4		2297	19727	
Lutein + zeaxanthin....µg	26		0	NR	4		35	304	
Vitamin E (alpha-tocopherol)....mg	0.86	0.084	15	A	1		1.16	10.00	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.04	0.002	15	A	1		0.06	0.52	
Tocopherol, gamma....mg	0.93	0.076	15	A	1		1.27	10.89	
Tocopherol, delta....mg	0.27	0.017	15	A	1		0.36	3.10	
Tocotrienol, alpha....mg	0.06	0.014	15	A	1		0.08	0.72	
Tocotrienol, beta....mg	0.00	0.000	15	A	1		0.00	0.00	

NDB No. 21304

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04	0.026	15	A	1		0.06	0.47	
Tocotrienol, delta....mg	0.00	0.000	15	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.2	0.665	15	A	1		8.4	72.1	
Dihydrophylloquinone....µg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4....µg	2.0	0.096	4	A	1		2.8	23.9	
Lipids:									
Fatty acids, total saturated....g	4.407		0	NC	4		5.994	51.475	
4:0....g	0.147		0	FLA	4		0.200	1.714	
6:0....g	0.028		0	FLA	4		0.038	0.330	
8:0....g	0.039	0.004	15	A	1		0.053	0.456	
10:0....g	0.093	0.007	15	A	1		0.126	1.082	
12:0....g	0.107	0.008	15	A	1		0.145	1.248	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.447	0.024	15	A	1		0.609	5.227	
15:0....g	0.045	0.004	15	A	1		0.061	0.521	
16:0....g	2.330	0.081	15	A	1		3.169	27.215	
17:0....g	0.050	0.004	15	A	1		0.067	0.578	
18:0....g	1.100	0.050	15	A	1		1.497	12.853	
20:0....g	0.019	0.000	15	A	1		0.026	0.228	
22:0....g	0.002	0.002	15	A	1		0.003	0.023	
24:0....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.787		0	NC	4		5.151	44.237	
14:1....g	0.038	0.004	15	A	1		0.052	0.443	
15:1....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated....g	0.195	0.012	15	A	1		0.265	2.273	
17:1....g	0.014	0.008	15	A	1		0.019	0.167	
18:1 undifferentiated....g	3.497	0.090	15	A	1		4.756	40.844	
20:1....g	0.042	0.004	15	A	1		0.058	0.495	
22:1 undifferentiated....g	0.001	0.001	8	A	1		0.002	0.014	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.890		0	NC	4		2.570	22.071	
18:2 undifferentiated....g	1.521	0.092	15	A	1		2.069	17.770	
18:3 undifferentiated....g	0.157	0.006	8	JA	6		0.214	1.834	
18:3 n-3 c,c,c (ALA)....g	0.138	0.011	7	A	1		0.187	1.609	
18:3 n-6 c,c,c....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.029	0.001	8	A	1		0.039	0.335	
20:2 n-6 c,c....g	0.023	0.003	11	A	1		0.031	0.266	
20:3 undifferentiated....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022	0.001	15	A	1		0.030	0.256	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	8	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27	2.031	15	A	1		36	311	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.109		0	A	1		0.148	1.268	
Threonine....g	0.399		0	A	1		0.543	4.661	
Isoleucine....g	0.482		0	A	1		0.655	5.627	
Leucine....g	0.923		0	A	1		1.255	10.775	
Lysine....g	0.615		0	A	1		0.837	7.187	
Methionine....g	0.217		0	A	1		0.295	2.531	
Cystine....g	0.178		0	A	1		0.242	2.080	

NDB No. 21304

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.553		0	A	1		0.752	6.457	
Tyrosine.....g	0.385		0	A	1		0.523	4.492	
Valine.....g	0.579		0	A	1		0.787	6.762	
Arginine.....g	0.508		0	A	1		0.691	5.933	
Histidine.....g	0.334		0	A	1		0.454	3.898	
Alanine.....g	0.449		0	A	1		0.611	5.244	
Aspartic acid.....g	0.864		0	A	1		1.175	10.094	
Glutamic acid.....g	2.930		0	A	1		3.985	34.226	
Glycine.....g	0.423		0	A	1		0.575	4.935	
Proline.....g	1.107		0	A	1		1.505	12.927	
Serine.....g	0.597		0	A	1		0.812	6.972	
Hydroxyproline.....g	0.012	0.012	6	A	1		0.017	0.145	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 136g: 1 slice

Measure 2 = 1168g: 1 pie

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

Food Group: 21 Fast Foods

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

NDB No. 21302
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.77	0.586	12	A	1		46.37	373.89	
Energy....kcal	282		0	NC	4		313	2525	
Energy....kJ	1180		0	NC	4		1310	10561	
Protein....g	11.74	0.193	12	A	1		13.03	105.09	
Total lipid (fat)....g	11.91	0.279	12	A	1		13.22	106.58	
Ash....g	2.59	0.094	12	A	1		2.88	23.19	
Carbohydrate, by difference....g	31.98		0	NC	4		35.50	286.26	
Fiber, total dietary....g	2.3	0.134	6	A	1		2.6	21.0	
Sugars, total....g	3.26	0.199	6	A	1		3.62	29.16	
Sucrose....g	0.18	0.083	6	A	1		0.20	1.64	
Glucose (dextrose)....g	0.73	0.099	6	A	1		0.81	6.56	
Fructose....g	0.93	0.049	6	A	1		1.04	8.35	
Lactose....g	0.35	0.072	6	A	1		0.39	3.13	
Maltose....g	0.97	0.067	6	A	1		1.07	8.65	
Galactose....g	0.09	0.006	6	A	1		0.10	0.82	
Starch....g	25.37	0.645	6	A	1		28.16	227.03	
Minerals:									
Calcium, Ca....mg	153	5.679	12	A	1		170	1372	
Iron, Fe....mg	2.52	0.090	12	A	1		2.80	22.58	
Magnesium, Mg....mg	24	0.411	12	A	1		27	216	
Phosphorus, P....mg	198	3.692	12	A	1		220	1774	
Potassium, K....mg	195	4.788	12	A	1		216	1743	
Sodium, Na....mg	685	22.635	12	A	1		760	6129	
Zinc, Zn....mg	1.40	0.031	12	A	1		1.56	12.55	
Copper, Cu....mg	0.113	0.003	12	A	1		0.125	1.010	
Manganese, Mn....mg	0.385	0.013	12	A	1		0.427	3.444	
Selenium, Se....µg	23.6		2	A	1		26.3	211.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		2	A	1		1.0	8.2	
Thiamin....mg	0.430		2	A	1		0.477	3.849	
Riboflavin....mg	0.220		2	A	1		0.244	1.969	
Niacin....mg	4.140		2	A	1		4.595	37.053	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		2	A	1		0.089	0.716	
Folate, total....µg	92	19.625	8	A	1		102	822	
Folic acid....µg	56	12.500	8	A	1		62	497	
Folate, food....µg	36		0	AS	1		40	326	
Folate, DFE....µg	131		0	NC	4		145	1170	
Choline, total....mg	25.4	0.552	7	AS	1		28.2	227.1	
Betaine....mg	26.0	0.442	7	A	1		28.9	232.7	
Vitamin B-12....µg	0.50		2	A	1		0.55	4.47	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	70		0	NC	4		78	629	
Retinol....µg	62		0	BFSN	4		69	559	
Carotene, beta....µg	94		0	BFSN	4		105	845	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	365		0	NC	4		406	3270	
Lycopene....µg	1957		0	BFSN	4		2172	17513	
Lutein + zeaxanthin....µg	24		0	NR	4		26	210	
Vitamin E (alpha-tocopherol)....mg	0.87	0.101	15	A	1		0.97	7.81	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.05	0.004	15	A	1		0.06	0.47	
Tocopherol, gamma....mg	1.19	0.061	15	A	1		1.32	10.65	
Tocopherol, delta....mg	0.33	0.009	15	A	1		0.37	2.99	
Tocotrienol, alpha....mg	0.07	0.019	15	A	1		0.08	0.64	
Tocotrienol, beta....mg									

NDB No. 21302

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01	0.004	15	A	1		0.01	0.07	
Tocotrienol, delta....mg	0.00	0.000	15	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone)....µg	6.4	0.721	15	A	1		7.1	57.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.092		0	NC	4		5.652	45.570	
4:0....g	0.086	0.004	12	A	1		0.095	0.766	
6:0....g	0.068	0.002	12	A	1		0.075	0.608	
8:0....g	0.047	0.002	12	A	1		0.052	0.418	
10:0....g	0.118	0.004	12	A	1		0.131	1.052	
12:0....g	0.144	0.005	12	A	1		0.160	1.287	
13:0....g									
14:0....g	0.545	0.016	12	A	1		0.605	4.877	
15:0....g	0.058	0.002	12	A	1		0.064	0.517	
16:0....g	2.748	0.090	12	A	1		3.050	24.595	
17:0....g	0.059	0.002	12	A	1		0.066	0.532	
18:0....g	1.170	0.016	12	A	1		1.298	10.468	
20:0....g	0.026	0.001	12	A	1		0.029	0.230	
22:0....g	0.014	0.000	12	A	1		0.016	0.127	
24:0....g	0.007	0.000	12	A	1		0.008	0.066	
Fatty acids, total monounsaturated....g	3.853		0	NC	4		4.277	34.488	
14:1....g	0.047	0.002	12	A	1		0.052	0.420	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.186	0.006	12	AS	1		0.207	1.668	
16:1 c....g	0.164	0.006	12	A	1		0.182	1.470	
16:1 t....g	0.022	0.001	12	A	1		0.025	0.198	
17:1....g	0.029	0.001	12	A	1		0.032	0.260	
18:1 undifferentiated....g	3.511	0.149	12	AS	1		3.898	31.427	
18:1 c....g	3.302	0.155	12	A	1		3.665	29.554	
18:1 t....g	0.209	0.009	12	A	1		0.232	1.873	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.063	0.004	12	A	1		0.070	0.568	
22:1 undifferentiated....g	0.014	0.003	12	AS	1		0.016	0.126	
22:1 c....g	0.014	0.003	12	A	1		0.016	0.126	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	12	A	1		0.002	0.019	
Fatty acids, total polyunsaturated....g	2.064		0	NC	4		2.291	18.471	
18:2 undifferentiated....g	1.798	0.033	12	AS	1		1.996	16.091	
18:2 n-6 c,c....g	1.701	0.033	12	A	1		1.888	15.222	
18:2 CLAs....g	0.043	0.001	12	A	1		0.048	0.383	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.054	0.002	12	A	1		0.060	0.486	
18:3 undifferentiated....g	0.188	0.005	12	AS	1		0.209	1.683	
18:3 n-3 c,c,c (ALA)....g	0.185	0.005	12	A	1		0.205	1.653	
18:3 n-6 c,c,c....g	0.003	0.000	12	A	1		0.004	0.030	
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.001	0.012	
20:2 n-6 c,c....g	0.021	0.002	12	A	1		0.023	0.188	
20:3 undifferentiated....g	0.014	0.001	12	AS	1		0.015	0.122	
20:3 n-3....g	0.003	0.000	12	A	1		0.003	0.025	
20:3 n-6....g	0.011	0.001	12	A	1		0.012	0.096	
20:4 undifferentiated....g	0.022	0.001	12	A	1		0.025	0.200	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	12	A	1		0.004	0.033	
21:5....g									
22:4....g	0.008	0.000	12	A	1		0.009	0.076	
22:5 n-3 (DPA)....g	0.006	0.000	12	A	1		0.006	0.050	

NDB No. 21302

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.000	12	A	1		0.001	0.005	
Fatty acids, total trans....g	0.286		0	NC	4		0.317	2.558	
Fatty acids, total trans-monoenoic....g	0.231		0	NC	4		0.257	2.072	
Fatty acids, total trans-polyenoic....g	0.054		0	NC	4		0.060	0.486	
Cholesterol....mg	25	1.469	6	A	1		28	226	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0	A	1		0.132	1.066	
Threonine....g	0.404		0	A	1		0.449	3.619	
Isoleucine....g	0.520		0	A	1		0.577	4.654	
Leucine....g	1.033		0	A	1		1.146	9.244	
Lysine....g	0.739		0	A	1		0.821	6.616	
Methionine....g	0.263		0	A	1		0.292	2.356	
Cystine....g	0.170		0	A	1		0.189	1.525	
Phenylalanine....g	0.604		0	A	1		0.671	5.410	
Tyrosine....g	0.467		0	A	1		0.519	4.182	
Valine....g	0.648		0	A	1		0.719	5.800	
Arginine....g	0.521		0	A	1		0.578	4.662	
Histidine....g	0.349		0	A	1		0.387	3.123	
Alanine....g	0.474		0	A	1		0.526	4.241	
Aspartic acid....g	0.827		0	A	1		0.918	7.400	
Glutamic acid....g	3.233		0	A	1		3.589	28.939	
Glycine....g	0.436		0	A	1		0.484	3.902	
Proline....g	1.189		0	A	1		1.320	10.645	
Serine....g	0.636		0	A	1		0.706	5.694	
Hydroxyproline....g	0.011	0.011	7	A	1		0.012	0.097	
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 = 111g: 1 slice

Measure 2 = 895g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21303

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.53	0.616	12	A	1		49.01	392.91	
Energy ... kcal	287		0	NC	4		338	2711	
Energy ... kJ	1199		0	NC	4		1415	11343	
Protein ... g	11.49	0.109	12	A	1		13.56	108.71	
Total lipid (fat) ... g	12.58	0.262	12	A	1		14.85	119.04	
Ash ... g	2.55	0.053	12	A	1		3.01	24.15	
Carbohydrate, by difference ... g	31.84		0	NC	4		37.57	301.20	
Fiber, total dietary ... g	2.2	0.124	6	A	1		2.6	20.8	
Sugars, total ... g	2.93	0.445	6	A	1		3.46	27.70	
Sucrose ... g	0.17	0.076	6	A	1		0.20	1.58	
Glucose (dextrose) ... g	0.47	0.067	6	A	1		0.55	4.41	
Fructose ... g	0.65	0.131	6	A	1		0.77	6.15	
Lactose ... g	0.52	0.079	6	A	1		0.61	4.89	
Maltose ... g	1.05	0.118	6	A	1		1.24	9.93	
Galactose ... g	0.08	0.004	6	A	1		0.09	0.74	
Starch ... g	24.88	1.101	6	A	1		29.36	235.40	
Minerals:									
Calcium, Ca ... mg	148	4.929	12	A	1		175	1401	
Iron, Fe ... mg	2.55	0.048	12	A	1		3.01	24.15	
Magnesium, Mg ... mg	23	0.298	12	A	1		27	217	
Phosphorus, P ... mg	195	3.854	12	A	1		230	1844	
Potassium, K ... mg	189	3.648	12	A	1		223	1786	
Sodium, Na ... mg	684	5.936	12	A	1		808	6474	
Zinc, Zn ... mg	1.35	0.013	12	A	1		1.59	12.74	
Copper, Cu ... mg	0.109	0.002	12	A	1		0.129	1.033	
Manganese, Mn ... mg	0.361	0.020	12	A	1		0.426	3.417	
Selenium, Se ... µg	20.0		2	A	1		23.6	189.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		2	A	1		0.8	6.8	
Thiamin ... mg	0.390		2	A	1		0.460	3.689	
Riboflavin ... mg	0.200		2	A	1		0.236	1.892	
Niacin ... mg	3.500		2	A	1		4.130	33.110	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.080		2	A	1		0.094	0.757	
Folate, total ... µg	103	4.211	4	A	1		121	972	
Folic acid ... µg	57	3.010	4	A	1		68	542	
Folate, food ... µg	46		0	AS	1		54	430	
Folate, DFE ... µg	143		0	NC	4		169	1351	
Choline, total ... mg	24.8	0.223	7	AS	1		29.2	234.2	
Betaine ... mg	28.4	1.569	7	A	1		33.5	268.9	
Vitamin B-12 ... µg	0.51		2	A	1		0.61	4.87	
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... µg	71		0	NC	4		83	668	
Retinol ... µg	63		0	BFSN	4		74	593	
Carotene, beta ... µg	95		0	BFSN	4		112	897	
Carotene, alpha ... µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0	0	
Vitamin A, IU ... IU	367		0	NC	4		433	3472	
Lycopene ... µg	1966		0	BFSN	4		2320	18596	
Lutein + zeaxanthin ... µg	23		0	NR	4		27	217	
Vitamin E (alpha-tocopherol) ... mg	0.87	0.034	11	A	1		1.03	8.24	
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta ... mg	0.06	0.003	11	A	1		0.07	0.54	
Tocopherol, gamma ... mg	2.09	0.546	11	A	1		2.47	19.81	
Tocopherol, delta ... mg	0.65	0.173	11	A	1		0.77	6.16	
Tocotrienol, alpha ... mg	0.05	0.014	11	A	1		0.06	0.50	
Tocotrienol, beta ... mg	0.00	0.000	11	A	1		0.00	0.00	

NDB No. 21303

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02	0.011	11	A	1		0.02	0.16	
Tocotrienol, delta....mg	0.00	0.000	11	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	11.5	5.007	11	A	1		13.6	108.9	
Dihydrophylloquinone....µg	1.1	1.075	11	A	1		1.3	10.2	
Menaquinone-4....µg	2.1	0.344	4	A	1		2.5	19.9	
Lipids:									
Fatty acids, total saturated....g	4.839		0	NC	4		5.710	45.779	
4:0....g	0.085	0.006	12	A	1		0.101	0.807	
6:0....g	0.066	0.003	12	A	1		0.078	0.628	
8:0....g	0.045	0.002	12	A	1		0.053	0.427	
10:0....g	0.115	0.004	12	A	1		0.136	1.092	
12:0....g	0.139	0.004	12	A	1		0.165	1.319	
13:0....g									
14:0....g	0.530	0.015	12	A	1		0.625	5.013	
15:0....g	0.057	0.002	12	A	1		0.067	0.539	
16:0....g	2.544	0.038	12	A	1		3.001	24.062	
17:0....g	0.058	0.002	12	A	1		0.069	0.553	
18:0....g	1.144	0.014	12	A	1		1.350	10.819	
20:0....g	0.025	0.001	12	A	1		0.030	0.241	
22:0....g	0.019	0.001	12	A	1		0.022	0.176	
24:0....g	0.008	0.000	12	A	1		0.010	0.077	
Fatty acids, total monounsaturated....g	3.731		0	NC	4		4.402	35.294	
14:1....g	0.046	0.002	12	A	1		0.054	0.432	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.180	0.004	12	AS	1		0.213	1.704	
16:1 c....g	0.159	0.004	12	A	1		0.187	1.503	
16:1 t....g	0.021	0.001	12	A	1		0.025	0.202	
17:1....g	0.028	0.001	12	A	1		0.034	0.270	
18:1 undifferentiated....g	3.399	0.060	12	AS	1		4.010	32.151	
18:1 c....g	3.182	0.067	12	A	1		3.754	30.098	
18:1 t....g	0.217	0.017	12	A	1		0.256	2.053	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.065	0.003	12	A	1		0.076	0.612	
22:1 undifferentiated....g	0.011	0.002	12	AS	1		0.013	0.102	
22:1 c....g	0.011	0.002	12	A	1		0.013	0.102	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	12	A	1		0.003	0.024	
Fatty acids, total polyunsaturated....g	2.980		0	NC	4		3.516	28.190	
18:2 undifferentiated....g	2.601	0.143	12	AS	1		3.069	24.606	
18:2 n-6 c,c....g	2.500	0.145	12	A	1		2.950	23.648	
18:2 CLAs....g	0.042	0.001	12	A	1		0.050	0.399	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.059	0.002	12	A	1		0.070	0.560	
18:3 undifferentiated....g	0.303	0.019	12	AS	1		0.357	2.862	
18:3 n-3 c,c,c (ALA)....g	0.299	0.019	12	A	1		0.353	2.833	
18:3 n-6 c,c,c....g	0.003	0.000	12	A	1		0.004	0.029	
18:3i....g									
18:4....g	0.002	0.000	12	A	1		0.002	0.015	
20:2 n-6 c,c....g	0.020	0.001	12	A	1		0.024	0.189	
20:3 undifferentiated....g	0.014	0.000	12	AS	1		0.016	0.128	
20:3 n-3....g	0.002	0.000	12	A	1		0.003	0.023	
20:3 n-6....g	0.011	0.000	12	A	1		0.013	0.106	
20:4 undifferentiated....g	0.023	0.001	12	A	1		0.027	0.215	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	12	A	1		0.004	0.032	
21:5....g									
22:4....g	0.008	0.000	12	A	1		0.010	0.080	
22:5 n-3 (DPA)....g	0.005	0.000	12	A	1		0.006	0.051	

NDB No. 21303

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.003	
Fatty acids, total trans....g	0.297		0	NC	4		0.351	2.814	
Fatty acids, total trans-monoenoic....g	0.238		0	NC	4		0.281	2.255	
Fatty acids, total trans-polyenoic....g	0.059		0	NC	4		0.070	0.560	
Cholesterol....mg	24	0.513	6	A	1		28	225	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1		0.134	1.070	
Threonine....g	0.367		0	A	1		0.433	3.471	
Isoleucine....g	0.488		0	A	1		0.576	4.616	
Leucine....g	0.989		0	A	1		1.167	9.358	
Lysine....g	0.699		0	A	1		0.824	6.609	
Methionine....g	0.255		0	A	1		0.301	2.414	
Cystine....g	0.271		0	A	1		0.320	2.567	
Phenylalanine....g	0.606		0	A	1		0.715	5.736	
Tyrosine....g	0.415		0	A	1		0.489	3.922	
Valine....g	0.609		0	A	1		0.719	5.762	
Arginine....g	0.493		0	A	1		0.582	4.668	
Histidine....g	0.321		0	A	1		0.379	3.037	
Alanine....g	0.412		0	A	1		0.486	3.894	
Aspartic acid....g	0.789		0	A	1		0.931	7.466	
Glutamic acid....g	3.413		0	A	1		4.028	32.288	
Glycine....g	0.395		0	A	1		0.466	3.740	
Proline....g	1.247		0	A	1		1.472	11.797	
Serine....g	0.671		0	A	1		0.792	6.350	
Hydroxyproline....g	0.010	0.010	7	A	1		0.011	0.090	
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 = 118g: 1 slice

Measure 2 = 946g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21485

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.05	1.023	12	A	1		28.48	215.22	
Energy....kcal	331		0	NC	4		261	1973	
Energy....kJ	1383		0	NC	4		1093	8257	
Protein....g	14.01	0.153	12	A	1		11.07	83.63	
Total lipid (fat)....g	17.61	0.522	12	A	1		13.91	105.12	
Ash....g	3.33	0.063	12	A	1		2.63	19.90	
Carbohydrate, by difference....g	29.00		0	NC	4		22.91	173.13	
Fiber, total dietary....g	2.3	0.145	6	A	1		1.9	14.0	
Sugars, total....g	3.22	0.200	6	A	1		2.54	19.22	
Sucrose....g	0.32	0.142	6	A	1		0.25	1.89	
Glucose (dextrose)....g	0.68	0.070	6	A	1		0.54	4.08	
Fructose....g	0.92	0.040	6	A	1		0.72	5.47	
Lactose....g	0.48	0.065	6	A	1		0.38	2.89	
Maltose....g	0.72	0.075	6	A	1		0.57	4.28	
Galactose....g	0.10	0.020	6	A	1		0.08	0.62	
Starch....g	21.80	1.827	6	A	1		17.22	130.15	
Minerals:									
Calcium, Ca....mg	216	7.644	12	A	1		171	1291	
Iron, Fe....mg	1.95	0.250	12	A	1		1.54	11.67	
Magnesium, Mg....mg	25	0.322	12	A	1		20	148	
Phosphorus, P....mg	253	4.642	12	A	1		200	1511	
Potassium, K....mg	223	3.839	12	A	1		176	1328	
Sodium, Na....mg	875	29.127	12	A	1		691	5222	
Zinc, Zn....mg	1.64	0.025	12	A	1		1.29	9.79	
Copper, Cu....mg	0.110	0.004	12	A	1		0.087	0.656	
Manganese, Mn....mg	0.355	0.024	12	A	1		0.281	2.121	
Selenium, Se....µg	24.5		2	A	1		19.4	146.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		2	A	1		1.5	11.7	
Thiamin....mg	0.225		2	A	1		0.178	1.343	
Riboflavin....mg	0.170		2	A	1		0.134	1.015	
Niacin....mg	3.310		2	A	1		2.615	19.761	
Pantothenic acid....mg									
Vitamin B-6....mg	0.095		2	A	1		0.075	0.567	
Folate, total....µg	92		0	BFNN	4		73	549	
Folic acid....µg	56		0	BFNN	4		44	332	
Folate, food....µg	36		0	BFNN	4		29	217	
Folate, DFE....µg	131		0	NC	4		103	781	
Choline, total....mg	37.5		0	BFFN	4		29.6	224.0	
Betaine....mg									
Vitamin B-12....µg	0.76		2	A	1		0.60	4.54	
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE....µg	70		0	NC	4		56	420	
Retinol....µg	62		0	BFNN	4		49	373	
Carotene, beta....µg	94		0	BFNN	4		75	564	
Carotene, alpha....µg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFNN	4		0	0	
Vitamin A, IU....IU	366		0	NC	4		289	2182	
Lycopene....µg	1958		0	BFNN	4		1547	11688	
Lutein + zeaxanthin....µg	24		0	BFNN	4		19	140	
Vitamin E (alpha-tocopherol)....mg	1.29		0	BFFN	4		1.02	7.70	
Vitamin E, added....mg	0.00		0	BFNN	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. 21485

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone)....µg	9.5		0	BFFN	4		7.5	56.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.115		0	NC	4		5.621	42.479	
4:0....g	0.110	0.008	12	A	1		0.087	0.659	
6:0....g	0.091	0.005	12	A	1		0.072	0.545	
8:0....g	0.063	0.003	12	A	1		0.050	0.376	
10:0....g	0.162	0.006	12	A	1		0.128	0.967	
12:0....g	0.196	0.006	12	A	1		0.155	1.168	
13:0....g									
14:0....g	0.772	0.024	12	A	1		0.610	4.609	
15:0....g	0.082	0.003	12	A	1		0.065	0.492	
16:0....g	3.750	0.088	12	A	1		2.962	22.386	
17:0....g	0.092	0.005	12	A	1		0.072	0.548	
18:0....g	1.725	0.036	12	A	1		1.363	10.301	
20:0....g	0.035	0.001	12	A	1		0.028	0.209	
22:0....g	0.023	0.001	12	A	1		0.018	0.136	
24:0....g	0.010	0.000	12	A	1		0.008	0.061	
Fatty acids, total monounsaturated....g	5.623		0	NC	4		4.442	33.571	
14:1....g	0.067	0.004	12	A	1		0.053	0.402	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.278	0.008	12	AS	1		0.219	1.658	
16:1 c....g	0.245	0.007	12	A	1		0.194	1.463	
16:1 t....g	0.033	0.002	12	A	1		0.026	0.195	
17:1....g	0.046	0.003	12	A	1		0.036	0.276	
18:1 undifferentiated....g	5.114	0.129	12	AS	1		4.040	30.532	
18:1 c....g	4.798	0.112	12	A	1		3.790	28.642	
18:1 t....g	0.317	0.022	12	A	1		0.250	1.890	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.094	0.002	12	A	1		0.074	0.561	
22:1 undifferentiated....g	0.021	0.003	12	AS	1		0.017	0.128	
22:1 c....g	0.021	0.003	12	A	1		0.017	0.128	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.003	0.000	12	A	1		0.002	0.015	
Fatty acids, total polyunsaturated....g	3.617		0	NC	4		2.857	21.594	
18:2 undifferentiated....g	3.176	0.149	12	AS	1		2.509	18.959	
18:2 n-6 c,c....g	3.035	0.145	12	A	1		2.398	18.121	
18:2 CLAs....g	0.064	0.003	12	A	1		0.051	0.384	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.076	0.003	12	A	1		0.060	0.453	
18:3 undifferentiated....g	0.319	0.038	12	AS	1		0.252	1.905	
18:3 n-3 c,c,c (ALA)....g	0.314	0.038	12	A	1		0.248	1.877	
18:3 n-6 c,c,c....g	0.005	0.000	12	A	1		0.004	0.029	
18:3i....g									
18:4....g	0.002	0.000	12	A	1		0.002	0.012	
20:2 n-6 c,c....g	0.035	0.002	12	A	1		0.028	0.208	
20:3 undifferentiated....g	0.022	0.001	12	AS	1		0.017	0.129	
20:3 n-3....g	0.005	0.000	12	A	1		0.004	0.030	
20:3 n-6....g	0.017	0.000	12	A	1		0.013	0.099	
20:4 undifferentiated....g	0.036	0.001	12	A	1		0.028	0.215	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	12	A	1		0.004	0.027	
21:5....g									
22:4....g	0.012	0.000	12	A	1		0.009	0.072	
22:5 n-3 (DPA)....g	0.008	0.000	12	A	1		0.007	0.050	
22:6 n-3 (DHA)....g	0.001	0.000	12	A	1		0.001	0.006	
Fatty acids, total trans....g	0.425		0	NC	4		0.336	2.539	
Fatty acids, total trans-monoenoic....g	0.349		0	NC	4		0.276	2.085	

NDB No. 21485

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.076		0	NC	4		0.060	0.453	
Cholesterol.....mg	37	0.909	6	A	1		29	223	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 79g: 1 slice

Measure 2 = 597g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21484

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.06	0.431	12	A	1		49.95	401.30	
Energy....kcal	280		0	NC	4		324	2606	
Energy....kJ	1170		0	NC	4		1357	10904	
Protein....g	11.50	0.166	12	A	1		13.34	107.18	
Total lipid (fat)....g	12.35	0.399	12	A	1		14.33	115.10	
Ash....g	2.47	0.068	12	A	1		2.87	23.06	
Carbohydrate, by difference....g	30.62		0	NC	4		35.52	285.36	
Fiber, total dietary....g	2.3	0.089	6	A	1		2.7	21.9	
Sugars, total....g	3.32	0.275	6	A	1		3.85	30.94	
Sucrose....g	0.20	0.089	6	A	1		0.23	1.86	
Glucose (dextrose)....g	0.80	0.126	6	A	1		0.93	7.46	
Fructose....g	1.00	0.073	6	A	1		1.16	9.32	
Lactose....g	0.30	0.037	6	A	1		0.35	2.80	
Maltose....g	0.93	0.056	6	A	1		1.08	8.70	
Galactose....g	0.09	0.006	6	A	1		0.10	0.81	
Starch....g	23.90	0.710	6	A	1		27.72	222.75	
Minerals:									
Calcium, Ca....mg	144	3.619	12	A	1		167	1338	
Iron, Fe....mg	2.41	0.049	12	A	1		2.79	22.43	
Magnesium, Mg....mg	24	0.499	12	A	1		28	226	
Phosphorus, P....mg	193	3.611	12	A	1		224	1803	
Potassium, K....mg	197	5.876	12	A	1		228	1834	
Sodium, Na....mg	633	14.948	12	A	1		734	5897	
Zinc, Zn....mg	1.32	0.033	12	A	1		1.53	12.29	
Copper, Cu....mg	0.111	0.003	12	A	1		0.128	1.032	
Manganese, Mn....mg	0.352	0.008	12	A	1		0.408	3.279	
Selenium, Se....µg	20.3		2	A	1		23.5	188.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		2	A	1		1.9	15.6	
Thiamin....mg	0.345		2	A	1		0.400	3.215	
Riboflavin....mg	0.190		2	A	1		0.220	1.771	
Niacin....mg	3.800		2	A	1		4.408	35.416	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		2	A	1		0.093	0.746	
Folate, total....µg	88		0	BFNN	4		103	824	
Folic acid....µg	53		0	BFNN	4		62	498	
Folate, food....µg	35		0	BFNN	4		41	326	
Folate, DFE....µg	126		0	NC	4		146	1173	
Choline, total....mg	26.3		0	BFFN	4		30.5	245.3	
Betaine....mg									
Vitamin B-12....µg	0.48		2	A	1		0.56	4.52	
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE....µg	68		0	NC	4		78	631	
Retinol....µg	60		0	BFNN	4		70	560	
Carotene, beta....µg	91		0	BFNN	4		105	847	
Carotene, alpha....µg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFNN	4		0	0	
Vitamin A, IU....IU	352		0	NC	4		408	3278	
Lycopene....µg	1884		0	BFNN	4		2185	17558	
Lutein + zeaxanthin....µg	23		0	BFNN	4		26	211	
Vitamin E (alpha-tocopherol)....mg	0.91		0	BFFN	4		1.05	8.43	
Vitamin E, added....mg	0.00		0	BFNN	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. 21484

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone)....µg	6.7		0	BFFN	4		7.7	62.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.033		0	NC	4		5.838	46.906	
4:0....g	0.081	0.006	12	A	1		0.094	0.756	
6:0....g	0.065	0.004	12	A	1		0.076	0.608	
8:0....g	0.044	0.002	12	A	1		0.051	0.407	
10:0....g	0.111	0.003	12	A	1		0.129	1.033	
12:0....g	0.135	0.003	12	A	1		0.157	1.259	
13:0....g									
14:0....g	0.505	0.013	12	A	1		0.586	4.707	
15:0....g	0.050	0.001	12	A	1		0.058	0.468	
16:0....g	2.776	0.110	12	A	1		3.220	25.869	
17:0....g	0.047	0.001	12	A	1		0.055	0.440	
18:0....g	1.170	0.031	12	A	1		1.357	10.901	
20:0....g	0.026	0.001	12	A	1		0.030	0.240	
22:0....g	0.014	0.000	12	A	1		0.016	0.127	
24:0....g	0.007	0.000	12	A	1		0.008	0.067	
Fatty acids, total monounsaturated....g	4.049		0	NC	4		4.697	37.737	
14:1....g	0.037	0.002	12	A	1		0.043	0.342	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.011	12	AS	1		0.217	1.744	
16:1 c....g	0.169	0.011	12	A	1		0.196	1.578	
16:1 t....g	0.018	0.001	12	A	1		0.021	0.165	
17:1....g	0.022	0.001	12	A	1		0.026	0.206	
18:1 undifferentiated....g	3.732	0.213	12	AS	1		4.329	34.781	
18:1 c....g	3.587	0.211	12	A	1		4.161	33.432	
18:1 t....g	0.145	0.004	12	A	1		0.168	1.348	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.068	0.004	12	A	1		0.078	0.631	
22:1 undifferentiated....g	0.002	0.000	12	AS	1		0.002	0.019	
22:1 c....g	0.002	0.000	12	A	1		0.002	0.019	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	12	A	1		0.002	0.016	
Fatty acids, total polyunsaturated....g	2.352		0	NC	4		2.728	21.918	
18:2 undifferentiated....g	2.057	0.060	12	AS	1		2.386	19.173	
18:2 n-6 c,c....g	1.966	0.060	12	A	1		2.280	18.322	
18:2 CLAs....g	0.037	0.001	12	A	1		0.043	0.348	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.054	0.002	12	A	1		0.063	0.504	
18:3 undifferentiated....g	0.193	0.006	12	AS	1		0.224	1.798	
18:3 n-3 c,c,c (ALA)....g	0.189	0.006	12	A	1		0.219	1.762	
18:3 n-6 c,c,c....g	0.004	0.000	12	A	1		0.004	0.036	
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.001	0.008	
20:2 n-6 c,c....g	0.033	0.003	12	A	1		0.038	0.309	
20:3 undifferentiated....g	0.019	0.001	12	AS	1		0.022	0.174	
20:3 n-3....g	0.005	0.000	12	A	1		0.006	0.048	
20:3 n-6....g	0.013	0.001	12	A	1		0.016	0.126	
20:4 undifferentiated....g	0.027	0.002	12	A	1		0.032	0.254	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	12	A	1		0.004	0.033	
21:5....g									
22:4....g	0.010	0.001	12	A	1		0.012	0.093	
22:5 n-3 (DPA)....g	0.006	0.001	12	A	1		0.007	0.056	
22:6 n-3 (DHA)....g	0.001	0.000	12	A	1		0.001	0.009	
Fatty acids, total trans....g	0.216		0	NC	4		0.251	2.018	
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.188	1.514	

NDB No. 21484

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.054		0	NC	4		0.063	0.504	
Cholesterol.....mg	23	1.215	6	A	1		27	219	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 116g: 1 slice

Measure 2 = 932g: 1 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21482

Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.22	0.652	12	A	1		54.90	439.60	
Energy ... kcal	282		0	NC	4		358	2870	
Energy ... kJ	1181		0	NC	4		1500	12011	
Protein ... g	11.06	0.121	12	A	1		14.04	112.46	
Total lipid (fat) ... g	12.94	0.332	12	A	1		16.44	131.62	
Ash ... g	2.41	0.091	12	A	1		3.06	24.54	
Carbohydrate, by difference ... g	30.36		0	NC	4		38.56	308.78	
Fiber, total dietary ... g	2.3	0.145	6	A	1		2.9	23.1	
Sugars, total ... g	2.82	0.463	6	A	1		3.58	28.64	
Sucrose ... g	0.15	0.067	6	A	1		0.19	1.53	
Glucose (dextrose) ... g	0.42	0.040	6	A	1		0.53	4.24	
Fructose ... g	0.60	0.106	6	A	1		0.76	6.10	
Lactose ... g	0.50	0.089	6	A	1		0.63	5.08	
Maltose ... g	1.07	0.178	6	A	1		1.35	10.85	
Galactose ... g	0.08	0.006	6	A	1		0.10	0.84	
Starch ... g	24.10	0.420	6	A	1		30.61	245.10	
Minerals:									
Calcium, Ca ... mg	143	4.559	12	A	1		181	1453	
Iron, Fe ... mg	2.45	0.046	12	A	1		3.11	24.92	
Magnesium, Mg ... mg	23	0.549	12	A	1		29	233	
Phosphorus, P ... mg	193	4.806	12	A	1		245	1959	
Potassium, K ... mg	190	2.422	12	A	1		241	1930	
Sodium, Na ... mg	637	14.863	12	A	1		808	6474	
Zinc, Zn ... mg	1.26	0.018	12	A	1		1.60	12.79	
Copper, Cu ... mg	0.107	0.003	12	A	1		0.135	1.084	
Manganese, Mn ... mg	0.323	0.016	12	A	1		0.411	3.289	
Selenium, Se ... µg	17.7		2	A	1		22.4	179.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		2	A	1		1.3	10.3	
Thiamin ... mg	0.385		2	A	1		0.489	3.915	
Riboflavin ... mg	0.190		2	A	1		0.241	1.932	
Niacin ... mg	3.570		2	A	1		4.534	36.307	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.070		2	A	1		0.089	0.712	
Folate, total ... µg	98		0	BFNN	4		125	998	
Folic acid ... µg	55		0	BFNN	4		69	556	
Folate, food ... µg	43		0	BFNN	4		55	442	
Folate, DFE ... µg	136		0	NC	4		173	1388	
Choline, total ... mg	25.5		0	BFFN	4		32.3	258.9	
Betaine ... mg									
Vitamin B-12 ... µg	0.49		2	A	1		0.62	4.98	
Vitamin B-12, added ... µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE ... µg	67		0	NC	4		86	686	
Retinol ... µg	60		0	BFNN	4		76	609	
Carotene, beta ... µg	91		0	BFNN	4		115	921	
Carotene, alpha ... µg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta ... µg	0		0	BFNN	4		0	0	
Vitamin A, IU ... IU	351		0	NC	4		445	3566	
Lycopene ... µg	1878		0	BFNN	4		2385	19099	
Lutein + zeaxanthin ... µg	22		0	BFNN	4		28	223	
Vitamin E (alpha-tocopherol) ... mg	0.90		0	BFFN	4		1.14	9.11	
Vitamin E, added ... mg	0.00		0	BFNN	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. 21482

Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone)....µg	11.8		0	BFFN	4		15.0	120.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.805		0	NC	4		6.102	48.865	
4:0....g	0.079	0.005	12	A	1		0.100	0.801	
6:0....g	0.063	0.004	12	A	1		0.080	0.638	
8:0....g	0.043	0.002	12	A	1		0.055	0.441	
10:0....g	0.110	0.005	12	A	1		0.140	1.123	
12:0....g	0.132	0.006	12	A	1		0.168	1.345	
13:0....g									
14:0....g	0.493	0.017	12	A	1		0.626	5.012	
15:0....g	0.050	0.002	12	A	1		0.063	0.505	
16:0....g	2.585	0.050	12	A	1		3.283	26.290	
17:0....g	0.047	0.001	12	A	1		0.060	0.480	
18:0....g	1.147	0.025	12	A	1		1.456	11.662	
20:0....g	0.027	0.001	12	A	1		0.034	0.275	
22:0....g	0.018	0.001	12	A	1		0.023	0.185	
24:0....g	0.008	0.000	12	A	1		0.010	0.082	
Fatty acids, total monounsaturated....g	3.941		0	NC	4		5.005	40.075	
14:1....g	0.037	0.002	12	A	1		0.047	0.374	
15:1....g	0.000	0.000	12	A	1		0.000	0.001	
16:1 undifferentiated....g	0.183	0.007	12	AS	1		0.233	1.864	
16:1 c....g	0.166	0.007	12	A	1		0.210	1.684	
16:1 t....g	0.018	0.001	12	A	1		0.022	0.180	
17:1....g	0.023	0.001	12	A	1		0.029	0.231	
18:1 undifferentiated....g	3.623	0.115	12	AS	1		4.601	36.845	
18:1 c....g	3.469	0.120	12	A	1		4.406	35.279	
18:1 t....g	0.154	0.008	12	A	1		0.196	1.566	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.071	0.003	12	A	1		0.090	0.720	
22:1 undifferentiated....g	0.003	0.000	12	AS	1		0.003	0.026	
22:1 c....g	0.003	0.000	12	A	1		0.003	0.026	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	12	A	1		0.002	0.014	
Fatty acids, total polyunsaturated....g	3.217		0	NC	4		4.086	32.721	
18:2 undifferentiated....g	2.815	0.163	12	AS	1		3.574	28.624	
18:2 n-6 c,c....g	2.717	0.164	12	A	1		3.451	27.636	
18:2 CLAs....g	0.038	0.001	12	A	1		0.048	0.388	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.059	0.003	12	A	1		0.075	0.600	
18:3 undifferentiated....g	0.304	0.021	12	AS	1		0.386	3.087	
18:3 n-3 c,c,c (ALA)....g	0.300	0.021	12	A	1		0.381	3.050	
18:3 n-6 c,c,c....g	0.004	0.000	12	A	1		0.005	0.037	
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.001	0.009	
20:2 n-6 c,c....g	0.032	0.002	12	A	1		0.041	0.329	
20:3 undifferentiated....g	0.018	0.001	12	AS	1		0.022	0.180	
20:3 n-3....g	0.005	0.000	12	A	1		0.006	0.050	
20:3 n-6....g	0.013	0.001	12	A	1		0.016	0.130	
20:4 undifferentiated....g	0.026	0.001	12	A	1		0.034	0.269	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	12	A	1		0.004	0.035	
21:5....g									
22:4....g	0.010	0.001	12	A	1		0.012	0.100	
22:5 n-3 (DPA)....g	0.006	0.000	12	A	1		0.008	0.064	
22:6 n-3 (DHA)....g	0.001	0.000	12	A	1		0.001	0.012	
Fatty acids, total trans....g	0.231		0	NC	4		0.293	2.346	
Fatty acids, total trans-monoenoic....g	0.172		0	NC	4		0.218	1.746	

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Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.075	0.600	
Cholesterol.....mg	23	1.313	6	A	1		30	237	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 127g: 1 slice

Measure 2 = 1017g: 1 pizza

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

Food Group: 21 Fast Foods

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Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.83	0.798	12	A	1		34.17	260.18	
Energy....kcal	321		0	NC	4		282	2149	
Energy....kJ	1342		0	NC	4		1181	8991	
Protein....g	13.36	0.272	12	A	1		11.76	89.50	
Total lipid (fat)....g	17.71	0.429	12	A	1		15.58	118.65	
Ash....g	3.10	0.057	12	A	1		2.73	20.76	
Carbohydrate, by difference....g	27.00		0	NC	4		23.76	180.91	
Fiber, total dietary....g	2.5	0.088	6	A	1		2.2	16.5	
Sugars, total....g	3.02	0.188	6	A	1		2.66	20.24	
Sucrose....g	0.30	0.121	6	A	1		0.26	2.01	
Glucose (dextrose)....g	0.65	0.056	6	A	1		0.57	4.35	
Fructose....g	0.82	0.040	6	A	1		0.72	5.47	
Lactose....g	0.47	0.099	6	A	1		0.41	3.13	
Maltose....g	0.68	0.060	6	A	1		0.60	4.58	
Galactose....g	0.10	0.020	6	A	1		0.09	0.69	
Starch....g	21.17	1.529	6	A	1		18.63	141.82	
Minerals:									
Calcium, Ca....mg	213	6.926	12	A	1		188	1429	
Iron, Fe....mg	1.73	0.201	12	A	1		1.52	11.56	
Magnesium, Mg....mg	25	0.407	12	A	1		22	165	
Phosphorus, P....mg	254	6.128	12	A	1		223	1701	
Potassium, K....mg	225	4.204	12	A	1		198	1510	
Sodium, Na....mg	782	19.793	12	A	1		688	5240	
Zinc, Zn....mg	1.51	0.025	12	A	1		1.33	10.13	
Copper, Cu....mg	0.105	0.003	12	A	1		0.093	0.706	
Manganese, Mn....mg	0.301	0.017	12	A	1		0.265	2.016	
Selenium, Se....µg	18.6		2	A	1		16.4	125.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		2	A	1		1.8	13.8	
Thiamin....mg	0.225		2	A	1		0.198	1.508	
Riboflavin....mg	0.150		2	A	1		0.132	1.005	
Niacin....mg	3.060		2	A	1		2.693	20.502	
Pantothenic acid....mg									
Vitamin B-6....mg	0.075		2	A	1		0.066	0.502	
Folate, total....µg	86		0	BFNN	4		76	578	
Folic acid....µg	52		0	BFNN	4		46	349	
Folate, food....µg	34		0	BFNN	4		30	229	
Folate, DFE....µg	123		0	NC	4		108	822	
Choline, total....mg	37.7		0	BFFN	4		33.2	252.9	
Betaine....mg									
Vitamin B-12....µg	0.58		2	A	1		0.51	3.85	
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00	0.00	
Vitamin A, RAE....µg	70		0	NC	4		62	471	
Retinol....µg	59		0	BFNN	4		52	392	
Carotene, beta....µg	140		0	BFFN	4		123	940	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	429		0	NC	4		378	2875	
Lycopene....µg	1836		0	BFNN	4		1616	12301	
Lutein + zeaxanthin....µg	22		0	BFNN	4		19	148	
Vitamin E (alpha-tocopherol)....mg	1.30		0	BFFN	4		1.14	8.69	
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

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Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone)....µg	9.6		0	BFFN	4		8.4	64.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.888		0	NC	4		6.062	46.153	
4:0....g	0.123	0.007	12	A	1		0.108	0.825	
6:0....g	0.097	0.004	12	A	1		0.085	0.650	
8:0....g	0.065	0.002	12	A	1		0.058	0.438	
10:0....g	0.166	0.004	12	A	1		0.147	1.116	
12:0....g	0.198	0.006	12	A	1		0.175	1.329	
13:0....g									
14:0....g	0.739	0.020	12	A	1		0.651	4.954	
15:0....g	0.074	0.002	12	A	1		0.065	0.494	
16:0....g	3.668	0.086	12	A	1		3.228	24.573	
17:0....g	0.069	0.002	12	A	1		0.061	0.465	
18:0....g	1.618	0.035	12	A	1		1.424	10.841	
20:0....g	0.035	0.001	12	A	1		0.031	0.234	
22:0....g	0.021	0.001	12	A	1		0.019	0.143	
24:0....g	0.009	0.000	12	A	1		0.008	0.064	
Fatty acids, total monounsaturated....g	5.523		0	NC	4		4.860	37.003	
14:1....g	0.055	0.002	12	A	1		0.048	0.369	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.262	0.010	12	AS	1		0.231	1.757	
16:1 c....g	0.237	0.010	12	A	1		0.208	1.585	
16:1 t....g	0.026	0.001	12	A	1		0.023	0.172	
17:1....g	0.033	0.001	12	A	1		0.029	0.219	
18:1 undifferentiated....g	5.075	0.146	12	AS	1		4.466	34.003	
18:1 c....g	4.877	0.141	12	A	1		4.292	32.676	
18:1 t....g	0.198	0.008	12	A	1		0.174	1.327	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.094	0.003	12	A	1		0.083	0.631	
22:1 undifferentiated....g	0.003	0.000	12	AS	1		0.002	0.018	
22:1 c....g	0.003	0.000	12	A	1		0.002	0.018	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	12	A	1		0.001	0.006	
Fatty acids, total polyunsaturated....g	3.926		0	NC	4		3.455	26.304	
18:2 undifferentiated....g	3.412	0.176	12	AS	1		3.003	22.860	
18:2 n-6 c,c....g	3.283	0.173	12	A	1		2.889	21.994	
18:2 CLAs....g	0.055	0.002	12	A	1		0.048	0.366	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.075	0.002	12	A	1		0.066	0.500	
18:3 undifferentiated....g	0.366	0.031	12	AS	1		0.322	2.452	
18:3 n-3 c,c,c (ALA)....g	0.361	0.031	12	A	1		0.317	2.416	
18:3 n-6 c,c,c....g	0.005	0.000	12	A	1		0.005	0.035	
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.001	0.009	
20:2 n-6 c,c....g	0.048	0.003	12	A	1		0.042	0.319	
20:3 undifferentiated....g	0.026	0.001	12	AS	1		0.023	0.175	
20:3 n-3....g	0.008	0.000	12	A	1		0.007	0.051	
20:3 n-6....g	0.018	0.001	12	A	1		0.016	0.124	
20:4 undifferentiated....g	0.040	0.002	12	A	1		0.036	0.271	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.002	12	A	1		0.005	0.036	
21:5....g									
22:4....g	0.014	0.001	12	A	1		0.012	0.092	
22:5 n-3 (DPA)....g	0.009	0.000	12	A	1		0.008	0.064	
22:6 n-3 (DHA)....g	0.002	0.000	12	A	1		0.002	0.015	
Fatty acids, total trans....g	0.298		0	NC	4		0.263	1.999	
Fatty acids, total trans-monoenoic....g	0.224		0	NC	4		0.197	1.499	

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Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.075		0	NC	4		0.066	0.500	
Cholesterol.....mg	36	1.535	6	A	1		32	243	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0	0.0	
Caffeine.....mg	0		0	BFFN	4		0	0	
Theobromine.....mg	0		0	BFFN	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 slice

Measure 2 = 670g: 1 pizza

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

Food Group: 21 Fast Foods

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

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

Refuse: 18% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.45		0	RKA	1		112.57	78.74	59.33
Energy....kcal	230		0	NC	4		467	327	246
Energy....kJ	963		0	NC	4		1955	1367	1030
Protein....g	23.51		0	RKA	1		47.72	33.38	25.15
Total lipid (fat)....g	12.44		0	RKA	1		25.25	17.66	13.31
Ash....g	2.58		0	RKA	1		5.23	3.66	2.76
Carbohydrate, by difference....g	6.03		0	NC	4		12.23	8.56	6.45
Fiber, total dietary....g	0.1		0	RKI	6		0.2	0.1	0.1
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	6.32		0	RKA	1		12.84	8.98	6.77
Minerals:									
Calcium, Ca....mg	45		0	RKA	1		91	63	48
Iron, Fe....mg	0.72		0	RKA	1		1.47	1.03	0.77
Magnesium, Mg....mg	26		0	RKA	1		54	38	28
Phosphorus, P....mg	230		0	RKA	1		467	327	246
Potassium, K....mg	282		0	RKA	1		572	400	302
Sodium, Na....mg	657		0	RKA	1		1334	933	703
Zinc, Zn....mg	0.92		0	RKA	1		1.86	1.30	0.98
Copper, Cu....mg	0.064		0	RKA	1		0.131	0.091	0.069
Manganese, Mn....mg	0.115		0	RKA	1		0.233	0.163	0.123
Selenium, Se....µg	29.2		0	RKA	1		59.3	41.5	31.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin....mg	0.104		0	RKA	1		0.212	0.148	0.112
Riboflavin....mg	0.228		0	RKA	1		0.463	0.324	0.244
Niacin....mg	7.869		0	RKA	1		15.974	11.174	8.420
Pantothenic acid....mg	1.167		0	RKA	1		2.368	1.657	1.248
Vitamin B-6....mg	0.263		0	RKA	1		0.533	0.373	0.281
Folate, total....µg	21		0	RKI	6		43	30	23
Folic acid....µg	10		0	RKI	6		21	15	11
Folate, food....µg	11		0	RKI	6		22	15	12
Folate, DFE....µg	28		0	NC	4		57	40	30
Choline, total....mg	78.9		0	RKI	6		160.2	112.1	84.5
Betaine....mg	6.3		0	RKA	1		12.9	9.0	6.8
Vitamin B-12....µg	0.31		0	RKA	1		0.63	0.44	0.33
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE....µg	10		0	NC	4		20	14	10
Retinol....µg	10		0	RKA	1		20	14	10
Carotene, beta....µg	0		0	RKI	6		0	0	0
Carotene, alpha....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	0
Vitamin A, IU....IU	32		0	NC	4		65	46	35
Lycopene....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.48		0	RKA	1		0.97	0.68	0.51
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta....mg	0.01		0	RKA	1		0.02	0.02	0.01
Tocopherol, gamma....mg	0.51		0	RKA	1		1.03	0.72	0.54
Tocopherol, delta....mg	0.02		0	RKA	1		0.04	0.03	0.02
Tocotrienol, alpha....mg	0.00		0	RKA	1		0.01	0.01	0.00
Tocotrienol, beta....mg	0.09		0	RKA	1		0.18	0.13	0.10

NDB No. 21469

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	RKI	6		0.3	0.2	0.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	5		0	RKI	6		11	7	6
Vitamin K (phylloquinone)....µg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.316		0	RKI	6		6.732	4.709	3.549
4:0....g	0.005		0	RKA	1		0.010	0.007	0.005
6:0....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0....g	0.002		0	RKA	1		0.004	0.003	0.002
10:0....g	0.015		0	RKA	1		0.031	0.022	0.016
12:0....g	0.008		0	RKA	1		0.015	0.011	0.008
13:0....g									
14:0....g	0.111		0	RKA	1		0.224	0.157	0.118
15:0....g	0.018		0	RKA	1		0.036	0.025	0.019
16:0....g	2.180		0	RKA	1		4.425	3.096	2.333
17:0....g	0.040		0	RKA	1		0.080	0.056	0.042
18:0....g	0.892		0	RKA	1		1.810	1.266	0.954
20:0....g	0.026		0	RKA	1		0.052	0.037	0.028
22:0....g	0.015		0	RKA	1		0.031	0.022	0.017
24:0....g	0.006		0	RKA	1		0.012	0.009	0.006
Fatty acids, total monounsaturated....g	6.011		0	RKI	6		12.202	8.536	6.432
14:1....g	0.032		0	RKA	1		0.064	0.045	0.034
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.494		0	RKA	1		1.004	0.702	0.529
17:1....g	0.024		0	RKA	1		0.049	0.034	0.026
18:1 undifferentiated....g	5.214		0	RKA	1		10.584	7.404	5.579
20:1....g	0.099		0	RKA	1		0.200	0.140	0.106
22:1 undifferentiated....g	0.010		0	RKA	1		0.021	0.014	0.011
24:1 c....g	0.005		0	RKA	1		0.011	0.008	0.006
Fatty acids, total polyunsaturated....g	2.066		0	RKI	6		4.195	2.934	2.211
18:2 undifferentiated....g	1.657		0	RKA	1		3.364	2.353	1.773
18:3 undifferentiated....g	0.244		0	RKA	1		0.496	0.347	0.261
18:4....g	0.001		0	RKA	1		0.003	0.002	0.002
20:2 n-6 c,c....g	0.012		0	RKA	1		0.025	0.017	0.013
20:3 undifferentiated....g	0.022		0	RKA	1		0.045	0.032	0.024
20:4 undifferentiated....g	0.052		0	RKA	1		0.105	0.074	0.056
20:5 n-3 (EPA)....g	0.001		0	RKA	1		0.002	0.001	0.001
21:5....g									
22:4....g	0.013		0	RKA	1		0.026	0.018	0.014
22:5 n-3 (DPA)....g	0.005		0	RKA	1		0.010	0.007	0.005
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.006	0.004	0.003
Fatty acids, total trans....g	0.192		0	RKI	6		0.390	0.273	0.205
Cholesterol....mg	92		0	RKA	1		187	131	98
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

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

Common Measures:

Measure 1 = 203g: 1 breast, with skin

Measure 2 = 142g: 1 breast, without skin

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

Measure 3 = 107g: 1 breast, bone and skin removed

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

Food Group: 21 Fast Foods

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

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

Refuse: 48% Skin, subcutaneous fat and breading, 30%; Cartilage and bone, 17%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.61	0.372	12	A	1		93.16	70.20	
Energy....kcal	153		0	NC	4		217	163	
Energy....kJ	638		0	NC	4		906	683	
Protein....g	27.93	0.454	12	A	1		39.66	29.89	
Total lipid (fat)....g	4.54	0.216	12	A	1		6.44	4.86	
Ash....g	2.27	0.069	12	A	1		3.22	2.43	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFSN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	2.157	12	A	1		32	24	
Iron, Fe....mg	0.54	0.017	12	A	1		0.76	0.58	
Magnesium, Mg....mg	28	0.527	12	A	1		40	30	
Phosphorus, P....mg	237	6.406	12	A	1		337	254	
Potassium, K....mg	306	8.331	12	A	1		435	328	
Sodium, Na....mg	512	23.628	12	A	1		728	548	
Zinc, Zn....mg	0.97	0.030	12	A	1		1.37	1.03	
Copper, Cu....mg	0.058	0.004	12	A	1		0.082	0.062	
Manganese, Mn....mg	0.036	0.002	12	A	1		0.051	0.038	
Selenium, Se....µg	34.1	3.461	6	A	1		48.5	36.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin....mg	0.104	0.005	6	A	1		0.148	0.112	
Riboflavin....mg	0.232	0.009	6	A	1		0.329	0.248	
Niacin....mg	9.030	0.279	6	A	1		12.823	9.662	
Pantothenic acid....mg	1.320	0.149	4	A	1		1.874	1.412	
Vitamin B-6....mg	0.325	0.026	6	A	1		0.461	0.348	
Folate, total....µg	12		0	BFSN	4		16	12	
Folic acid....µg	0		0	BFSN	4		0	0	
Folate, food....µg	12		0	BFSN	4		16	12	
Folate, DFE....µg	12		0	NC	4		16	12	
Choline, total....mg	96.6		2	A	1		137.1	103.3	
Betaine....mg	9.3		2	A	1		13.3	10.0	
Vitamin B-12....µg	0.30	0.034	6	A	1		0.42	0.32	
Vitamin B-12, added....µg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....µg	4		0	NC	4		6	4	
Retinol....µg	4		2	A	1		6	4	
Carotene, beta....µg	0		0	BFFN	4		0	0	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	14		0	NC	4		20	15	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27	0.048	6	A	1		0.38	0.29	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.13	0.041	6	A	1		0.18	0.13	
Tocopherol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		0	BFZN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	5		0	BFZN	4		7	5	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.180		0	NC	4		1.675	1.262	
4:0....g	0.007	0.000	9	A	1		0.011	0.008	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.000	0.000	9	A	1		0.000	0.000	
10:0....g	0.017	0.001	9	A	1		0.024	0.018	
12:0....g	0.004	0.000	9	A	1		0.005	0.004	
13:0....g									
14:0....g	0.031	0.006	9	A	1		0.045	0.034	
15:0....g	0.006	0.001	9	A	1		0.008	0.006	
16:0....g	0.783	0.042	9	A	1		1.112	0.838	
17:0....g	0.009	0.003	9	A	1		0.013	0.010	
18:0....g	0.310	0.028	9	A	1		0.441	0.332	
20:0....g	0.007	0.001	9	A	1		0.009	0.007	
22:0....g	0.004	0.001	9	A	1		0.005	0.004	
24:0....g	0.001	0.000	9	A	1		0.002	0.001	
Fatty acids, total monounsaturated....g	2.080		0	NC	4		2.954	2.226	
14:1....g	0.009	0.002	9	A	1		0.013	0.010	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.173	0.010	9	AS	1		0.246	0.185	
16:1 c....g	0.170	0.010	9	A	1		0.241	0.182	
16:1 t....g	0.003	0.001	9	A	1		0.004	0.003	
17:1....g	0.005	0.001	9	A	1		0.008	0.006	
18:1 undifferentiated....g	1.663	0.105	9	AS	1		2.361	1.779	
18:1 c....g	1.625	0.109	9	A	1		2.308	1.739	
18:1 t....g	0.038	0.011	9	A	1		0.053	0.040	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.004	9	A	1		0.045	0.034	
22:1 undifferentiated....g	0.003	0.001	9	AS	1		0.004	0.003	
22:1 c....g	0.003	0.001	9	A	1		0.004	0.003	
22:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.810		0	NC	4		1.150	0.867	
18:2 undifferentiated....g	0.572	0.053	9	AS	1		0.812	0.612	
18:2 n-6 c,c....g	0.562	0.054	9	A	1		0.797	0.601	
18:2 CLAs....g	0.004	0.001	9	A	1		0.006	0.004	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006	0.001	9	A	1		0.008	0.006	
18:3 undifferentiated....g	0.065	0.013	9	AS	1		0.092	0.069	
18:3 n-3 c,c,c (ALA)....g	0.061	0.012	9	A	1		0.087	0.066	
18:3 n-6 c,c,c....g	0.003	0.001	9	A	1		0.004	0.003	
18:3i....g	0.000	0.000	9	A	1		0.000	0.000	
18:4....g	0.000	0.000	9	A	1		0.001	0.000	
20:2 n-6 c,c....g	0.008	0.000	9	A	1		0.011	0.008	
20:3 undifferentiated....g	0.018	0.001	9	AS	1		0.026	0.020	
20:3 n-3....g	0.002	0.000	9	A	1		0.002	0.002	
20:3 n-6....g	0.017	0.001	9	A	1		0.024	0.018	
20:4 undifferentiated....g	0.047	0.003	9	A	1		0.067	0.051	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	
21:5....g									
22:4....g	0.012	0.001	9	A	1		0.017	0.013	
22:5 n-3 (DPA)....g	0.005	0.000	9	A	1		0.006	0.005	
22:6 n-3 (DHA)....g	0.003	0.000	9	A	1		0.005	0.004	
Fatty acids, total trans....g	0.046		0	NC	4		0.066	0.050	
Fatty acids, total trans-monoenoic....g	0.041		0	NC	4		0.058	0.043	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.008	0.006	
Cholesterol....mg	97	4.216	6	A	1		137	103	
Phytosterols....mg									
Others:									

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

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

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

Common Measures:

Measure 1 = 142g: 1 breast without skin

Measure 2 = 107g: 1 breast bone and skin removed

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

Food Group: 21 Fast Foods

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

NDB No. 21470

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

Refuse: 22% Cartilage and bone

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	RKI	6		0.1	0.1	0.1
Vitamin D....IU	5		0	RKI	6		4	3	2
Vitamin K (phylloquinone)....µg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.458		0	RKI	6		3.343	2.496	1.783
4:0....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.001	0.000
8:0....g	0.003		0	RKA	1		0.002	0.002	0.001
10:0....g	0.005		0	RKA	1		0.004	0.003	0.002
12:0....g	0.009		0	RKA	1		0.007	0.005	0.004
13:0....g									
14:0....g	0.127		0	RKA	1		0.096	0.071	0.051
15:0....g	0.018		0	RKA	1		0.014	0.010	0.007
16:0....g	3.117		0	RKA	1		2.338	1.745	1.247
17:0....g	0.040		0	RKA	1		0.030	0.023	0.016
18:0....g	1.080		0	RKA	1		0.810	0.605	0.432
20:0....g	0.024		0	RKA	1		0.018	0.014	0.010
22:0....g	0.020		0	RKA	1		0.015	0.011	0.008
24:0....g	0.009		0	RKA	1		0.007	0.005	0.004
Fatty acids, total monounsaturated....g	6.446		0	RKI	6		4.834	3.610	2.578
14:1....g	0.036		0	RKA	1		0.027	0.020	0.014
15:1....g	0.003		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated....g	0.784		0	RKA	1		0.588	0.439	0.313
17:1....g	0.023		0	RKA	1		0.017	0.013	0.009
18:1 undifferentiated....g	5.528		0	RKA	1		4.146	3.096	2.211
20:1....g	0.062		0	RKA	1		0.047	0.035	0.025
22:1 undifferentiated....g	0.004		0	RKA	1		0.003	0.002	0.001
24:1 c....g	0.007		0	RKA	1		0.006	0.004	0.003
Fatty acids, total polyunsaturated....g	4.408		0	RKI	6		3.306	2.469	1.763
18:2 undifferentiated....g	4.052		0	RKA	1		3.039	2.269	1.621
18:3 undifferentiated....g	0.205		0	RKA	1		0.154	0.115	0.082
18:4....g	0.003		0	RKA	1		0.002	0.002	0.001
20:2 n-6 c,c....g	0.015		0	RKA	1		0.012	0.009	0.006
20:3 undifferentiated....g	0.028		0	RKA	1		0.021	0.015	0.011
20:4 undifferentiated....g	0.070		0	RKA	1		0.052	0.039	0.028
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.002	0.001	0.001
21:5....g									
22:4....g	0.022		0	RKA	1		0.016	0.012	0.009
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.005	0.003	0.002
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans....g	0.225		0	RKI	6		0.169	0.126	0.090
Cholesterol....mg	111		0	RKA	1		83	62	44
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

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

Common Measures:

Measure 1 = 75g: 1 drumstick, with skin

Measure 2 = 56g: 1 drumstick, without skin

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

NDB No. 21470

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

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

Food Group: 21 Fast Foods

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

NDB No. 21465

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

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

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

NDB No. 21465

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.004		0	NC	4		0.802	1.122	
4:0....g	0.002		18	A	1		0.001	0.001	
6:0....g	0.001		18	A	1		0.000	0.000	
8:0....g	0.001		18	A	1		0.000	0.001	
10:0....g	0.003		18	A	1		0.001	0.002	
12:0....g	0.005		18	A	1		0.002	0.003	
13:0....g									
14:0....g	0.046		18	A	1		0.018	0.026	
15:0....g	0.007		18	A	1		0.003	0.004	
16:0....g	1.412		18	A	1		0.565	0.791	
17:0....g	0.012		18	A	1		0.005	0.007	
18:0....g	0.492		18	A	1		0.197	0.275	
20:0....g	0.009		18	A	1		0.004	0.005	
22:0....g	0.008		18	A	1		0.003	0.005	
24:0....g	0.005		18	A	1		0.002	0.003	
Fatty acids, total monounsaturated....g	2.933		0	NC	4		1.173	1.642	
14:1....g	0.015		18	A	1		0.006	0.008	
15:1....g	0.002		18	A	1		0.001	0.001	
16:1 undifferentiated....g	0.430		18	AS	1		0.172	0.241	
16:1 c....g	0.425		18	A	1		0.170	0.238	
16:1 t....g	0.005		18	A	1		0.002	0.003	
17:1....g	0.009		18	A	1		0.004	0.005	
18:1 undifferentiated....g	2.440		18	AS	1		0.976	1.366	
18:1 c....g	2.389		18	A	1		0.956	1.338	
18:1 t....g	0.051		18	A	1		0.020	0.028	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028		18	A	1		0.011	0.016	
22:1 undifferentiated....g	0.003		18	AS	1		0.001	0.001	
22:1 c....g	0.002		18	A	1		0.001	0.001	
22:1 t....g	0.000		18	A	1		0.000	0.000	
24:1 c....g	0.007		18	A	1		0.003	0.004	
Fatty acids, total polyunsaturated....g	1.675		0	NC	4		0.670	0.938	
18:2 undifferentiated....g	1.453		18	AS	1		0.581	0.813	
18:2 n-6 c,c....g	1.424		18	A	1		0.570	0.798	
18:2 CLAs....g	0.010		18	A	1		0.004	0.006	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		18	A	1		0.007	0.010	
18:3 undifferentiated....g	0.071		18	AS	1		0.028	0.040	
18:3 n-3 c,c,c (ALA)....g	0.062		18	A	1		0.025	0.035	
18:3 n-6 c,c,c....g	0.009		18	A	1		0.004	0.005	
18:3i....g									
18:4....g	0.002		18	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.010		18	A	1		0.004	0.006	
20:3 undifferentiated....g	0.025		18	AS	1		0.010	0.014	
20:3 n-3....g	0.001		18	A	1		0.000	0.001	
20:3 n-6....g	0.024		18	A	1		0.010	0.013	
20:4 undifferentiated....g	0.078		18	A	1		0.031	0.044	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	A	1		0.001	0.001	
21:5....g									
22:4....g	0.022		18	A	1		0.009	0.013	
22:5 n-3 (DPA)....g	0.007		18	A	1		0.003	0.004	
22:6 n-3 (DHA)....g	0.004		18	A	1		0.002	0.002	
Fatty acids, total trans....g	0.074		0	NC	4		0.030	0.041	
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.022	0.031	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.007	0.010	
Cholesterol....mg	133	4.783	12	A	1		53	74	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0		7		0	0	

NDB No. 21465

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

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

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

Common Measures:

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

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

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

Food Group: 21 Fast Foods

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

NDB No. 21468

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	33.87	1.337	12	A	1				
Energy ... kcal	398		0	NC	4				
Energy ... kJ	1664		0	NC	4				
Protein ... g	14.11	0.730	12	A	1				
Total lipid (fat) ... g	29.22	0.828	12	A	1				
Ash ... g	3.24	0.102	12	A	1				
Carbohydrate, by difference ... g	19.56		0	NC	4				
Fiber, total dietary ... g	0.3		2	A	1				
Sugars, total ... g	0.00		2	A	1				
Sucrose ... g	0.00		2	A	1				
Glucose (dextrose) ... g	0.00		2	A	1				
Fructose ... g	0.00		2	A	1				
Lactose ... g	0.00		2	A	1				
Maltose ... g	0.00		2	A	1				
Galactose ... g	0.00		2	A	1				
Starch ... g	19.76	0.735	24	A	1				
Minerals:									
Calcium, Ca ... mg	92	13.204	12	A	1				
Iron, Fe ... mg	1.12	0.075	12	A	1				
Magnesium, Mg ... mg	23	0.642	12	A	1				
Phosphorus, P ... mg	215	5.902	12	A	1				
Potassium, K ... mg	230	7.654	12	A	1				
Sodium, Na ... mg	965	45.944	12	A	1				
Zinc, Zn ... mg	0.81	0.028	12	A	1				
Copper, Cu ... mg	0.078	0.005	12	A	1				
Manganese, Mn ... mg	0.282	0.011	12	A	1				
Selenium, Se ... µg	18.7	0.945	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	BFFN	4				
Thiamin ... mg	0.104	0.004	3	A	1				
Riboflavin ... mg	0.221	0.013	6	A	1				
Niacin ... mg	5.401	0.371	6	A	1				
Pantothenic acid ... mg	0.841	0.022	4	A	1				
Vitamin B-6 ... mg	0.131	0.001	6	A	1				
Folate, total ... µg	41		0	BFNN	4				
Folic acid ... µg	32		0	BFNN	4				
Folate, food ... µg	9		0	BFNN	4				
Folate, DFE ... µg	64		0	NC	4				
Choline, total ... mg	41.5		0	BFFN	4				
Betaine ... mg									
Vitamin B-12 ... µg	0.34	0.013	6	A	1				
Vitamin B-12, added ... µg	0.00		0		7				
Vitamin A, RAE ... µg	21		0	NC	4				
Retinol ... µg	21	1.380	4	A	1				
Carotene, beta ... µg	0		0	BFFN	4				
Carotene, alpha ... µg	0		0	BFFN	4				
Cryptoxanthin, beta ... µg	0		0	BFFN	4				
Vitamin A, IU ... IU	71		0	NC	4				
Lycopene ... µg	0		0	BFFN	4				
Lutein + zeaxanthin ... µg	0		0	BFFN	4				
Vitamin E (alpha-tocopherol) ... mg	0.92	0.082	6	A	1				
Vitamin E, added ... mg	0.00		0		7				
Tocopherol, beta ... mg	0.04	0.024	6	A	1				
Tocopherol, gamma ... mg	1.32	0.104	6	A	1				
Tocopherol, delta ... mg	0.06	0.027	6	A	1				
Tocotrienol, alpha ... mg	0.01	0.012	6	A	1				
Tocotrienol, beta ... mg	0.28	0.080	6	A	1				

NDB No. 21468
Fast Foods, Fried Chicken, Skin and breading from all pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	6	A	1				
Tocotrienol, delta....mg	0.00	0.000	6	A	1				
Vitamin D (D2 + D3)....µg	0.2		0	BFZN	4				
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	7		0	BFZN	4				
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4				
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.857		0	NC	4				
4:0....g	0.000	0.000	10	A	1				
6:0....g	0.000	0.000	10	A	1				
8:0....g	0.007	0.001	10	A	1				
10:0....g	0.011	0.001	10	A	1				
12:0....g	0.016	0.001	10	A	1				
13:0....g									
14:0....g	0.279	0.029	10	A	1				
15:0....g	0.043	0.005	10	A	1				
16:0....g	5.148	0.184	10	A	1				
17:0....g	0.104	0.015	10	A	1				
18:0....g	2.127	0.152	10	A	1				
20:0....g	0.066	0.003	10	A	1				
22:0....g	0.041	0.003	10	A	1				
24:0....g	0.016	0.001	10	A	1				
Fatty acids, total monounsaturated....g	14.364		0	NC	4				
14:1....g	0.079	0.007	10	A	1				
15:1....g	0.000	0.000	10	A	1				
16:1 undifferentiated....g	1.178	0.026	10	AS	1				
16:1 c....g	1.147	0.024	10	A	1				
16:1 t....g	0.030	0.004	10	A	1				
17:1....g	0.064	0.008	10	A	1				
18:1 undifferentiated....g	12.760	0.315	10	AS	1				
18:1 c....g	12.357	0.318	10	A	1				
18:1 t....g	0.403	0.055	10	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.242	0.011	10	A	1				
22:1 undifferentiated....g	0.026	0.004	10	AS	1				
22:1 c....g	0.026	0.004	10	A	1				
22:1 t....g	0.000	0.000	10	A	1				
24:1 c....g	0.017	0.001	10	A	1				
Fatty acids, total polyunsaturated....g	4.736		0	NC	4				
18:2 undifferentiated....g	3.963	0.178	10	AS	1				
18:2 n-6 c,c....g	3.852	0.183	10	A	1				
18:2 CLAs....g	0.044	0.004	10	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.067	0.006	10	A	1				
18:3 undifferentiated....g	0.626	0.040	10	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.591	0.037	10	A	1				
18:3 n-6 c,c,c....g	0.034	0.003	10	A	1				
18:3i....g	0.000	0.000	10	A	1				
18:4....g	0.004	0.001	10	A	1				
20:2 n-6 c,c....g	0.021	0.001	10	A	1				
20:3 undifferentiated....g	0.031	0.001	10	AS	1				
20:3 n-3....g	0.002	0.000	10	A	1				
20:3 n-6....g	0.029	0.001	10	A	1				
20:4 undifferentiated....g	0.062	0.004	10	A	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	10	A	1				
21:5....g									
22:4....g	0.015	0.001	10	A	1				
22:5 n-3 (DPA)....g	0.006	0.000	10	A	1				

NDB No. 21468

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.003	0.000	10	A	1				
Fatty acids, total trans....g	0.501		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.433		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.068		0	NC	4				
Cholesterol....mg	82	6.865	6	A	1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0		7				
Theobromine....mg	0		0		7				

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

Common Measures:

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

Food Group: 21 Fast Foods

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

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

Refuse: 14% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.37		0	RKA	1		69.87	43.15	33.91
Energy....kcal	274		0	RKI	6		373	230	181
Energy....kJ	1147		0	RKI	6		1561	964	757
Protein....g	19.23		0	RKA	1		26.16	16.15	12.69
Total lipid (fat)....g	18.07		0	RKA	1		24.57	15.17	11.92
Ash....g	2.64		0	RKA	1		3.60	2.22	1.74
Carbohydrate, by difference....g	8.68		0	RKI	6		11.81	7.29	5.73
Fiber, total dietary....g	0.1		0	RKI	6		0.2	0.1	0.1
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	8.64		0	RKA	1		11.74	7.25	5.70
Minerals:									
Calcium, Ca....mg	54		0	RKA	1		73	45	35
Iron, Fe....mg	1.00		0	RKA	1		1.36	0.84	0.66
Magnesium, Mg....mg	22		0	RKA	1		30	18	15
Phosphorus, P....mg	210		0	RKA	1		285	176	138
Potassium, K....mg	240		0	RKA	1		327	202	158
Sodium, Na....mg	747		0	RKA	1		1015	627	493
Zinc, Zn....mg	1.45		0	RKA	1		1.97	1.21	0.95
Copper, Cu....mg	0.083		0	RKA	1		0.113	0.070	0.055
Manganese, Mn....mg	0.149		0	RKA	1		0.203	0.125	0.098
Selenium, Se....µg	25.2		0	RKA	1		34.3	21.2	16.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin....mg	0.099		0	RKA	1		0.134	0.083	0.065
Riboflavin....mg	0.286		0	RKA	1		0.389	0.240	0.189
Niacin....mg	5.583		0	RKA	1		7.593	4.690	3.685
Pantothenic acid....mg	1.046		0	RKA	1		1.423	0.879	0.690
Vitamin B-6....mg	0.170		0	RKA	1		0.231	0.143	0.112
Folate, total....µg	25		0	RKI	6		34	21	16
Folic acid....µg	14		0	RKI	6		19	12	9
Folate, food....µg	11		0	RKI	6		15	9	7
Folate, DFE....µg	34		0	NC	4		47	29	23
Choline, total....mg	84.2		0	RKI	6		114.5	70.7	55.6
Betaine....mg	7.2		0	RKA	1		9.7	6.0	4.7
Vitamin B-12....µg	0.43		0	RKA	1		0.59	0.36	0.28
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE....µg	16		0	NC	4		22	13	11
Retinol....µg	16		0	RKI	6		22	13	11
Carotene, beta....µg	0		0	RKI	6		0	0	0
Carotene, alpha....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	0
Vitamin A, IU....IU	54		0	NC	4		73	45	35
Lycopene....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.61		0	RKA	1		0.83	0.51	0.40
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta....mg	0.02		0	RKA	1		0.02	0.01	0.01
Tocopherol, gamma....mg	0.67		0	RKA	1		0.91	0.56	0.44
Tocopherol, delta....mg	0.03		0	RKA	1		0.04	0.02	0.02
Tocotrienol, alpha....mg	0.01		0	RKA	1		0.01	0.00	0.00
Tocotrienol, beta....mg	0.14		0	RKA	1		0.18	0.11	0.09

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.2		0	RKI	6		0.3	0.2	0.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	7		0	RKI	6		10	6	5
Vitamin K (phylloquinone)....µg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.832		0	RKI	6		6.571	4.059	3.189
4:0....g	0.001		0	RKA	1		0.001	0.000	0.000
6:0....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0....g	0.003		0	RKA	1		0.004	0.003	0.002
10:0....g	0.006		0	RKA	1		0.008	0.005	0.004
12:0....g	0.009		0	RKA	1		0.013	0.008	0.006
13:0....g									
14:0....g	0.152		0	RKA	1		0.207	0.128	0.101
15:0....g	0.023		0	RKA	1		0.031	0.019	0.015
16:0....g	3.275		0	RKA	1		4.454	2.751	2.162
17:0....g	0.052		0	RKA	1		0.071	0.044	0.034
18:0....g	1.244		0	RKA	1		1.691	1.045	0.821
20:0....g	0.035		0	RKA	1		0.048	0.029	0.023
22:0....g	0.022		0	RKA	1		0.030	0.018	0.015
24:0....g	0.010		0	RKA	1		0.013	0.008	0.006
Fatty acids, total monounsaturated....g	8.477		0	RKI	6		11.529	7.121	5.595
14:1....g	0.044		0	RKA	1		0.060	0.037	0.029
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.788		0	RKA	1		1.072	0.662	0.520
17:1....g	0.033		0	RKA	1		0.045	0.028	0.022
18:1 undifferentiated....g	7.450		0	RKA	1		10.132	6.258	4.917
20:1....g	0.139		0	RKA	1		0.189	0.117	0.092
22:1 undifferentiated....g	0.013		0	RKA	1		0.018	0.011	0.009
24:1 c....g	0.010		0	RKA	1		0.013	0.008	0.007
Fatty acids, total polyunsaturated....g	2.939		0	RKI	6		3.997	2.468	1.940
18:2 undifferentiated....g	2.469		0	RKA	1		3.358	2.074	1.630
18:3 undifferentiated....g	0.329		0	RKA	1		0.447	0.276	0.217
18:4....g	0.002		0	RKA	1		0.003	0.002	0.001
20:2 n-6 c,c....g	0.015		0	RKA	1		0.021	0.013	0.010
20:3 undifferentiated....g	0.027		0	RKA	1		0.036	0.022	0.018
20:4 undifferentiated....g	0.067		0	RKA	1		0.092	0.057	0.044
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.003	0.002	0.001
21:5....g									
22:4....g	0.016		0	RKA	1		0.022	0.014	0.011
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.004	0.003	0.002
Fatty acids, total trans....g	0.252		0	RKI	6		0.343	0.212	0.167
Cholesterol....mg	106		0	RKA	1		144	89	70
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

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

Common Measures:

Measure 1 = 136g: 1 thigh with skin

Measure 2 = 84g: 1 thigh without skin

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

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

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 21 Fast Foods

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

Refuse: 52% Skin, subcutaneous fat and breading, 38%; Cartilage and bone, 13.6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.96	0.268	12	A	1		54.57	42.87	
Energy....kcal	178		0	NC	4		150	118	
Energy....kJ	747		0	NC	4		627	493	
Protein....g	23.21	0.330	12	A	1		19.50	15.32	
Total lipid (fat)....g	9.41	0.253	12	A	1		7.90	6.21	
Ash....g	2.18	0.097	12	A	1		1.83	1.44	
Carbohydrate, by difference....g	0.24		0	NC	4		0.20	0.16	
Fiber, total dietary....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFNN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	2.612	12	A	1		20	16	
Iron, Fe....mg	0.91	0.020	12	A	1		0.77	0.60	
Magnesium, Mg....mg	21	0.237	12	A	1		18	14	
Phosphorus, P....mg	206	4.483	12	A	1		173	136	
Potassium, K....mg	248	1.700	12	A	1		208	164	
Sodium, Na....mg	577	32.726	12	A	1		485	381	
Zinc, Zn....mg	1.94	0.035	12	A	1		1.63	1.28	
Copper, Cu....mg	0.086	0.003	12	A	1		0.073	0.057	
Manganese, Mn....mg	0.046	0.004	12	A	1		0.039	0.030	
Selenium, Se....µg	30.2	3.097	6	A	1		25.4	20.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.095	0.003	6	A	1		0.080	0.063	
Riboflavin....mg	0.337	0.008	6	A	1		0.283	0.222	
Niacin....mg	5.725	0.228	6	A	1		4.809	3.778	
Pantothenic acid....mg	1.205	0.045	4	A	1		1.013	0.796	
Vitamin B-6....mg	0.200	0.009	6	A	1		0.168	0.132	
Folate, total....µg	12		0	BFNN	4		10	8	
Folic acid....µg	0		0	BFNN	4		0	0	
Folate, food....µg	12		0	BFNN	4		10	8	
Folate, DFE....µg	12		0	NC	4		10	8	
Choline, total....mg	117.3		1	A	1		98.6	77.4	
Betaine....mg	12.7		1	A	1		10.7	8.4	
Vitamin B-12....µg	0.50	0.110	6	A	1		0.42	0.33	
Vitamin B-12, added....µg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....µg	12		0	NC	4		10	8	
Retinol....µg	12		0	BFFN	4		10	8	
Carotene, beta....µg	0		0	BFFN	4		0	0	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	40		0	NC	4		33	26	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37	0.037	6	A	1		0.31	0.25	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.17	0.008	6	A	1		0.14	0.11	
Tocopherol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.02	0.012	6	A	1		0.02	0.02	
Tocotrienol, gamma....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.2		0	BFZN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	8		0	BFZN	4		7	5	
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.484		0	NC	4		2.087	1.639	
4:0....g	0.001	0.000	12	A	1		0.001	0.001	
6:0....g	0.000	0.000	12	A	1		0.000	0.000	
8:0....g	0.001	0.000	12	A	1		0.000	0.000	
10:0....g	0.002	0.001	12	A	1		0.002	0.002	
12:0....g	0.004	0.001	12	A	1		0.004	0.003	
13:0....g									
14:0....g	0.054	0.001	12	A	1		0.046	0.036	
15:0....g	0.007	0.000	12	A	1		0.006	0.005	
16:0....g	1.821	0.044	12	A	1		1.530	1.202	
17:0....g	0.012	0.001	12	A	1		0.010	0.008	
18:0....g	0.558	0.011	12	A	1		0.468	0.368	
20:0....g	0.011	0.001	12	A	1		0.009	0.007	
22:0....g	0.008	0.001	12	A	1		0.006	0.005	
24:0....g	0.004	0.001	12	A	1		0.004	0.003	
Fatty acids, total monounsaturated....g	3.908		0	NC	4		3.283	2.579	
14:1....g	0.017	0.000	12	A	1		0.014	0.011	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.486	0.013	12	AS	1		0.408	0.321	
16:1 c....g	0.482	0.013	12	A	1		0.405	0.318	
16:1 t....g	0.004	0.000	12	A	1		0.003	0.002	
17:1....g	0.009	0.000	12	A	1		0.008	0.006	
18:1 undifferentiated....g	3.328	0.089	12	AS	1		2.796	2.197	
18:1 c....g	3.284	0.089	12	A	1		2.759	2.168	
18:1 t....g	0.044	0.002	12	A	1		0.037	0.029	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.059	0.002	12	A	1		0.050	0.039	
22:1 undifferentiated....g	0.004	0.000	12	AS	1		0.003	0.002	
22:1 c....g	0.004	0.000	12	A	1		0.003	0.002	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.005	0.001	12	A	1		0.004	0.003	
Fatty acids, total polyunsaturated....g	1.543		0	NC	4		1.296	1.019	
18:2 undifferentiated....g	1.310	0.036	12	AS	1		1.100	0.864	
18:2 n-6 c,c....g	1.289	0.036	12	A	1		1.083	0.851	
18:2 CLAs....g	0.008	0.000	12	A	1		0.007	0.005	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012	0.000	12	A	1		0.010	0.008	
18:3 undifferentiated....g	0.098	0.004	12	AS	1		0.082	0.065	
18:3 n-3 c,c,c (ALA)....g	0.094	0.004	12	A	1		0.079	0.062	
18:3 n-6 c,c,c....g	0.004	0.000	12	A	1		0.003	0.002	
18:3i....g	0.000	0.000	12	A	1		0.000	0.000	
18:4....g	0.001	0.000	12	A	1		0.001	0.000	
20:2 n-6 c,c....g	0.011	0.000	12	A	1		0.009	0.007	
20:3 undifferentiated....g	0.023	0.001	12	AS	1		0.020	0.015	
20:3 n-3....g	0.001	0.000	12	A	1		0.001	0.001	
20:3 n-6....g	0.022	0.001	12	A	1		0.019	0.015	
20:4 undifferentiated....g	0.071	0.001	12	A	1		0.060	0.047	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	12	A	1		0.002	0.001	
21:5....g									
22:4....g	0.017	0.001	12	A	1		0.015	0.011	
22:5 n-3 (DPA)....g	0.006	0.000	12	A	1		0.005	0.004	
22:6 n-3 (DHA)....g	0.004	0.000	12	A	1		0.003	0.002	
Fatty acids, total trans....g	0.059		0	NC	4		0.050	0.039	
Fatty acids, total trans-monoenoic....g	0.047		0	NC	4		0.040	0.031	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.008	
Cholesterol....mg	125	3.290	6	A	1		105	82	
Phytosterols....mg									
Others:									

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

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

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

Common Measures:

Measure 1 = 84g: 1 thigh without skin

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

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

Food Group: 21 Fast Foods

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

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

Refuse: 29% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.57		0	RKA	1		25.85	16.49	8.91
Energy....kcal	310		0	RKI	6		180	115	62
Energy....kJ	1298		0	RKI	6		753	480	260
Protein....g	21.14		0	RKA	1		12.26	7.82	4.23
Total lipid (fat)....g	20.09		0	RKA	1		11.65	7.43	4.02
Ash....g	3.00		0	RKA	1		1.74	1.11	0.60
Carbohydrate, by difference....g	11.19		0	RKI	6		6.49	4.14	2.24
Fiber, total dietary....g	0.1		0	RKI	6		0.1	0.1	0.0
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	10.28		0	RKA	1		5.96	3.80	2.06
Minerals:									
Calcium, Ca....mg	67		0	RKA	1		39	25	13
Iron, Fe....mg	1.04		0	RKA	1		0.60	0.39	0.21
Magnesium, Mg....mg	24		0	RKA	1		14	9	5
Phosphorus, P....mg	220		0	RKA	1		127	81	44
Potassium, K....mg	262		0	RKA	1		152	97	52
Sodium, Na....mg	867		0	RKA	1		503	321	173
Zinc, Zn....mg	1.33		0	RKA	1		0.77	0.49	0.27
Copper, Cu....mg	0.079		0	RKA	1		0.046	0.029	0.016
Manganese, Mn....mg	0.172		0	RKA	1		0.100	0.064	0.034
Selenium, Se....µg	28.4		0	RKA	1		16.5	10.5	5.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin....mg	0.092		0	RKA	1		0.054	0.034	0.018
Riboflavin....mg	0.243		0	RKA	1		0.141	0.090	0.049
Niacin....mg	6.452		0	RKA	1		3.742	2.387	1.290
Pantothenic acid....mg	0.980		0	RKA	1		0.568	0.363	0.196
Vitamin B-6....mg	0.194		0	RKA	1		0.113	0.072	0.039
Folate, total....µg	25		0	RKI	6		15	9	5
Folic acid....µg	17		0	RKI	6		10	6	3
Folate, food....µg	8		0	RKI	6		5	3	2
Folate, DFE....µg	37		0	NC	4		21	14	7
Choline, total....mg	82.2		0	RKI	6		47.7	30.4	16.4
Betaine....mg	6.7		0	RKA	1		3.9	2.5	1.3
Vitamin B-12....µg	0.46		0	RKA	1		0.27	0.17	0.09
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE....µg	16		0	NC	4		9	6	3
Retinol....µg	16		0	RKA	1		9	6	3
Carotene, beta....µg	0		0	RKI	6		0	0	0
Carotene, alpha....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	0
Vitamin A, IU....IU	53		0	NC	4		30	19	11
Lycopene....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.74		0	RKA	1		0.43	0.27	0.15
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta....mg	0.02		0	RKA	1		0.01	0.01	0.00
Tocopherol, gamma....mg	0.87		0	RKA	1		0.50	0.32	0.17
Tocopherol, delta....mg	0.03		0	RKA	1		0.02	0.01	0.01
Tocotrienol, alpha....mg	0.01		0	RKA	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.17		0	RKA	1		0.10	0.06	0.03

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02		0	RKA	1		0.01	0.01	0.00
Tocotrienol, delta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	RKI	6		0.1	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	5		0	RKI	6		3	2	1
Vitamin K (phylloquinone)....µg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.358		0	RKI	6		3.108	1.982	1.072
4:0....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0....g	0.004		0	RKA	1		0.002	0.001	0.001
10:0....g	0.006		0	RKA	1		0.004	0.002	0.001
12:0....g	0.011		0	RKA	1		0.006	0.004	0.002
13:0....g									
14:0....g	0.178		0	RKA	1		0.103	0.066	0.036
15:0....g	0.027		0	RKA	1		0.016	0.010	0.005
16:0....g	3.558		0	RKA	1		2.064	1.316	0.712
17:0....g	0.064		0	RKA	1		0.037	0.024	0.013
18:0....g	1.426		0	RKA	1		0.827	0.528	0.285
20:0....g	0.044		0	RKA	1		0.026	0.016	0.009
22:0....g	0.028		0	RKA	1		0.016	0.010	0.006
24:0....g	0.012		0	RKA	1		0.007	0.005	0.002
Fatty acids, total monounsaturated....g	9.753		0	RKI	6		5.657	3.608	1.951
14:1....g	0.051		0	RKA	1		0.029	0.019	0.010
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.832		0	RKA	1		0.482	0.308	0.166
17:1....g	0.039		0	RKA	1		0.023	0.014	0.008
18:1 undifferentiated....g	8.635		0	RKA	1		5.008	3.195	1.727
20:1....g	0.165		0	RKA	1		0.096	0.061	0.033
22:1 undifferentiated....g	0.017		0	RKA	1		0.010	0.006	0.003
24:1 c....g	0.014		0	RKA	1		0.008	0.005	0.003
Fatty acids, total polyunsaturated....g	3.354		0	RKI	6		1.945	1.241	0.671
18:2 undifferentiated....g	2.782		0	RKA	1		1.614	1.029	0.556
18:3 undifferentiated....g	0.416		0	RKA	1		0.241	0.154	0.083
18:4....g	0.002		0	RKA	1		0.001	0.001	0.000
20:2 n-6 c,c....g	0.018		0	RKA	1		0.010	0.007	0.004
20:3 undifferentiated....g	0.031		0	RKA	1		0.018	0.011	0.006
20:4 undifferentiated....g	0.071		0	RKA	1		0.041	0.026	0.014
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.002	0.001	0.001
21:5....g									
22:4....g	0.019		0	RKA	1		0.011	0.007	0.004
22:5 n-3 (DPA)....g	0.007		0	RKA	1		0.004	0.003	0.001
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.002	0.002	0.001
Fatty acids, total trans....g	0.312		0	RKI	6		0.181	0.115	0.062
Cholesterol....mg	114		0	RKA	1		66	42	23
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0
Theobromine....mg	0		0	RKI	6		0	0	0

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

Common Measures:

Measure 1 = 58g: 1 wing, with skin

Measure 2 = 37g: 1 wing, without skin

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

Measure 3 = 20g: 1 wing, bone and skin removed

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

Food Group: 21 Fast Foods

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

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

Refuse: 67% Skin, subcutaneous fat and breading, 37%; Cartilage and bone, 29%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.16	0.546	12	A	1		20.78	11.23	
Energy....kcal	215		0	NC	4		80	43	
Energy....kJ	901		0	NC	4		333	180	
Protein....g	28.77	0.431	12	A	1		10.64	5.75	
Total lipid (fat)....g	10.20	0.370	12	A	1		3.77	2.04	
Ash....g	2.74	0.091	12	A	1		1.01	0.55	
Carbohydrate, by difference....g	2.13		0	NC	4		0.79	0.43	
Fiber, total dietary....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFNN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	40	3.973	12	A	1		15	8	
Iron, Fe....mg	0.96	0.037	12	A	1		0.35	0.19	
Magnesium, Mg....mg	24	0.338	12	A	1		9	5	
Phosphorus, P....mg	225	7.720	12	A	1		83	45	
Potassium, K....mg	296	10.992	12	A	1		110	59	
Sodium, Na....mg	761	24.744	12	A	1		281	152	
Zinc, Zn....mg	1.90	0.058	12	A	1		0.70	0.38	
Copper, Cu....mg	0.080	0.009	12	A	1		0.029	0.016	
Manganese, Mn....mg	0.053	0.003	12	A	1		0.020	0.011	
Selenium, Se....µg	38.9	2.663	6	A	1		14.4	7.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.080	0.008	6	A	1		0.030	0.016	
Riboflavin....mg	0.267	0.009	6	A	1		0.099	0.053	
Niacin....mg	7.590	0.263	6	A	1		2.808	1.518	
Pantothenic acid....mg	1.130	0.042	4	A	1		0.418	0.226	
Vitamin B-6....mg	0.264	0.013	6	A	1		0.098	0.053	
Folate, total....µg	8		0	BFNN	4		3	2	
Folic acid....µg	0		0	BFNN	4		0	0	
Folate, food....µg	8		0	BFNN	4		3	2	
Folate, DFE....µg	8		0	NC	4		3	2	
Choline, total....mg	126.4		2	A	1		46.8	25.3	
Betaine....mg	13.9		2	A	1		5.2	2.8	
Vitamin B-12....µg	0.59	0.078	6	A	1		0.22	0.12	
Vitamin B-12, added....µg	0.00		0		7		0.00	0.00	
Vitamin A, RAE....µg	10		0	NC	4		4	2	
Retinol....µg	10		2	A	1		4	2	
Carotene, beta....µg	0		0	BFFN	4		0	0	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	32		0	NC	4		12	6	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.54	0.056	6	A	1		0.20	0.11	
Vitamin E, added....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.38	0.087	6	A	1		0.14	0.08	
Tocopherol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.05	0.019	6	A	1		0.02	0.01	
Tocotrienol, gamma....mg	0.03	0.013	6	A	1		0.01	0.01	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	BFZN	4		1	1	
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.651		0	NC	4		0.981	0.530	
4:0....g	0.000	0.000	12	A	1		0.000	0.000	
6:0....g	0.000	0.000	12	A	1		0.000	0.000	
8:0....g	0.001	0.000	12	A	1		0.000	0.000	
10:0....g	0.002	0.000	12	A	1		0.001	0.000	
12:0....g	0.005	0.001	12	A	1		0.002	0.001	
13:0....g									
14:0....g	0.069	0.010	12	A	1		0.025	0.014	
15:0....g	0.010	0.002	12	A	1		0.004	0.002	
16:0....g	1.835	0.117	12	A	1		0.679	0.367	
17:0....g	0.021	0.004	12	A	1		0.008	0.004	
18:0....g	0.667	0.051	12	A	1		0.247	0.133	
20:0....g	0.021	0.002	12	A	1		0.008	0.004	
22:0....g	0.014	0.001	12	A	1		0.005	0.003	
24:0....g	0.008	0.000	12	A	1		0.003	0.002	
Fatty acids, total monounsaturated....g	4.756		0	NC	4		1.760	0.951	
14:1....g	0.020	0.003	12	A	1		0.007	0.004	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.457	0.023	12	AS	1		0.169	0.091	
16:1 c....g	0.450	0.022	12	A	1		0.167	0.090	
16:1 t....g	0.007	0.001	12	A	1		0.002	0.001	
17:1....g	0.012	0.003	12	A	1		0.005	0.002	
18:1 undifferentiated....g	4.167	0.130	12	AS	1		1.542	0.833	
18:1 c....g	4.085	0.129	12	A	1		1.511	0.817	
18:1 t....g	0.082	0.018	12	A	1		0.030	0.016	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.082	0.005	12	A	1		0.030	0.016	
22:1 undifferentiated....g	0.008	0.001	12	AS	1		0.003	0.002	
22:1 c....g	0.008	0.001	12	A	1		0.003	0.002	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.010	0.001	12	A	1		0.004	0.002	
Fatty acids, total polyunsaturated....g	1.857		0	NC	4		0.687	0.371	
18:2 undifferentiated....g	1.503	0.042	12	AS	1		0.556	0.301	
18:2 n-6 c,c....g	1.474	0.040	12	A	1		0.546	0.295	
18:2 CLAs....g	0.011	0.001	12	A	1		0.004	0.002	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017	0.002	12	A	1		0.006	0.003	
18:3 undifferentiated....g	0.188	0.022	12	AS	1		0.070	0.038	
18:3 n-3 c,c,c (ALA)....g	0.178	0.021	12	A	1		0.066	0.036	
18:3 n-6 c,c,c....g	0.010	0.001	12	A	1		0.004	0.002	
18:3i....g	0.000	0.000	12	A	1		0.000	0.000	
18:4....g	0.000	0.000	12	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.014	0.001	12	A	1		0.005	0.003	
20:3 undifferentiated....g	0.030	0.001	12	AS	1		0.011	0.006	
20:3 n-3....g	0.001	0.000	12	A	1		0.000	0.000	
20:3 n-6....g	0.029	0.001	12	A	1		0.011	0.006	
20:4 undifferentiated....g	0.081	0.002	12	A	1		0.030	0.016	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	12	A	1		0.001	0.001	
21:5....g									
22:4....g	0.022	0.001	12	A	1		0.008	0.004	
22:5 n-3 (DPA)....g	0.008	0.000	12	A	1		0.003	0.002	
22:6 n-3 (DHA)....g	0.006	0.000	12	A	1		0.002	0.001	
Fatty acids, total trans....g	0.106		0	NC	4		0.039	0.021	
Fatty acids, total trans-monoenoic....g	0.089		0	NC	4		0.033	0.018	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.006	0.003	
Cholesterol....mg	148	4.641	6	A	1		55	30	
Phytosterols....mg									
Others:									

NDB No. 21467

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

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

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

Common Measures:

Measure 1 = 37g: 1 wing without skin

Measure 2 = 20g: 1 wing bone and skin removed

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.5		0	FLA	4		0.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	22		0	FLA	4		35		
Vitamin K (phylloquinone)....µg	4.4	0.880	4	A	1		7.2		
Dihydrophylloquinone....µg	17.8	1.967	4	A	1		28.8		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.449		0	NC	4		10.448		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.007	0.005	4	A	1		0.012		
10:0....g	0.010	0.006	4	A	1		0.016		
12:0....g	0.012	0.007	4	A	1		0.020		
13:0....g									
14:0....g	0.177	0.022	4	A	1		0.287		
15:0....g	0.007	0.005	4	A	1		0.012		
16:0....g	3.852	0.123	4	A	1		6.241		
17:0....g	0.035	0.012	4	A	1		0.057		
18:0....g	2.222	0.073	4	A	1		3.600		
20:0....g	0.095	0.003	4	A	1		0.154		
22:0....g	0.020	0.000	4	A	1		0.032		
24:0....g	0.010	0.010	4	A	1		0.016		
Fatty acids, total monounsaturated....g	9.985		0	NC	4		16.176		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.352	0.012	4	A	1		0.571		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	9.532	0.241	4	A	1		15.443		
20:1....g	0.100	0.004	4	A	1		0.162		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.967		0	NC	4		4.806		
18:2 undifferentiated....g	2.415	0.112	4	A	1		3.912		
18:3 undifferentiated....g	0.127	0.009	4	A	1		0.207		
18:4....g	0.037	0.003	4	A	1		0.061		
20:2 n-6 c,c....g	0.225	0.009	4	A	1		0.364		
20:3 undifferentiated....g	0.020	0.007	4	A	1		0.032		
20:4 undifferentiated....g	0.082	0.006	4	A	1		0.134		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022	0.003	4	A	1		0.036		
22:6 n-3 (DHA)....g	0.037	0.014	4	A	1		0.061		
Fatty acids, total trans....g									
Cholesterol....mg	161	6.981	4	A	1		261		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	A	1		0.219		
Threonine....g	0.446		0	A	1		0.722		
Isoleucine....g	0.435		0	A	1		0.705		
Leucine....g	0.776		0	A	1		1.257		
Lysine....g	0.608		0	A	1		0.985		
Methionine....g	0.220		0	A	1		0.357		
Cystine....g	0.193		0	A	1		0.312		
Phenylalanine....g	0.460		0	A	1		0.746		
Tyrosine....g	0.318		0	A	1		0.515		
Valine....g	0.533		0	A	1		0.863		
Arginine....g	0.558		0	A	1		0.904		
Histidine....g	0.268		0	A	1		0.434		
Alanine....g	0.508		0	A	1		0.823		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.934		0	A	1		1.513		
Glutamic acid.....g	1.914		0	A	1		3.101		
Glycine.....g	0.463		0	A	1		0.750		
Proline.....g	0.628		0	A	1		1.017		
Serine.....g	0.591		0	A	1		0.957		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 162g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21399

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

Refuse: 0%

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

NDB No. 21399

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	BFFN	4		14		
Vitamin K (phylloquinone)....µg	9.2		2	A	1		32.7		
Dihydrophylloquinone....µg	0.2		2	A	1		0.5		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.519		0	NC	4		23.144		
4:0....g	0.060		1	A	1		0.212		
6:0....g	0.092		1	A	1		0.327		
8:0....g	0.010		2	A	1		0.035		
10:0....g	0.073		2	A	1		0.258		
12:0....g	0.078		2	A	1		0.277		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.557		2	A	1		1.978		
15:0....g	0.076		2	A	1		0.268		
16:0....g	3.530		2	A	1		12.532		
17:0....g	0.161		2	A	1		0.573		
18:0....g	1.863		2	A	1		6.614		
20:0....g	0.010		2	A	1		0.035		
22:0....g	0.000		2	A	1		0.000		
24:0....g	0.010		2	A	1		0.035		
Fatty acids, total monounsaturated....g	6.249		0	NC	4		22.185		
14:1....g	0.128		2	A	1		0.453		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.489		2	A	1		1.735		
17:1....g	0.057		2	A	1		0.202		
18:1 undifferentiated....g	5.551		0	AS	1		19.706		
18:1 c....g	4.931		1	A	1		17.503		
18:1 t....g	0.620		1	A	1		2.202		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		2	A	1		0.089		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.299		0	NC	4		8.161		
18:2 undifferentiated....g	1.817		2	A	1		6.452		
18:3 undifferentiated....g	0.392		0	AS	1		1.390		
18:3 n-3 c,c,c (ALA)....g	0.392		1	A	1		1.390		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.070		1	A	1		0.249		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.005		2	A	1		0.018		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.015		2	A	1		0.053		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.620		0	NC	4		2.202		
Cholesterol....mg	49		2	A	1		173		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

NDB No. 21399

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

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

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

Common Measures:

Measure 1 = 355g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21230

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.84	0.538	18	A	1		69.67		
Energy....kcal	276		0	NC	4		419		
Energy....kJ	1153		0	NC	4		1753		
Protein....g	10.94	0.626	18	A	1		16.62		
Total lipid (fat)....g	13.59	0.520	18	A	1		20.65		
Ash....g	2.24	0.084	18	A	1		3.40		
Carbohydrate, by difference....g	27.40		0	NC	4		41.65		
Fiber, total dietary....g	1.4		1	A	1		2.1		
Sugars, total....g	3.40	0.201	9	A	1		5.17		
Sucrose....g	0.11	0.042	12	A	1		0.17		
Glucose (dextrose)....g	1.05	0.062	9	A	1		1.60		
Fructose....g	1.75	0.218	9	A	1		2.66		
Lactose....g	0.00	0.010	9	A	1		0.01		
Maltose....g	0.47	0.049	9	A	1		0.72		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	72	18.935	18	A	1		110		
Iron, Fe....mg	1.71	0.113	18	A	1		2.60		
Magnesium, Mg....mg	20	1.416	18	A	1		31		
Phosphorus, P....mg	144	19.935	18	A	1		219		
Potassium, K....mg	179	7.961	18	A	1		272		
Sodium, Na....mg	617	26.970	18	A	1		937		
Zinc, Zn....mg	0.62	0.017	18	A	1		0.95		
Copper, Cu....mg	0.082	0.005	18	A	1		0.125		
Manganese, Mn....mg	0.349	0.051	18	A	1		0.530		
Selenium, Se....µg	19.3		1	A	1		29.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		0.5		
Thiamin....mg	0.160		1	A	1		0.243		
Riboflavin....mg	0.183		1	A	1		0.278		
Niacin....mg	5.110		1	A	1		7.767		
Pantothenic acid....mg	0.804		1	A	1		1.222		
Vitamin B-6....mg	0.126		1	A	1		0.192		
Folate, total....µg	29		1	A	1		44		
Folic acid....µg	20		1	A	1		30		
Folate, food....µg	9		1	AS	1		14		
Folate, DFE....µg	43		0	NC	4		65		
Choline, total....mg	31.2		0	AS	1		47.4		
Betaine....mg									
Vitamin B-12....µg	0.33		1	A	1		0.50		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	5		0	RKA	1		7		
Retinol....µg	1		0	RKI	6		2		
Carotene, beta....µg	44		0	RKA	1		67		
Carotene, alpha....µg	1		0	RKA	1		1		
Cryptoxanthin, beta....µg	0		0	RKA	1		0		
Vitamin A, IU....IU	78		0	NC	4		118		
Lycopene....µg	0		0	RKA	1		0		
Lutein + zeaxanthin....µg	41		0	RKA	1		62		
Vitamin E (alpha-tocopherol)....mg	0.69		1	A	1		1.05		
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									

NDB No. 21230

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	BFFN	4		0.3		
Vitamin D....IU	7		0	BFFN	4		11		
Vitamin K (phylloquinone)....µg	4.6		1	A	1		7.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.461		0	NC	4		3.740		
4:0....g	0.000	0.000	9	A	1		0.000		
6:0....g	0.000	0.000	9	A	1		0.000		
8:0....g	0.005	0.003	9	A	1		0.007		
10:0....g	0.006	0.002	9	A	1		0.010		
12:0....g	0.003	0.000	15	A	1		0.005		
13:0....g									
14:0....g	0.026	0.003	9	A	1		0.040		
15:0....g	0.004	0.000	12	A	1		0.006		
16:0....g	1.663	0.142	9	A	1		2.528		
17:0....g	0.013	0.001	9	A	1		0.019		
18:0....g	0.651	0.020	9	A	1		0.990		
20:0....g	0.041	0.002	9	A	1		0.062		
22:0....g	0.032	0.002	9	A	1		0.049		
24:0....g	0.015	0.001	9	A	1		0.023		
Fatty acids, total monounsaturated....g	4.077		0	NC	4		6.197		
14:1....g	0.005	0.001	12	A	1		0.007		
15:1....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated....g	0.164	0.021	9	AS	1		0.249		
16:1 c....g	0.163	0.020	9	A	1		0.248		
16:1 t....g	0.001	0.000	9	A	1		0.001		
17:1....g	0.007	0.001	9	A	1		0.011		
18:1 undifferentiated....g	3.817	0.390	9	AS	1		5.802		
18:1 c....g	3.788	0.385	9	A	1		5.758		
18:1 t....g	0.029	0.005	9	A	1		0.044		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.076	0.013	9	A	1		0.116		
22:1 undifferentiated....g	0.004	0.002	9	AS	1		0.005		
22:1 c....g	0.004	0.002	9	A	1		0.005		
22:1 t....g	0.000	0.000	9	A	1		0.000		
24:1 c....g	0.004	0.001	18	A	1		0.006		
Fatty acids, total polyunsaturated....g	5.631		0	NC	4		8.560		
18:2 undifferentiated....g	5.052	0.741	9	AS	1		7.680		
18:2 n-6 c,c....g	4.991	0.735	9	A	1		7.586		
18:2 CLAs....g	0.013	0.001	9	A	1		0.020		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.049	0.005	9	A	1		0.074		
18:3 undifferentiated....g	0.516	0.084	9	AS	1		0.784		
18:3 n-3 c,c,c (ALA)....g	0.497	0.081	9	A	1		0.755		
18:3 n-6 c,c,c....g	0.018	0.004	15	A	1		0.028		
18:3i....g									
18:4....g	0.001	0.000	9	A	1		0.001		
20:2 n-6 c,c....g	0.009	0.000	9	A	1		0.013		
20:3 undifferentiated....g	0.010	0.001	9	AS	1		0.016		
20:3 n-3....g	0.001	0.000	9	A	1		0.001		
20:3 n-6....g	0.010	0.001	9	A	1		0.015		
20:4 undifferentiated....g	0.028	0.000	9	A	1		0.042		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000		
21:5....g									
22:4....g	0.009	0.001	12	A	1		0.014		
22:5 n-3 (DPA)....g	0.002	0.000	18	A	1		0.003		
22:6 n-3 (DHA)....g	0.003	0.000	9	A	1		0.004		
Fatty acids, total trans....g	0.078		0	NC	4		0.119		
Fatty acids, total trans-monoenoic....g	0.030		0	NC	4		0.045		

NDB No. 21230

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.074		
Cholesterol.....mg	29		1	A	1		43		
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 = 152g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21490

Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and 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	60.44		0	RKI	6		139.02		
Energy ... kcal	182		0	RKI	6		419		
Energy ... kJ	762		0	RKI	6		1752		
Protein (N x 6.25) ... g	17.34		0	RKI	6		39.87		
Total lipid (fat) ... g	4.57		0	RKI	6		10.51		
Ash ... g	1.29		0	RKI	6		2.97		
Carbohydrate, by difference ... g	16.78		0	RKI	6		38.59		
Fiber, total dietary ... g	0.9		0	RKI	6		2.0		
Sugars, total ... g	3.08		0	RKI	6		7.09		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	62		0	RKI	6		142		
Iron, Fe ... mg	1.58		0	RKI	6		3.63		
Magnesium, Mg ... mg	23		0	RKI	6		52		
Phosphorus, P ... mg	142		0	RKI	6		326		
Potassium, K ... mg	197		0	RKI	6		453		
Sodium, Na ... mg	427		1	A	1		982		
Zinc, Zn ... mg	0.75		0	RKI	6		1.73		
Copper, Cu ... mg	0.071		0	RKI	6		0.163		
Manganese, Mn ... mg	0.200		0	RKI	6		0.460		
Selenium, Se ... µg	19.7		0	RKI	6		45.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.4		0	RKI	6		5.6		
Thiamin ... mg	0.234		0	RKI	6		0.538		
Riboflavin ... mg	0.121		0	RKI	6		0.279		
Niacin ... mg	7.780		0	RKI	6		17.894		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.309		0	RKI	6		0.712		
Folate, total ... µg	39		0	RKI	6		90		
Folic acid ... µg	26		0	RKI	6		59		
Folate, food ... µg	13		0	RKI	6		31		
Folate, DFE ... µg	57		0	NC	4		132		
Choline, total ... mg	45.6		0	RKI	6		104.8		
Betaine ... mg									
Vitamin B-12 ... µg	0.22		0	RKI	6		0.50		
Vitamin B-12, added ... µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE ... µg	11		0	RKI	6		24		
Retinol ... µg	3		0	RKI	6		7		
Carotene, beta ... µg	81		0	RKI	6		186		
Carotene, alpha ... µg	14		0	RKI	6		32		
Cryptoxanthin, beta ... µg	0		0	RKI	6		1		
Vitamin A, IU ... IU	158		0	NC	4		362		
Lycopene ... µg	347		0	RKI	6		798		
Lutein + zeaxanthin ... µg	50		0	RKI	6		115		
Vitamin E (alpha-tocopherol) ... mg	0.38		0	RKI	6		0.87		
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	0.1		0	RKI	6		0.1		
Vitamin D ... IU	2		0	RKI	6		5		
Vitamin K (phylloquinone) ... µg	6.7		0	RKI	6		15.4		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21490

Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and 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	0.949		0	RKI	6		2.182		
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	0.005		0	RKI	6		0.011		
13:0....g									
14:0....g	0.014		0	RKI	6		0.032		
15:0....g									
16:0....g	0.631		0	RKI	6		1.451		
17:0....g									
18:0....g	0.275		0	RKI	6		0.634		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.339		0	RKI	6		3.080		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0	RKI	6		0.164		
17:1....g									
18:1 undifferentiated....g	1.233		0	RKI	6		2.835		
20:1....g	0.020		0	RKI	6		0.045		
22:1 undifferentiated....g	0.006		0	RKI	6		0.013		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.839		0	RKI	6		4.229		
18:2 undifferentiated....g	1.585		0	RKI	6		3.645		
18:3 undifferentiated....g	0.185		0	RKI	6		0.425		
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	0.028		0	RKI	6		0.064		
20:5 n-3 (EPA)....g	0.005		0	RKI	6		0.011		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	RKI	6		0.011		
22:6 n-3 (DHA)....g	0.009		0	RKI	6		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	40		0	RKI	6		92		
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 = 230g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21142
Fast food, biscuit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.88	0.428	12	A	1		15.33		
Energy....kcal	370		0	NC	4		203		
Energy....kJ	1547		0	NC	4		851		
Protein....g	7.08	0.102	12	A	1		3.89		
Total lipid (fat)....g	18.92	0.364	12	A	1		10.40		
Ash....g	3.31	0.038	12	A	1		1.82		
Carbohydrate, by difference....g	42.82		0	NC	4		23.55		
Fiber, total dietary....g	2.5	0.197	6	A	1		1.4		
Sugars, total....g	3.88	0.076	6	A	1		2.13		
Sucrose....g	1.55	0.047	6	A	1		0.85		
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00		
Fructose....g	0.00	0.000	6	A	1		0.00		
Lactose....g	1.81	0.044	6	A	1		1.00		
Maltose....g	0.52	0.025	6	A	1		0.28		
Galactose....g	0.00	0.000	6	A	1		0.00		
Starch....g	37.50	0.266	6	A	1		20.63		
Minerals:									
Calcium, Ca....mg	70	0.723	12	A	1		38		
Iron, Fe....mg	2.76	0.029	12	A	1		1.52		
Magnesium, Mg....mg	15	0.139	12	A	1		8		
Phosphorus, P....mg	474	3.750	12	A	1		261		
Potassium, K....mg	131	4.311	12	A	1		72		
Sodium, Na....mg	979	17.671	12	A	1		539		
Zinc, Zn....mg	0.50	0.005	12	A	1		0.27		
Copper, Cu....mg	0.081	0.001	12	A	1		0.045		
Manganese, Mn....mg	0.388	0.008	12	A	1		0.213		
Selenium, Se....µg	12.1	1.200	6	A	1		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.441	0.008	6	A	1		0.242		
Riboflavin....mg	0.303	0.009	6	A	1		0.167		
Niacin....mg	3.713	0.075	6	A	1		2.042		
Pantothenic acid....mg	0.415	0.014	4	A	1		0.228		
Vitamin B-6....mg	0.059	0.003	6	A	1		0.032		
Folate, total....µg	84	2.950	6	A	1		46		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	18		0	AS	1		10		
Vitamin A, IU....IU	59		0	AS	1		33		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.47	0.063	6	A	1		0.26		
Tocopherol, beta....mg	0.05	0.017	6	A	1		0.03		
Tocopherol, gamma....mg	1.55	0.428	6	A	1		0.85		
Tocopherol, delta....mg	0.51	0.148	6	A	1		0.28		
Tocotrienol, alpha....mg	0.07	0.005	6	A	1		0.04		
Tocotrienol, beta....mg	0.13	0.033	6	A	1		0.07		
Tocotrienol, gamma....mg	0.16	0.006	6	A	1		0.09		
Tocotrienol, delta....mg	0.02	0.002	6	A	1		0.01		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21142
Fast food, biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.803		0	NC	4		6.492		
4:0....g	0.004	0.000	6	A	1		0.002		
6:0....g	0.031	0.001	6	A	1		0.017		
8:0....g	0.367	0.007	6	A	1		0.202		
10:0....g	0.298	0.006	6	A	1		0.164		
12:0....g	3.239	0.071	6	A	1		1.782		
13:0....g									
14:0....g	1.048	0.022	6	A	1		0.576		
15:0....g	0.004	0.000	6	A	1		0.002		
16:0....g	3.760	0.059	6	A	1		2.068		
17:0....g	0.012	0.000	6	A	1		0.007		
18:0....g	2.950	0.086	6	A	1		1.623		
20:0....g	0.055	0.002	6	A	1		0.030		
22:0....g	0.020	0.002	6	A	1		0.011		
24:0....g	0.015	0.001	6	A	1		0.008		
Fatty acids, total monounsaturated....g	2.487		0	NC	4		1.368		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.010	0.001	6	AS	1		0.006		
16:1 c....g	0.010	0.001	6	A	1		0.006		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g	0.003	0.000	6	A	1		0.002		
18:1 undifferentiated....g	2.458	0.128	6	AS	1		1.352		
18:1 c....g	2.285	0.094	6	A	1		1.257		
18:1 t....g	0.173	0.059	6	A	1		0.095		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.001	6	A	1		0.009		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.199		0	NC	4		1.210		
18:2 undifferentiated....g	1.989	0.288	6	AS	1		1.094		
18:2 n-6 c,c....g	1.949	0.294	6	A	1		1.072		
18:2 CLAs....g	0.006	0.000	6	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.010	6	A	1		0.019		
18:3 undifferentiated....g	0.205	0.041	6	AS	1		0.113		
18:3 n-3 c,c,c (ALA)....g	0.197	0.039	6	A	1		0.108		
18:3 n-6 c,c,c....g	0.008	0.002	6	A	1		0.005		
18:3i....g	0.000	0.000	6	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.001	0.000	6	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated....g	0.004	0.000	6	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.208		0	NC	4		0.114		
Fatty acids, total trans-monoenoic....g	0.173		0	NC	4		0.095		
Fatty acids, total trans-polyenoic....g	0.035		0	NC	4		0.019		
Cholesterol....mg									
Phytosterols....mg									

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

NDB No. 21142
Fast food, biscuit

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

food, or similar food.

Common Measures:
Measure 1 = 55g: 1 biscuit

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

Food Group: 21 Fast Foods

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

NDB No. 21411

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.90	0.278	4	A	1		114.05		
Energy....kcal	282		0	NC	4		717		
Energy....kJ	1182		0	NC	4		3002		
Protein....g	15.95	0.719	4	A	1		40.51		
Total lipid (fat)....g	14.07	0.309	4	A	1		35.75		
Ash....g	2.08	0.069	4	A	1		5.28		
Carbohydrate, by difference....g	22.99		0	NC	4		58.40		
Fiber, total dietary....g	0.2	0.000	4	A	1		0.4		
Sugars, total....g	2.97	0.030	4	A	1		7.54		
Sucrose....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)....g	0.82	0.024	4	A	1		2.09		
Fructose....g	0.86	0.033	4	A	1		2.17		
Lactose....g	0.37	0.022	4	A	1		0.94		
Maltose....g	0.92	0.049	4	A	1		2.33		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	17.58	0.148	4	A	1		44.66		
Minerals:									
Calcium, Ca....mg	93	6.290	4	A	1		236		
Iron, Fe....mg	2.06	0.031	4	A	1		5.24		
Magnesium, Mg....mg	22	0.401	4	A	1		56		
Phosphorus, P....mg	204	13.375	4	A	1		518		
Potassium, K....mg	145	4.907	4	A	1		367		
Sodium, Na....mg	642		1	LC	8		1631		
Zinc, Zn....mg	2.21	0.172	4	A	1		5.61		
Copper, Cu....mg	0.337	0.038	4	A	1		0.855		
Manganese, Mn....mg	0.188	0.011	4	A	1		0.479		
Selenium, Se....µg	25.1	0.846	4	A	1		63.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.236	0.010	4	A	1		0.600		
Riboflavin....mg	0.255	0.025	4	A	1		0.648		
Niacin....mg	3.355	0.118	4	A	1		8.522		
Pantothenic acid....mg	0.765	0.014	4	A	1		1.944		
Vitamin B-6....mg	0.132	0.010	4	A	1		0.336		
Folate, total....µg	47	2.582	4	A	1		119		
Folic acid....µg	38	2.179	4	A	1		95		
Folate, food....µg	10		0	AS	1		24		
Folate, DFE....µg	73		0	NC	4		186		
Choline, total....mg	82.2		0	AS	1		208.9		
Betaine....mg	10.4		1	A	1		26.4		
Vitamin B-12....µg	1.27	0.107	4	A	1		3.23		
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....µg	83		0	NC	4		210		
Retinol....µg	81	9.894	4	A	1		205		
Carotene, beta....µg	20		0	BFPN	4		50		
Carotene, alpha....µg	0		0	BFPN	4		0		
Cryptoxanthin, beta....µg	4		0	BFPN	4		10		
Vitamin A, IU....IU	306		0	NC	4		776		
Lycopene....µg	0		0	BFPN	4		0		
Lutein + zeaxanthin....µg	151		0	BFPN	4		383		
Vitamin E (alpha-tocopherol)....mg	0.55	0.027	4	A	1		1.41		
Vitamin E, added....mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta....mg	0.03	0.003	4	A	1		0.07		
Tocopherol, gamma....mg	1.14	0.167	4	A	1		2.90		
Tocopherol, delta....mg	0.46	0.067	4	A	1		1.16		
Tocotrienol, alpha....mg	0.01	0.007	4	A	1		0.02		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21411

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.4		0	BFFN	4		0.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	15		0	BFFN	4		37		
Vitamin K (phylloquinone)....µg	3.4	0.490	4	A	1		8.8		
Dihydrophylloquinone....µg	0.6	0.389	4	A	1		1.4		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.419		0	NC	4		13.764		
4:0....g	0.018		0	BFPN	4		0.046		
6:0....g	0.011		0	BFPN	4		0.029		
8:0....g	0.070	0.007	4	A	1		0.178		
10:0....g	0.082	0.009	4	A	1		0.209		
12:0....g	0.092	0.009	4	A	1		0.235		
13:0....g									
14:0....g	0.512	0.024	4	A	1		1.301		
15:0....g	0.062	0.003	4	A	1		0.159		
16:0....g	3.062	0.090	4	A	1		7.779		
17:0....g	0.092	0.006	4	A	1		0.235		
18:0....g	1.382	0.033	4	A	1		3.511		
20:0....g	0.030	0.007	4	A	1		0.076		
22:0....g	0.002	0.002	4	A	1		0.006		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	4.997		0	NC	4		12.693		
14:1....g	0.152	0.013	4	A	1		0.387		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.332	0.026	4	A	1		0.844		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	4.480	0.187	4	A	1		11.379		
20:1....g	0.032	0.003	4	A	1		0.082		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.849		0	NC	4		4.697		
18:2 undifferentiated....g	1.500	0.141	4	A	1		3.810		
18:3 undifferentiated....g	0.145	0.016	4	A	1		0.368		
18:4....g	0.045	0.015	4	A	1		0.114		
20:2 n-6 c,c....g	0.030	0.007	4	A	1		0.076		
20:3 undifferentiated....g	0.025	0.005	4	A	1		0.063		
20:4 undifferentiated....g	0.057	0.002	4	A	1		0.146		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025	0.005	4	A	1		0.063		
22:6 n-3 (DHA)....g	0.022	0.003	4	A	1		0.057		
Fatty acids, total trans....g									
Cholesterol....mg	130	3.416	4	A	1		330		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

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

Common Measures:

Measure 1 = 254g: 1 item

NDB No. 21411

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

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

Food Group: 21 Fast Foods

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

NDB No. 21410

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

Refuse: 0%

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

NDB No. 21410

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.4		0	BFFN	4		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	18		0	BFFN	4		39		
Vitamin K (phylloquinone)....µg	2.8	0.384	3	A	1		6.1		
Dihydrophylloquinone....µg	0.3	0.153	3	A	1		0.7		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.396		0	NC	4		14.008		
4:0....g	0.000		0	BFPN	4		0.000		
6:0....g	0.000		0	BFPN	4		0.000		
8:0....g	0.077	0.003	3	A	1		0.168		
10:0....g	0.103	0.003	3	A	1		0.226		
12:0....g	0.113	0.003	3	A	1		0.248		
13:0....g									
14:0....g	0.503	0.023	3	A	1		1.102		
15:0....g	0.043	0.003	3	A	1		0.095		
16:0....g	3.757	0.192	3	A	1		8.227		
17:0....g	0.063	0.003	3	A	1		0.139		
18:0....g	1.690	0.092	3	A	1		3.701		
20:0....g	0.047	0.013	3	A	1		0.102		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	6.026		0	NC	4		13.198		
14:1....g	0.060	0.000	3	A	1		0.131		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.340	0.021	3	A	1		0.745		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	5.550	0.313	3	A	1		12.154		
20:1....g	0.077	0.009	3	A	1		0.168		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.603		0	NC	4		5.700		
18:2 undifferentiated....g	2.113	0.119	3	A	1		4.628		
18:3 undifferentiated....g	0.150	0.012	3	A	1		0.328		
18:4....g	0.053	0.003	3	A	1		0.117		
20:2 n-6 c,c....g	0.150	0.055	3	A	1		0.328		
20:3 undifferentiated....g	0.030	0.006	3	A	1		0.065		
20:4 undifferentiated....g	0.070	0.000	3	A	1		0.153		
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020	0.000	3	A	1		0.044		
22:6 n-3 (DHA)....g	0.017	0.003	3	A	1		0.036		
Fatty acids, total trans....g									
Cholesterol....mg	133	2.963	3	A	1		291		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

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

Common Measures:

Measure 1 = 219g: 1 item

NDB No. 21410

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

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.51		0		1		77.71		
Energy	kcal	277		0	NC	4		410		
Energy	kJ	1159		0		4		1715		
Protein (N x 6.19)	g	12.12		1		1		17.94		
Total lipid (fat)	g	19.21		1		1		28.43		
Ash	g	1.78		0		1		2.63		
Carbohydrate, by difference	g	14.37		0	NC	4		21.27		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	93		1		1		138		
Iron, Fe	mg	3.58		1		1		5.30		
Magnesium, Mg	mg	17		0		4		25		
Phosphorus, P	mg	152		0		4		225		
Potassium, K	mg	207		1		1		306		
Sodium, Na	mg	600		1		1		888		
Zinc, Zn	mg	1.89		0		4		2.80		
Copper, Cu	mg	0.072		0		4		0.107		
Manganese, Mn	mg	0.165		0		4		0.244		
Selenium, Se	µg	21.2		0	RK	4		31.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.1		
Thiamin	mg	0.240		1		1		0.355		
Riboflavin	mg	0.350		1		1		0.518		
Niacin	mg	2.070		1		1		3.064		
Pantothenic acid	mg	0.730		0		4		1.080		
Vitamin B-6	mg	0.120		0		4		0.178		
Folate, total	µg	38		0	RK	4		56		
Folic acid	µg	19		0	NC	4		28		
Folate, food	µg	19		0		4		28		
Folate, DFE	µg	51		0	NC	4		76		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.95		0		4		1.41		
Vitamin A, RAE	µg	139		0	NC	4		206		
Retinol	µg	138		0	NC	4		204		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	476		0		1		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. 21006
Fast foods, biscuit with egg and steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.810		0		1		8.599		
Fatty acids, total monounsaturated.....g	7.910		0		1		11.707		
Fatty acids, total polyunsaturated.....g	3.950		1		1		5.846		
Fatty acids, total trans.....g									
Cholesterol.....mg	184		1		1		272		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0		1		0.229		
Threonine.....g	0.505		0		1		0.747		
Isoleucine.....g	0.589		0		1		0.872		
Leucine.....g	0.965		0		1		1.428		
Lysine.....g	0.799		0		1		1.183		
Methionine.....g	0.311		0		1		0.460		
Cystine.....g	0.200		0		1		0.296		
Phenylalanine.....g	0.560		0		1		0.829		
Tyrosine.....g	0.433		0		1		0.641		
Valine.....g	0.662		0		1		0.980		
Arginine.....g	0.685		0		1		1.014		
Histidine.....g	0.339		0		1		0.502		
Alanine.....g	0.629		0		1		0.931		
Aspartic acid.....g	0.999		0		1		1.479		
Glutamic acid.....g	2.148		0		1		3.179		
Glycine.....g	0.503		0		1		0.744		
Proline.....g	0.705		0		1		1.043		
Serine.....g	0.633		0		1		0.937		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 148g: 1 biscuit

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

Food Group: 21 Fast Foods

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

NDB No. 21002
Fast foods, biscuit, with egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.06			RA	4		68.08		
Energy....kcal	274			RA	4		373		
Energy....kJ	1145			RA	4		1557		
Protein....g	8.53			RA	4		11.61		
Total lipid (fat)....g	16.23			RA	4		22.08		
Ash....g	1.77			RA	4		2.40		
Carbohydrate, by difference....g	23.46			RA	4		31.90		
Fiber, total dietary....g	0.6			RA	4		0.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60			RA	4		81		
Iron, Fe....mg	2.13			RA	4		2.90		
Magnesium, Mg....mg	14			RA	4		19		
Phosphorus, P....mg	285			RA	4		388		
Potassium, K....mg	175			RA	4		238		
Sodium, Na....mg	655			RA	4		891		
Zinc, Zn....mg	0.73			RA	4		0.99		
Copper, Cu....mg	0.045			RA	4		0.062		
Manganese, Mn....mg	0.192			RA	4		0.260		
Selenium, Se....µg	20.1			RA	4		27.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1			RA	4		0.1		
Thiamin....mg	0.223			RA	4		0.304		
Riboflavin....mg	0.358			RA	4		0.487		
Niacin....mg	1.583			RA	4		2.153		
Pantothenic acid....mg	0.654			RA	4		0.890		
Vitamin B-6....mg	0.082			RA	4		0.112		
Folate, total....µg	42			RA	4		58		
Folic acid....µg	24			RA	4		33		
Folate, food....µg	19		0	NC	4		25		
Folate, DFE....µg	59		0	NC	4		81		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.46			RA	4		0.63		
Vitamin A, RAE....µg	132		0	NC	4		180		
Retinol....µg	131		0	NC	4		178		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	456			RA	4		620		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21002
Fast foods, biscuit, with egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.477			RA	4		4.728		
4:0....g	0.014			RA	4		0.019		
6:0....g	0.009			RA	4		0.012		
8:0....g	0.007			RA	4		0.009		
10:0....g	0.013			RA	4		0.017		
12:0....g	0.015			RA	4		0.020		
13:0....g									
14:0....g	0.078			RA	4		0.107		
15:0....g									
16:0....g	2.294			RA	4		3.119		
17:0....g									
18:0....g	1.048			RA	4		1.425		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.671			RA	4		9.073		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.164			RA	4		0.223		
17:1....g									
18:1 undifferentiated....g	6.494			RA	4		8.832		
20:1....g	0.012			RA	4		0.016		
22:1 undifferentiated....g	0.001			RA	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.706			RA	4		6.401		
18:2 undifferentiated....g	4.359			RA	4		5.928		
18:3 undifferentiated....g	0.271			RA	4		0.369		
18:4....g	0.000			RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.059			RA	4		0.080		
20:5 n-3 (EPA)....g	0.002			RA	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000			RA	4		0.000		
22:6 n-3 (DHA)....g	0.015			RA	4		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	180			RA	4		245		
Phytosterols....mg	13			RA	4		18		
Amino Acids:									
Tryptophan....g	0.105			RA	4		0.142		
Threonine....g	0.352			RA	4		0.479		
Isoleucine....g	0.416			RA	4		0.565		
Leucine....g	0.690			RA	4		0.938		
Lysine....g	0.487			RA	4		0.662		
Methionine....g	0.226			RA	4		0.307		
Cystine....g	0.182			RA	4		0.247		
Phenylalanine....g	0.440			RA	4		0.599		
Tyrosine....g	0.323			RA	4		0.439		
Valine....g	0.468			RA	4		0.636		
Arginine....g	0.442			RA	4		0.601		
Histidine....g	0.199			RA	4		0.271		
Alanine....g	0.396			RA	4		0.539		
Aspartic acid....g	0.685			RA	4		0.932		
Glutamic acid....g	1.685			RA	4		2.291		
Glycine....g	0.282			RA	4		0.383		
Proline....g	0.572			RA	4		0.778		
Serine....g	0.554			RA	4		0.753		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0			RA	4		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 21002
Fast foods, biscuit, with egg

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

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

Common Measures:

Measure 1 = 136g: 1 biscuit

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.67		1		4		70.01		
Energy....kcal	305		0	NC	4		458		
Energy....kJ	1276		0		4		1914		
Protein (N x 6.12)....g	11.33	0.087	3		1		17.00		
Total lipid (fat)....g	20.73	1.812	3		1		31.10		
Ash....g	2.40		1		4		3.60		
Carbohydrate, by difference....g	19.06		3		9		28.59		
Fiber, total dietary....g	0.5		0		4		0.8		
Sugars, total....g	2.19		0	FLA	4		3.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	126		2		1		189		
Iron, Fe....mg	2.49		2		1		3.74		
Magnesium, Mg....mg	16		1		4		24		
Phosphorus, P....mg	159		1		4		239		
Potassium, K....mg	167		1		1		251		
Sodium, Na....mg	844		1		1		1266		
Zinc, Zn....mg	1.09		1		4		1.64		
Copper, Cu....mg	0.075		1		4		0.113		
Manganese, Mn....mg	0.186		1		4		0.279		
Selenium, Se....µg	20.6		0	RK	4		30.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		2		1		2.7		
Thiamin....mg	0.090		2		1		0.135		
Riboflavin....mg	0.150		2		1		0.225		
Niacin....mg	1.600		2		1		2.400		
Pantothenic acid....mg	0.810		1		4		1.215		
Vitamin B-6....mg	0.090		1		4		0.135		
Folate, total....µg	40		0	RK	4		60		
Folic acid....µg	20		0	NC	4		30		
Folate, food....µg	20		0		4		30		
Folate, DFE....µg	54		0	NC	4		81		
Choline, total....mg	98.5		0	FLA	4		147.8		
Betaine....mg									
Vitamin B-12....µg	0.69		1		4		1.04		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	63		0	FLA	4		95		
Retinol....µg	62		0	FLA	4		93		
Carotene, beta....µg	14		0	FLA	4		21		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	3		0	FLA	4		4		
Vitamin A, IU....IU	233		0	NC	4		349		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	107		0	FLA	4		161		
Vitamin E (alpha-tocopherol)....mg	1.34		0	FLA	4		2.02		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	FLA	4		0.9		
Vitamin D....IU	25		0	FLA	4		38		
Vitamin K (phylloquinone)....µg	4.3		0	FLA	4		6.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	5.300		0		4		7.950		
4:0....g	0.013		0		4		0.020		
6:0....g	0.008		0		4		0.012		
8:0....g	0.006		0		4		0.009		
10:0....g	0.022		0		4		0.033		
12:0....g	0.022		0		4		0.033		
13:0....g									
14:0....g	0.147		0		4		0.221		
15:0....g									
16:0....g	3.416		0		4		5.124		
17:0....g									
18:0....g	1.647		0		4		2.471		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.960		0		4		13.440		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.357		0		4		0.536		
17:1....g									
18:1 undifferentiated....g	8.587		0		4		12.881		
20:1....g	0.011		0		4		0.017		
22:1 undifferentiated....g	0.001		0		4		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.980		0		4		7.470		
18:2 undifferentiated....g	4.551		0		4		6.827		
18:3 undifferentiated....g	0.341		0		4		0.512		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.069		0		4		0.104		
20:5 n-3 (EPA)....g	0.001		0		4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.014		0		4		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	235	32.533	3		1		353		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0		1		0.216		
Threonine....g	0.453		0		1		0.680		
Isoleucine....g	0.548		0		1		0.822		
Leucine....g	0.875		0		1		1.313		
Lysine....g	0.683		0		1		1.025		
Methionine....g	0.281		0		1		0.422		
Cystine....g	0.196		0		1		0.294		
Phenylalanine....g	0.540		0		1		0.810		
Tyrosine....g	0.396		0		1		0.594		
Valine....g	0.635		0		1		0.953		
Arginine....g	0.624		0		1		0.936		
Histidine....g	0.287		0		1		0.431		
Alanine....g	0.559		0		1		0.839		
Aspartic acid....g	0.890		0		1		1.335		
Glutamic acid....g	2.036		0		1		3.054		
Glycine....g	0.513		0		1		0.770		
Proline....g	0.727		0		1		1.091		
Serine....g	0.624		0		1		0.936		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 150g: 1 biscuit

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.60		0		1		103.01		
Energy	kcal	233		0	NC	4		423		
Energy	kJ	973		0	NC	4		1771		
Protein (N x 6.09)	g	10.64		2		1		19.36		
Total lipid (fat)	g	14.08		2		1		25.63		
Ash	g	2.31		1		4		4.20		
Carbohydrate, by difference	g	16.37		2		1		29.79		
Fiber, total dietary	g	0.4		0		4		0.7		
Sugars, total	g	2.20		0	FLA	4		4.01		
Starch	g									
Minerals:										
Calcium, Ca	mg	115		1		1		209		
Iron, Fe	mg	2.37		1		1		4.31		
Magnesium, Mg	mg	16		1		4		29		
Phosphorus, P	mg	165		1		4		300		
Potassium, K	mg	166		1		1		302		
Sodium, Na	mg	1093		0	LC	8		1989		
Zinc, Zn	mg	1.16		1		4		2.11		
Copper, Cu	mg	0.072		1		4		0.131		
Manganese, Mn	mg	0.159		1		4		0.289		
Selenium, Se	µg	19.2		0	RK	4		34.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.350		1		1		0.637		
Riboflavin	mg	0.310		1		1		0.564		
Niacin	mg	1.040		1		1		1.893		
Pantothenic acid	mg	0.870		1		4		1.583		
Vitamin B-6	mg	0.140		1		4		0.255		
Folate, total	µg	34		0	RK	4		62		
Folic acid	µg	17		0	NC	4		31		
Folate, food	µg	17		0		4		31		
Folate, DFE	µg	46		0	NC	4		84		
Choline, total	mg	97.0		0	FLA	4		176.6		
Betaine	mg									
Vitamin B-12	µg	0.62		1		4		1.13		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	60		0	NC	4		110		
Retinol	µg	59		0	FLA	4		107		
Carotene, beta	µg	14		0	FLA	4		26		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	3		0	FLA	4		5		
Vitamin A, IU	IU	223		0	NC	4		405		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	108		0	FLA	4		196		
Vitamin E (alpha-tocopherol)	mg	1.10		0	FLA	4		2.00		
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									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.6		0	FLA	4		1.1		
Vitamin D	IU	25		0	FLA	4		45		
Vitamin K (phylloquinone)	µg	3.6		0	FLA	4		6.5		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.080		0		4		5.606		
4:0....g	0.015		0		4		0.027		
6:0....g	0.009		0		4		0.016		
8:0....g	0.007		0		4		0.013		
10:0....g	0.014		0		4		0.025		
12:0....g	0.015		0		4		0.027		
13:0....g									
14:0....g	0.075		0		4		0.137		
15:0....g									
16:0....g	2.043		0		4		3.718		
17:0....g									
18:0....g	0.890		0		4		1.620		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.710		0		4		10.392		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.168		0		4		0.306		
17:1....g									
18:1 undifferentiated....g	5.530		0		4		10.065		
20:1....g	0.012		0		4		0.022		
22:1 undifferentiated....g	0.001		0		4		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.010		0		4		7.298		
18:2 undifferentiated....g	3.691		0		4		6.718		
18:3 undifferentiated....g	0.243		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	0.061		0		4		0.111		
20:5 n-3 (EPA)....g	0.002		0		4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.016		0		4		0.029		
Fatty acids, total trans....g									
Cholesterol....mg	156		2		1		284		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0		1		0.258		
Threonine....g	0.456		0		1		0.830		
Isoleucine....g	0.521		0		1		0.948		
Leucine....g	0.863		0		1		1.571		
Lysine....g	0.722		0		1		1.314		
Methionine....g	0.281		0		1		0.511		
Cystine....g	0.196		0		1		0.357		
Phenylalanine....g	0.519		0		1		0.945		
Tyrosine....g	0.383		0		1		0.697		
Valine....g	0.564		0		1		1.026		
Arginine....g	0.620		0		1		1.128		
Histidine....g	0.311		0		1		0.566		
Alanine....g	0.556		0		1		1.012		
Aspartic acid....g	0.907		0		1		1.651		
Glutamic acid....g	1.974		0		1		3.593		
Glycine....g	0.439		0		1		0.799		
Proline....g	0.620		0		1		1.128		
Serine....g	0.575		0		1		1.047		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 182g: 1 biscuit

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.5		0	BFFN	4		0.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	21		0	BFFN	4		31		
Vitamin K (phylloquinone)....µg	4.2	0.856	4	A	1		6.0		
Dihydrophylloquinone....µg	21.7	1.747	4	A	1		31.4		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.893		0	NC	4		8.545		
4:0....g	0.206		0	BFFN	4		0.299		
6:0....g	0.070		0	BFFN	4		0.102		
8:0....g	0.062	0.005	4	A	1		0.091		
10:0....g	0.072	0.005	4	A	1		0.105		
12:0....g	0.085	0.006	4	A	1		0.123		
13:0....g									
14:0....g	0.347	0.026	4	A	1		0.504		
15:0....g	0.035	0.003	4	A	1		0.051		
16:0....g	3.060	0.038	4	A	1		4.437		
17:0....g	0.037	0.003	4	A	1		0.054		
18:0....g	1.837	0.025	4	A	1		2.664		
20:0....g	0.030	0.000	4	A	1		0.043		
22:0....g	0.022	0.003	4	A	1		0.032		
24:0....g	0.027	0.009	4	A	1		0.040		
Fatty acids, total monounsaturated....g	8.035		0	NC	4		11.650		
14:1....g									
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.212	0.005	4	A	1		0.308		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	7.775	0.157	4	A	1		11.274		
20:1....g	0.047	0.003	4	A	1		0.069		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.922		0	NC	4		2.787		
18:2 undifferentiated....g	1.567	0.008	4	A	1		2.273		
18:3 undifferentiated....g	0.097	0.005	4	A	1		0.141		
18:4....g	0.042	0.003	4	A	1		0.062		
20:2 n-6 c,c....g	0.075	0.009	4	A	1		0.109		
20:3 undifferentiated....g	0.002	0.002	4	A	1		0.004		
20:4 undifferentiated....g	0.062	0.003	4	A	1		0.091		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022	0.003	4	A	1		0.032		
22:6 n-3 (DHA)....g	0.052	0.005	4	A	1		0.076		
Fatty acids, total trans....g									
Cholesterol....mg	166	5.907	4	A	1		240		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.236		
Threonine....g	0.500		0	A	1		0.725		
Isoleucine....g	0.515		0	A	1		0.747		
Leucine....g	0.931		0	A	1		1.350		
Lysine....g	0.695		0	A	1		1.008		
Methionine....g	0.295		0	A	1		0.428		
Cystine....g	0.208		0	A	1		0.301		
Phenylalanine....g	0.561		0	A	1		0.813		
Tyrosine....g	0.393		0	A	1		0.570		
Valine....g	0.636		0	A	1		0.922		
Arginine....g	0.590		0	A	1		0.856		
Histidine....g	0.303		0	A	1		0.439		
Alanine....g	0.528		0	A	1		0.765		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	1.005		0	A	1		1.457		
Glutamic acid.....g	2.253		0	A	1		3.266		
Glycine.....g	0.431		0	A	1		0.625		
Proline.....g	0.788		0	A	1		1.142		
Serine.....g	0.696		0	A	1		1.009		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

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

Common Measures:

Measure 1 = 145g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21008
Fast foods, biscuit, with ham

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.40		1		1		46.01		
Energy	kcal	342		0	NC	4		554		
Energy	kJ	1431		0		4		2318		
Protein (N x 5.98)	g	11.85	0.838	4		1		19.20		
Total lipid (fat)	g	16.30	1.265	4		1		26.41		
Ash	g	4.70		1		1		7.61		
Carbohydrate, by difference	g	38.75		0	NC	4		62.78		
Fiber, total dietary	g	0.7		0		4		1.1		
Sugars, total	g	1.97		0	FLA	4		3.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	142	19.383	4		1		230		
Iron, Fe	mg	2.41	0.387	4		1		3.90		
Magnesium, Mg	mg	20		1		1		32		
Phosphorus, P	mg	490		1		1		794		
Potassium, K	mg	174	14.834	4		1		282		
Sodium, Na	mg	974		0	LC	8		1578		
Zinc, Zn	mg	1.46		1		1		2.37		
Copper, Cu	mg	0.032		1		1		0.052		
Manganese, Mn	mg	0.320		1		1		0.518		
Selenium, Se	µg	17.1		0	RK	4		27.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.2		
Thiamin	mg	0.450	0.053	4		1		0.729		
Riboflavin	mg	0.280	0.062	4		1		0.454		
Niacin	mg	3.080	0.585	4		1		4.990		
Pantothenic acid	mg	0.360		1		1		0.583		
Vitamin B-6	mg	0.120		1		1		0.194		
Folate, total	µg	34		0	RK	4		55		
Folic acid	µg	27		0	NC	4		44		
Folate, food	µg	7		1		1		11		
Folate, DFE	µg	53		0	NC	4		86		
Choline, total	mg	40.8		0	FLA	4		66.1		
Betaine	mg									
Vitamin B-12	µg	0.03		1		1		0.05		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	27		0	FLA	4		44		
Retinol	µg	25		0	FLA	4		41		
Carotene, beta	µg	20		0	FLA	4		32		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	118		1		1		191		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	5		0	FLA	4		8		
Vitamin E (alpha-tocopherol)	mg	1.23		0	FLA	4		2.00		
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									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.3		0	FLA	4		0.5		
Vitamin D	IU	13		0	FLA	4		20		
Vitamin K (phylloquinone)	µg	5.7		0	FLA	4		9.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 21008
Fast foods, biscuit, with ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.096		0		1		16.356		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.363		1		1		0.588		
10:0....g	0.346		1		1		0.561		
12:0....g	2.997		1		1		4.855		
13:0....g									
14:0....g	1.280		1		1		2.074		
15:0....g									
16:0....g	2.357		1		1		3.818		
17:0....g									
18:0....g	2.644		1		1		4.283		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.277		0		1		6.929		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.182		1		1		0.295		
17:1....g									
18:1 undifferentiated....g	4.064		1		1		6.584		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.918		0		1		1.487		
18:2 undifferentiated....g	0.808		1		1		1.309		
18:3 undifferentiated....g	0.081		1		1		0.131		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		1		1		0.047		
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	22	4.737	3		1		36		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0		1		0.238		
Threonine....g	0.481		0		1		0.779		
Isoleucine....g	0.513		0		1		0.831		
Leucine....g	0.937		0		1		1.518		
Lysine....g	0.818		0		1		1.325		
Methionine....g	0.289		0		1		0.468		
Cystine....g	0.196		0		1		0.318		
Phenylalanine....g	0.547		0		1		0.886		
Tyrosine....g	0.400		0		1		0.648		
Valine....g	0.533		0		1		0.863		
Arginine....g	0.680		0		1		1.102		
Histidine....g	0.382		0		1		0.619		
Alanine....g	0.604		0		1		0.978		
Aspartic acid....g	0.957		0		1		1.550		
Glutamic acid....g	2.558		0		1		4.144		
Glycine....g	0.549		0		1		0.889		
Proline....g	0.794		0		1		1.286		
Serine....g	0.533		0		1		0.863		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		

NDB No. 21008
Fast foods, biscuit, with ham

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

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

Common Measures:

Measure 1 = 162g: 1 biscuit

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

Food Group: 21 Fast Foods

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

NDB No. 21009
Fast foods, biscuit, with sausage

Refuse: 0%

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

NDB No. 21009
Fast foods, biscuit, with sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		0	FLA	4		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	14		0	FLA	4		15		
Vitamin K (phylloquinone)....µg	5.5	0.794	4	A	1		6.1		
Dihydrophylloquinone....µg	28.9	3.195	4	A	1		32.1		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.427		0	NC	4		8.244		
4:0....g	0.000		0		1		0.000		
6:0....g	0.001		0	FLA	4		0.001		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.012	0.003	4	A	1		0.014		
12:0....g	0.012	0.003	4	A	1		0.014		
13:0....g									
14:0....g	0.202	0.014	4	A	1		0.225		
15:0....g	0.002	0.002	4	A	1		0.003		
16:0....g	4.277	0.149	4	A	1		4.748		
17:0....g	0.057	0.002	4	A	1		0.064		
18:0....g	2.705	0.077	4	A	1		3.002		
20:0....g	0.132	0.003	4	A	1		0.147		
22:0....g	0.025	0.003	4	A	1		0.028		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	12.157		0	NC	4		13.495		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.380	0.019	4	A	1		0.422		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	11.650	0.240	4	A	1		12.931		
20:1....g	0.127	0.005	4	A	1		0.141		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.107		0	NC	4		3.449		
18:2 undifferentiated....g	2.620	0.109	4	A	1		2.908		
18:3 undifferentiated....g	0.140	0.006	4	A	1		0.155		
18:4....g	0.030	0.004	4	A	1		0.033		
20:2 n-6 c,c....g	0.282	0.016	4	A	1		0.314		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.035	0.003	4	A	1		0.039		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	28	0.901	4	A	1		32		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.117		
Threonine....g	0.353		0	A	1		0.392		
Isoleucine....g	0.358		0	A	1		0.397		
Leucine....g	0.661		0	A	1		0.734		
Lysine....g	0.521		0	A	1		0.578		
Methionine....g	0.162		0	A	1		0.180		
Cystine....g	0.153		0	A	1		0.170		
Phenylalanine....g									
Tyrosine....g	0.246		0	A	1		0.273		
Valine....g	0.416		0	A	1		0.461		
Arginine....g									
Histidine....g	0.250		0	A	1		0.278		
Alanine....g	0.434		0	A	1		0.481		

NDB No. 21009
Fast foods, biscuit, with sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g									
Glutamic acid.....g	2.029		0	A	1		2.252		
Glycine.....g	0.491		0	A	1		0.545		
Proline.....g									
Serine.....g	0.411		0	A	1		0.456		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 111g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21027
Fast foods, brownie

Refuse: 0%

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

NDB No. 21027
Fast foods, brownie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.220		1		1		3.132		
Fatty acids, total monounsaturated....g	6.377		1		1		3.826		
Fatty acids, total polyunsaturated....g	4.398		1		1		2.639		
Fatty acids, total trans....g									
Cholesterol....mg	16		1		1		10		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0		1		0.034		
Threonine....g	0.158		0		1		0.095		
Isoleucine....g	0.199		0		1		0.119		
Leucine....g	0.339		0		1		0.203		
Lysine....g	0.223		0		1		0.134		
Methionine....g	0.082		0		1		0.049		
Cystine....g	0.060		0		1		0.036		
Phenylalanine....g	0.207		0		1		0.124		
Tyrosine....g	0.167		0		1		0.100		
Valine....g	0.236		0		1		0.142		
Arginine....g	0.176		0		1		0.106		
Histidine....g	0.100		0		1		0.060		
Alanine....g	0.151		0		1		0.091		
Aspartic acid....g	0.287		0		1		0.172		
Glutamic acid....g	1.038		0		1		0.623		
Glycine....g	0.131		0		1		0.079		
Proline....g	0.396		0		1		0.238		
Serine....g	0.214		0		1		0.128		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	2		0	BFZN	4		1		
Theobromine....mg	79		0	BFZN	4		47		

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

Common Measures:

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

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

Food Group: 21 Fast Foods

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

NDB No. 21060
Fast foods, burrito, with beans

Refuse: 0%

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

NDB No. 21060
Fast foods, burrito, with beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.230		1		1		0.499		
15:0....g									
16:0....g	1.965		1		1		4.264		
17:0....g									
18:0....g	0.980		1		1		2.127		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.184		0		1		4.739		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.184		1		1		4.739		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.551		0		1		1.196		
18:2 undifferentiated....g	0.439		1		1		0.953		
18:3 undifferentiated....g	0.112		1		1		0.243		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		4		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.171		
Threonine....g	0.244		0		1		0.529		
Isoleucine....g	0.270		0		1		0.586		
Leucine....g	0.504		0		1		1.094		
Lysine....g	0.343		0		1		0.744		
Methionine....g	0.107		0		1		0.232		
Cystine....g	0.098		0		1		0.213		
Phenylalanine....g	0.351		0		1		0.762		
Tyrosine....g	0.192		0		1		0.417		
Valine....g	0.319		0		1		0.692		
Arginine....g	0.359		0		1		0.779		
Histidine....g	0.172		0		1		0.373		
Alanine....g	0.255		0		1		0.553		
Aspartic acid....g	0.610		0		1		1.324		
Glutamic acid....g	1.469		0		1		3.188		
Glycine....g	0.251		0		1		0.545		
Proline....g	0.463		0		1		1.005		
Serine....g	0.351		0		1		0.762		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 217g: 2 pieces

NDB No. 21060
Fast foods, burrito, with beans

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.00		0	FLC	4		144.60		
Energy....kcal	191		0	FLC	4		461		
Energy....kJ	801		0	FLC	4		1930		
Protein (N x 6.14)....g	11.52		0	FLC	4		27.75		
Total lipid (fat)....g	7.47		0	FLC	4		18.00		
Ash....g	1.51		0	FLC	4		3.64		
Carbohydrate, by difference....g	19.52		0	FLC	4		47.04		
Fiber, total dietary....g	3.0		0	FLC	4		7.1		
Sugars, total....g	2.19		0	FLC	4		5.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0	FLC	4		217		
Iron, Fe....mg	1.91		0	FLC	4		4.61		
Magnesium, Mg....mg	25		0	FLC	4		61		
Phosphorus, P....mg	163		0	FLC	4		393		
Potassium, K....mg	269		0	FLC	4		648		
Sodium, Na....mg	570		0	LC	8		1374		
Zinc, Zn....mg	1.99		0	FLC	4		4.79		
Copper, Cu....mg	0.110		0	FLC	4		0.265		
Manganese, Mn....mg	0.247		0	FLC	4		0.595		
Selenium, Se....µg	12.4		0	FLC	4		30.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0	FLC	4		4.6		
Thiamin....mg	0.173		0	FLC	4		0.418		
Riboflavin....mg	0.115		0	FLC	4		0.278		
Niacin....mg	2.184		0	FLC	4		5.264		
Pantothenic acid....mg	0.312		0	FLC	4		0.751		
Vitamin B-6....mg	0.197		0	FLC	4		0.474		
Folate, total....µg	73		0	FLC	4		175		
Folic acid....µg	24		0	FLC	4		59		
Folate, food....µg	48		0	FLC	4		116		
Folate, DFE....µg	90		0	NC	4		216		
Choline, total....mg	31.7		0	FLC	4		76.3		
Betaine....mg									
Vitamin B-12....µg	0.68		0	FLC	4		1.64		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	17		0	FLC	4		41		
Retinol....µg	16		0	FLC	4		38		
Carotene, beta....µg	16		0	FLC	4		39		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	79		0	FLC	4		190		
Lycopene....µg	638		0	FLC	4		1536		
Lutein + zeaxanthin....µg	4		0	FLC	4		9		
Vitamin E (alpha-tocopherol)....mg	0.45		0	FLC	4		1.08		
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	0.1		0	FLC	4		0.2		
Vitamin D....IU	3		0	FLC	4		8		
Vitamin K (phylloquinone)....µg	2.4		0	FLC	4		5.9		
Dihydrophylloquinone....µg	1.8		0	FLC	4		4.4		
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.905		0	FLC	4		7.000		
4:0....g	0.059		0	FLC	4		0.142		
6:0....g	0.030		0	FLC	4		0.072		
8:0....g	0.016		0	FLC	4		0.038		
10:0....g	0.034		0	FLC	4		0.081		
12:0....g	0.033		0	FLC	4		0.079		
13:0....g									
14:0....g	0.289		0	FLC	4		0.697		
15:0....g									
16:0....g	1.534		0	FLC	4		3.696		
17:0....g									
18:0....g	0.786		0	FLC	4		1.894		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.257		0	FLC	4		7.850		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.211		0	FLC	4		0.509		
17:1....g									
18:1 undifferentiated....g	2.864		0	FLC	4		6.902		
20:1....g	0.016		0	FLC	4		0.039		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.577		0	FLC	4		1.392		
18:2 undifferentiated....g	0.468		0	FLC	4		1.127		
18:3 undifferentiated....g	0.083		0	FLC	4		0.199		
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	0.011		0	FLC	4		0.026		
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	26		0	FLC	4		63		
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 = 241g: 1 item

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.17	0.543	6	A	1		98.36		
Energy....kcal	205		0	NC	4		379		
Energy....kJ	856		0	NC	4		1584		
Protein (N x 6.11)....g	7.35	0.133	6	A	1		13.60		
Total lipid (fat)....g	6.05	0.308	6	A	1		11.19		
Ash....g	2.20	0.069	6	A	1		4.08		
Carbohydrate, by difference....g	31.23		0	NC	4		57.77		
Fiber, total dietary....g	4.2	0.033	3	A	1		7.8		
Sugars, total....g	1.73	0.033	3	A	1		3.21		
Sucrose....g	0.40	0.000	3	A	1		0.74		
Glucose (dextrose)....g	0.40	0.000	3	A	1		0.74		
Fructose....g	0.50	0.000	3	A	1		0.93		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.43	0.033	3	A	1		0.80		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	21.58	0.773	6	A	1		39.93		
Minerals:									
Calcium, Ca....mg	124	5.833	6	A	1		229		
Iron, Fe....mg	2.37	0.034	6	A	1		4.39		
Magnesium, Mg....mg	34	0.438	6	A	1		63		
Phosphorus, P....mg	163	2.206	6	A	1		302		
Potassium, K....mg	261	4.595	6	A	1		483		
Sodium, Na....mg	563	6.204	6	A	1		1041		
Zinc, Zn....mg	0.86	0.017	6	A	1		1.59		
Copper, Cu....mg	0.164	0.002	6	A	1		0.304		
Manganese, Mn....mg	0.456	0.007	6	A	1		0.843		
Selenium, Se....µg	11.7		0	FLA	4		21.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.7		
Thiamin....mg	0.190		1	A	1		0.351		
Riboflavin....mg	0.100		1	A	1		0.185		
Niacin....mg	2.020		1	A	1		3.737		
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		1	A	1		0.185		
Folate, total....µg	104		0	FLA	4		193		
Folic acid....µg	33		0	FLA	4		62		
Folate, food....µg	71		0	FLA	4		131		
Folate, DFE....µg	128		0	NC	4		236		
Choline, total....mg	18.8		0	FLA	4		34.8		
Betaine....mg									
Vitamin B-12....µg	0.16		1	A	1		0.30		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	25		0	FLA	4		46		
Retinol....µg	23		0	FLA	4		43		
Carotene, beta....µg	24		0	FLA	4		43		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	116		0	NC	4		215		
Lycopene....µg	943		0	FLA	4		1744		
Lutein + zeaxanthin....µg	5		0	FLA	4		9		
Vitamin E (alpha-tocopherol)....mg	0.54		0	FLA	4		1.00		
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. 21061
Fast foods, burrito, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.1		
Vitamin D....IU	2		0	FLA	4		4		
Vitamin K (phylloquinone)....µg	3.2		0	FLA	4		6.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.309		0	NC	4		4.272		
4:0....g	0.033	0.005	6	A	1		0.061		
6:0....g	0.024	0.004	6	A	1		0.044		
8:0....g	0.016	0.002	6	A	1		0.029		
10:0....g	0.037	0.005	6	A	1		0.069		
12:0....g	0.044	0.007	6	A	1		0.082		
13:0....g									
14:0....g	0.154	0.024	6	A	1		0.285		
15:0....g	0.018	0.003	6	A	1		0.034		
16:0....g	0.980	0.064	6	A	1		1.814		
17:0....g	0.016	0.001	6	A	1		0.030		
18:0....g	0.941	0.033	6	A	1		1.741		
20:0....g	0.018	0.000	6	A	1		0.034		
22:0....g	0.016	0.000	6	A	1		0.030		
24:0....g	0.009	0.000	6	A	1		0.017		
Fatty acids, total monounsaturated....g	1.258		0	NC	4		2.327		
14:1....g	0.011	0.002	6	A	1		0.020		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.030	0.004	6	AS	1		0.056		
16:1 c....g	0.025	0.003	6	A	1		0.046		
16:1 t....g	0.006	0.001	6	A	1		0.010		
17:1....g	0.006	0.001	6	A	1		0.010		
18:1 undifferentiated....g	1.174	0.054	6	AS	1		2.173		
18:1 c....g	1.109	0.048	6	A	1		2.052		
18:1 t....g	0.065	0.006	6	A	1		0.121		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034	0.001	6	A	1		0.064		
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.002		
22:1 c....g	0.001	0.000	6	A	1		0.002		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated....g	2.229		0	NC	4		4.124		
18:2 undifferentiated....g	1.873	0.026	6	AS	1		3.465		
18:2 n-6 c,c....g	1.826	0.027	6	A	1		3.378		
18:2 CLAs....g	0.012	0.001	6	A	1		0.022		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.002	6	A	1		0.065		
18:3 undifferentiated....g	0.336	0.003	6	AS	1		0.621		
18:3 n-3 c,c,c (ALA)....g	0.335	0.004	6	A	1		0.620		
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.002	0.000	6	A	1		0.004		
20:3 undifferentiated....g	0.003	0.000	6	AS	1		0.005		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.003	0.000	6	A	1		0.005		
20:4 undifferentiated....g	0.005	0.001	6	A	1		0.009		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.002	6	A	1		0.008		
21:5....g									
22:4....g	0.003	0.000	6	A	1		0.006		
22:5 n-3 (DPA)....g	0.002	0.000	6	A	1		0.003		
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total trans....g	0.106		0	NC	4		0.196		
Fatty acids, total trans-monoenoic....g	0.071		0	NC	4		0.131		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.065		
Cholesterol.....mg	5	0.929	3	A	1		10		
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 = 185g: 1 each burrito

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.729		0		1		7.607		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.040		4		1		0.082		
12:0....g	0.090		4		1		0.184		
13:0....g									
14:0....g	0.422		4		1		0.861		
15:0....g									
16:0....g	2.144		4		1		4.374		
17:0....g									
18:0....g	1.033		4		1		2.107		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.632		0		1		5.369		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.632		4		1		5.369		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.473		0		1		0.965		
18:2 undifferentiated....g	0.405		4		1		0.826		
18:3 undifferentiated....g	0.068		4		1		0.139		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	16	6.320	3		1		33		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.192		
Threonine....g	0.273		0		1		0.557		
Isoleucine....g	0.304		0		1		0.620		
Leucine....g	0.556		0		1		1.134		
Lysine....g	0.362		0		1		0.738		
Methionine....g	0.121		0		1		0.247		
Cystine....g	0.121		0		1		0.247		
Phenylalanine....g	0.391		0		1		0.798		
Tyrosine....g	0.222		0		1		0.453		
Valine....g	0.351		0		1		0.716		
Arginine....g	0.407		0		1		0.830		
Histidine....g	0.197		0		1		0.402		
Alanine....g	0.296		0		1		0.604		
Aspartic acid....g	0.715		0		1		1.459		
Glutamic acid....g	2.083		0		1		4.249		
Glycine....g	0.288		0		1		0.588		
Proline....g	0.573		0		1		1.169		
Serine....g	0.395		0		1		0.806		
Hydroxyproline....g									

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

NDB No. 21062

Fast foods, burrito, with beans and chili peppers

Common Measures:

Measure 1 = 204g: 2 pieces

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	60.90	0.238	6	A	1		146.77		
Energy ... kcal	180		0	NC	4		434		
Energy ... kJ	753		0	NC	4		1815		
Protein (N x 6.17) ... g	7.03	0.192	6	A	1		16.95		
Total lipid (fat) ... g	6.80	0.132	6	A	1		16.39		
Ash ... g	1.89	0.013	6	A	1		4.57		
Carbohydrate, by difference ... g	23.37		0	NC	4		56.33		
Fiber, total dietary ... g	3.7	0.202	3	A	1		9.0		
Sugars, total ... g	2.10	0.058	3	A	1		5.06		
Sucrose ... g	0.17	0.033	3	A	1		0.40		
Glucose (dextrose) ... g	0.50	0.000	3	A	1		1.21		
Fructose ... g	0.60	0.000	3	A	1		1.45		
Lactose ... g	0.33	0.033	3	A	1		0.80		
Maltose ... g	0.50	0.000	3	A	1		1.21		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	14.50	0.231	3	A	1		34.94		
Minerals:									
Calcium, Ca ... mg	90	1.883	6	A	1		218		
Iron, Fe ... mg	1.82	0.025	6	A	1		4.39		
Magnesium, Mg ... mg	23	0.445	6	A	1		55		
Phosphorus, P ... mg	131	1.765	6	A	1		315		
Potassium, K ... mg	204	3.170	6	A	1		490		
Sodium, Na ... mg	451	6.960	6	A	1		1086		
Zinc, Zn ... mg	0.88	0.023	6	A	1		2.13		
Copper, Cu ... mg	0.106	0.002	6	A	1		0.256		
Manganese, Mn ... mg	0.298	0.003	6	A	1		0.718		
Selenium, Se ... µg	10.7	1.419	3	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.3		0	FLA	4		3.0		
Thiamin ... mg	0.213	0.015	3	A	1		0.514		
Riboflavin ... mg	0.223	0.007	3	A	1		0.538		
Niacin ... mg	2.090	0.104	3	A	1		5.037		
Pantothenic acid ... mg	0.345		2	A	1		0.831		
Vitamin B-6 ... mg	0.097	0.003	3	A	1		0.234		
Folate, total ... µg	45	3.673	3	A	1		109		
Folic acid ... µg	31		0	FLA	4		75		
Folate, food ... µg	14		0	NC	4		34		
Folate, DFE ... µg	67		0	NC	4		162		
Choline, total ... mg	27.9		0	AS	1		67.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.27	0.020	3	A	1		0.65		
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE ... µg	52		0	AS	1		125		
Retinol ... µg	45		1	A	1		109		
Carotene, beta ... µg	63		1	A	1		152		
Carotene, alpha ... µg	2		1	A	1		6		
Cryptoxanthin, beta ... µg	22		1	A	1		54		
Vitamin A, IU ... IU	277		0	AS	1		667		
Lycopene ... µg	160		1	A	1		385		
Lutein + zeaxanthin ... µg	77		1	A	1		185		
Vitamin E (alpha-tocopherol) ... mg	0.28		2	A	1		0.67		
Vitamin E, added ... mg	0.00		0	FLA	4		0.00		
Tocopherol, beta ... mg	0.03		2	A	1		0.06		
Tocopherol, gamma ... mg	0.78		2	A	1		1.89		
Tocopherol, delta ... mg	0.38		2	A	1		0.92		
Tocotrienol, alpha ... mg	0.00		2	A	1		0.00		
Tocotrienol, beta ... mg	0.03		2	A	1		0.08		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	FLA	4		7		
Vitamin K (phylloquinone)....µg	6.1		0	FLA	4		14.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.733		0	NC	4		6.587		
4:0....g	0.036	0.002	3	A	1		0.087		
6:0....g	0.027	0.001	3	A	1		0.065		
8:0....g	0.017	0.001	3	A	1		0.042		
10:0....g	0.047	0.001	3	A	1		0.114		
12:0....g	0.052	0.002	3	A	1		0.124		
13:0....g									
14:0....g	0.221	0.005	3	A	1		0.533		
15:0....g	0.028	0.001	3	A	1		0.067		
16:0....g	1.271	0.042	3	A	1		3.063		
17:0....g	0.035	0.003	3	A	1		0.085		
18:0....g	0.965	0.043	3	A	1		2.325		
20:0....g	0.016	0.000	3	A	1		0.038		
22:0....g	0.012	0.001	3	A	1		0.029		
24:0....g	0.007	0.000	3	A	1		0.016		
Fatty acids, total monounsaturated....g	1.803		0	NC	4		4.345		
14:1....g	0.032	0.001	3	A	1		0.076		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.084	0.006	3	AS	1		0.202		
16:1 c....g	0.077	0.003	3	A	1		0.185		
16:1 t....g	0.007	0.003	3	A	1		0.018		
17:1....g	0.019	0.002	3	A	1		0.046		
18:1 undifferentiated....g	1.651	0.059	3	AS	1		3.978		
18:1 c....g	1.532	0.051	3	A	1		3.692		
18:1 t....g	0.119	0.009	3	A	1		0.286		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	3	A	1		0.043		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.575		0	NC	4		3.795		
18:2 undifferentiated....g	1.345	0.049	3	AS	1		3.242		
18:2 n-6 c,c....g	1.305	0.049	3	A	1		3.145		
18:2 CLAs....g	0.016	0.001	3	A	1		0.038		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025	0.000	3	A	1		0.059		
18:3 undifferentiated....g	0.209	0.008	3	AS	1		0.504		
18:3 n-3 c,c,c (ALA)....g	0.202	0.008	3	A	1		0.488		
18:3 n-6 c,c,c....g	0.007	0.000	3	A	1		0.016		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.002	0.001	3	A	1		0.005		
20:3 undifferentiated....g	0.004	0.000	3	AS	1		0.009		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.004	0.000	3	A	1		0.009		
20:4 undifferentiated....g	0.009	0.000	3	A	1		0.022		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.004		
21:5....g									
22:4....g	0.002	0.000	3	A	1		0.004		
22:5 n-3 (DPA)....g	0.002	0.000	3	A	1		0.006		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.151		0	NC	4		0.363		
Fatty acids, total trans-monoenoic....g	0.126		0	NC	4		0.303		
Fatty acids, total trans-polyenoic....g	0.025		0	NC	4		0.059		
Cholesterol....mg	12	0.520	3	A	1		29		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0	A	1		0.151		
Threonine....g	0.188		0	A	1		0.453		
Isoleucine....g	0.268		0	A	1		0.647		
Leucine....g	0.474		0	A	1		1.142		
Lysine....g	0.295		0	A	1		0.711		
Methionine....g	0.107		0	A	1		0.258		
Cystine....g									
Phenylalanine....g	0.295		0	A	1		0.711		
Tyrosine....g	0.152		0	A	1		0.367		
Valine....g	0.322		0	A	1		0.776		
Arginine....g	0.322		0	A	1		0.776		
Histidine....g	0.161		0	A	1		0.388		
Alanine....g	0.286		0	A	1		0.690		
Aspartic acid....g	0.501		0	A	1		1.207		
Glutamic acid....g	1.476		0	A	1		3.557		
Glycine....g	0.322		0	A	1		0.776		
Proline....g	0.662		0	A	1		1.595		
Serine....g	0.295		0	A	1		0.711		
Hydroxyproline....g	0.090		1	A	1		0.217		
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 = 241g: 1 burrito

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.77	0.811	8		1		187.39		
Energy....kcal	197		0		1		662		
Energy....kJ	824				1		2769		
Protein (N x 6.13)....g	9.91	0.283	8		1		33.30		
Total lipid (fat)....g	6.84	0.170	8		1		22.98		
Ash....g	2.14	0.051	8		1		7.19		
Carbohydrate, by difference....g	25.35		0	NC	4		85.18		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	86	6.451	8		1		289		
Iron, Fe....mg	2.29	0.080	8		1		7.69		
Magnesium, Mg....mg	29	1.023	8		1		97		
Phosphorus, P....mg	85	3.934	8		1		286		
Potassium, K....mg	241	19.154	8		1		810		
Sodium, Na....mg	613	20.166	8		1		2060		
Zinc, Zn....mg	1.81	0.516	8		1		6.08		
Copper, Cu....mg	0.175	0.051	7		1		0.588		
Manganese, Mn....mg	0.242	0.008	8		1		0.813		
Selenium, Se....µg	13.2		0	RK	4		44.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0	0.577	8		1		6.7		
Thiamin....mg	0.160	0.025	8		1		0.538		
Riboflavin....mg	0.360	0.022	8		1		1.210		
Niacin....mg	2.290	0.095	8		1		7.694		
Pantothenic acid....mg	0.860	0.108	8		1		2.890		
Vitamin B-6....mg	0.120	0.009	8		1		0.403		
Folate, total....µg	49		0	RK	4		165		
Folic acid....µg	6		0	NC	4		20		
Folate, food....µg	43		0		4		144		
Folate, DFE....µg	53		0	NC	4		179		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.59	0.057	8		1		1.98		
Vitamin A, RAE....µg	55		0	NC	4		183		
Retinol....µg	37		0	NC	4		124		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	475	162.918	4		1		1596		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21065
Fast foods, burrito, with beans, cheese, and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.332		0		1		11.196		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.247		4		1		0.830		
15:0....g									
16:0....g	1.932		4		1		6.492		
17:0....g									
18:0....g	1.153		4		1		3.874		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.515		0		1		8.450		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.515		4		1		8.450		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.377		0		1		1.267		
18:2 undifferentiated....g	0.377		4		1		1.267		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	47		2		1		158		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.396		
Threonine....g	0.330		0		1		1.109		
Isoleucine....g	0.441		0		1		1.482		
Leucine....g	0.766		0		1		2.574		
Lysine....g	0.537		0		1		1.804		
Methionine....g	0.186		0		1		0.625		
Cystine....g	0.121		0		1		0.407		
Phenylalanine....g	0.495		0		1		1.663		
Tyrosine....g	0.335		0		1		1.126		
Valine....g	0.498		0		1		1.673		
Arginine....g	0.443		0		1		1.488		
Histidine....g	0.268		0		1		0.900		
Alanine....g	0.325		0		1		1.092		
Aspartic acid....g	0.716		0		1		2.406		
Glutamic acid....g	2.400		0		1		8.064		
Glycine....g	0.294		0		1		0.988		
Proline....g	0.866		0		1		2.910		
Serine....g	0.512		0		1		1.720		
Hydroxyproline....g									

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

NDB No. 21065

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

Common Measures:

Measure 1 = 336g: 2 pieces

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

Food Group: 21 Fast Foods

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

NDB No. 21066
Fast foods, burrito, with beef

Refuse: 0%

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

NDB No. 21066
Fast foods, burrito, with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.754		0		1		10.459		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.414		3		1		0.911		
15:0....g									
16:0....g	2.590		3		1		5.698		
17:0....g									
18:0....g	1.750		3		1		3.850		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.368		0		1		7.410		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.368		3		1		7.410		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.388		0		1		0.854		
18:2 undifferentiated....g	0.350		3		1		0.770		
18:3 undifferentiated....g	0.039		3		1		0.086		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	29	13.110	3		1		64		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0		1		0.323		
Threonine....g	0.449		0		1		0.988		
Isoleucine....g	0.482		0		1		1.060		
Leucine....g	0.909		0		1		2.000		
Lysine....g	0.782		0		1		1.720		
Methionine....g	0.256		0		1		0.563		
Cystine....g	0.155		0		1		0.341		
Phenylalanine....g	0.494		0		1		1.087		
Tyrosine....g	0.367		0		1		0.807		
Valine....g	0.548		0		1		1.206		
Arginine....g	0.712		0		1		1.566		
Histidine....g	0.347		0		1		0.763		
Alanine....g	0.663		0		1		1.459		
Aspartic acid....g	0.945		0		1		2.079		
Glutamic acid....g	2.582		0		1		5.680		
Glycine....g	0.746		0		1		1.641		
Proline....g	0.824		0		1		1.813		
Serine....g	0.500		0		1		1.100		
Hydroxyproline....g									

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

NDB No. 21066

Fast foods, burrito, with beef

Common Measures:

Measure 1 = 220g: 2 pieces

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.45	0.994	16		1		109.44		
Energy....kcal	212		0		1		426		
Energy....kJ	887				1		1783		
Protein (N x 6.09)....g	10.70	0.304	16		1		21.51		
Total lipid (fat)....g	8.23	0.403	16		1		16.54		
Ash....g	2.02	0.048	16		1		4.06		
Carbohydrate, by difference....g	24.60		0	NC	4		49.45		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	4.976	16		1		86		
Iron, Fe....mg	2.21	0.118	16		1		4.44		
Magnesium, Mg....mg	30	1.359	16		1		60		
Phosphorus, P....mg	70	3.153	16		1		141		
Potassium, K....mg	248	18.287	16		1		498		
Sodium, Na....mg	555	17.767	16		1		1116		
Zinc, Zn....mg	2.15	0.210	16		1		4.32		
Copper, Cu....mg	0.157	0.013	12		1		0.316		
Manganese, Mn....mg	0.371	0.041	16		1		0.746		
Selenium, Se....µg	11.9		0	RK	4		23.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.213	16		1		1.6		
Thiamin....mg	0.200	0.021	16		1		0.402		
Riboflavin....mg	0.400	0.018	16		1		0.804		
Niacin....mg	2.530	0.064	16		1		5.085		
Pantothenic acid....mg	0.930	0.054	16		1		1.869		
Vitamin B-6....mg	0.150	0.006	16		1		0.302		
Folate, total....µg	48		0	RK	4		96		
Folic acid....µg	30		0	NC	4		60		
Folate, food....µg	18		0		4		36		
Folate, DFE....µg	69		0	NC	4		139		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.64	0.053	16		1		1.29		
Vitamin A, RAE....µg	12		0	NC	4		23		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	230	66.498	8		1		462		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21067
Fast foods, burrito, with beef and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.980		0		1		8.000		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.299		4		1		0.601		
15:0....g									
16:0....g	2.293		4		1		4.609		
17:0....g									
18:0....g	1.388		4		1		2.790		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.022		0		1		6.074		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.022		4		1		6.074		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.485		0		1		0.975		
18:2 undifferentiated....g	0.451		4		1		0.907		
18:3 undifferentiated....g	0.034		4		1		0.068		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	27	2.241	4		1		54		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0		1		0.261		
Threonine....g	0.409		0		1		0.822		
Isoleucine....g	0.432		0		1		0.868		
Leucine....g	0.810		0		1		1.628		
Lysine....g	0.733		0		1		1.473		
Methionine....g	0.230		0		1		0.462		
Cystine....g	0.130		0		1		0.261		
Phenylalanine....g	0.427		0		1		0.858		
Tyrosine....g	0.325		0		1		0.653		
Valine....g	0.490		0		1		0.985		
Arginine....g	0.650		0		1		1.307		
Histidine....g	0.313		0		1		0.629		
Alanine....g	0.610		0		1		1.226		
Aspartic acid....g	0.886		0		1		1.781		
Glutamic acid....g	2.193		0		1		4.408		
Glycine....g	0.684		0		1		1.375		
Proline....g	0.680		0		1		1.367		
Serine....g	0.436		0		1		0.876		
Hydroxyproline....g									

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

NDB No. 21067

Fast foods, burrito, with beef and chili peppers

Common Measures:

Measure 1 = 201g: 2 pieces

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.19	0.645	8		1		167.78		
Energy....kcal	208		0		1		632		
Energy....kJ	870				1		2646		
Protein (N x 6.14)....g	13.46	0.590	8		1		40.92		
Total lipid (fat)....g	8.15	0.193	8		1		24.78		
Ash....g	2.24	0.053	8		1		6.81		
Carbohydrate, by difference....g	20.96		0	NC	4		63.72		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	73	4.809	8		1		222		
Iron, Fe....mg	2.57	0.090	8		1		7.81		
Magnesium, Mg....mg	23	0.688	8		1		70		
Phosphorus, P....mg	104	4.907	8		1		316		
Potassium, K....mg	219	16.341	8		1		666		
Sodium, Na....mg	688	18.242	8		1		2092		
Zinc, Zn....mg	2.60	0.320	8		1		7.90		
Copper, Cu....mg	0.119	0.033	8		1		0.362		
Manganese, Mn....mg	0.200	0.005	8		1		0.608		
Selenium, Se....µg	11.0		0	RK	4		33.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.383	8		1		3.6		
Thiamin....mg	0.200	0.041	8		1		0.608		
Riboflavin....mg	0.410	0.021	8		1		1.246		
Niacin....mg	2.740	0.079	8		1		8.330		
Pantothenic acid....mg	0.990	0.080	8		1		3.010		
Vitamin B-6....mg	0.120	0.010	8		1		0.365		
Folate, total....µg	46		0	RK	4		140		
Folic acid....µg	27		0	NC	4		82		
Folate, food....µg	19		0		4		58		
Folate, DFE....µg	65		0	NC	4		197		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.68	0.054	8		1		2.07		
Vitamin A, RAE....µg	65		0	NC	4		198		
Retinol....µg	59		0	NC	4		179		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	320	60.154	4		1		973		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21068
Fast foods, burrito, with beef, cheese, and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.420		1		1		10.397		
Fatty acids, total monounsaturated.....g	3.267		1		1		9.932		
Fatty acids, total polyunsaturated.....g	0.732		1		1		2.225		
Fatty acids, total trans.....g									
Cholesterol.....mg	56		2		1		170		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.492		
Threonine.....g	0.495		0		1		1.505		
Isoleucine.....g	0.574		0		1		1.745		
Leucine.....g	1.032		0		1		3.137		
Lysine.....g	0.920		0		1		2.797		
Methionine.....g	0.289		0		1		0.879		
Cystine.....g	0.147		0		1		0.447		
Phenylalanine.....g	0.554		0		1		1.684		
Tyrosine.....g	0.436		0		1		1.325		
Valine.....g	0.642		0		1		1.952		
Arginine.....g	0.756		0		1		2.298		
Histidine.....g	0.397		0		1		1.207		
Alanine.....g	0.686		0		1		2.085		
Aspartic acid.....g	1.054		0		1		3.204		
Glutamic acid.....g	2.851		0		1		8.667		
Glycine.....g	0.739		0		1		2.247		
Proline.....g	0.947		0		1		2.879		
Serine.....g	0.574		0		1		1.745		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 304g: 2 pieces

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.63	2.114	10		1		55.23	26.37	
Energy....kcal	312		0		1		484	231	
Energy....kJ	1305				1		2023	966	
Protein (N x 5.74)....g	3.38	0.275	10		1		5.24	2.50	
Total lipid (fat)....g	12.87	1.043	10		1		19.95	9.52	
Ash....g	0.85	0.025	10		1		1.32	0.63	
Carbohydrate, by difference....g	47.27		0	NC	4		73.27	34.98	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.042	10		1		33	16	
Iron, Fe....mg	1.45	0.099	10		1		2.25	1.07	
Magnesium, Mg....mg	10	0.730	10		1		16	7	
Phosphorus, P....mg	20	2.218	9		1		31	15	
Potassium, K....mg	141	62.419	10		1		219	104	
Sodium, Na....mg	286	29.626	10		1		443	212	
Zinc, Zn....mg	0.54	0.171	10		1		0.84	0.40	
Copper, Cu....mg	0.110	0.014	8		1		0.171	0.081	
Manganese, Mn....mg	0.175	0.006	10		1		0.271	0.130	
Selenium, Se....µg	9.3		0	RK	4		14.4	6.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.329	10		1		1.6	0.7	
Thiamin....mg	0.230	0.046	10		1		0.357	0.170	
Riboflavin....mg	0.240	0.014	10		1		0.372	0.178	
Niacin....mg	2.510	0.200	10		1		3.891	1.857	
Pantothenic acid....mg	1.280	0.091	10		1		1.984	0.947	
Vitamin B-6....mg	0.100	0.048	10		1		0.155	0.074	
Folate, total....µg	33		0	RK	4		51	24	
Folic acid....µg	28		0	NC	4		43	21	
Folate, food....µg	5		0		4		8	4	
Folate, DFE....µg	53		0	NC	4		82	39	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.69	0.090	10		1		1.07	0.51	
Vitamin A, RAE....µg	28		0	NC	4		43	20	
Retinol....µg	0		0	NC	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	548	165.608	4		1		849	406	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21069
Fast foods, burrito, with fruit (apple or cherry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.175		0		1		9.571	4.570	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.304		1		1		0.471	0.225	
15:0....g									
16:0....g	3.236		1		1		5.016	2.395	
17:0....g									
18:0....g	2.635		1		1		4.084	1.950	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.621		0		1		7.163	3.420	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.621		1		1		7.163	3.420	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.426		0		1		2.210	1.055	
18:2 undifferentiated....g	1.426		1		1		2.210	1.055	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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		8	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.064	0.030	
Threonine....g	0.091		0		1		0.141	0.067	
Isoleucine....g	0.117		0		1		0.181	0.087	
Leucine....g	0.228		0		1		0.353	0.169	
Lysine....g	0.078		0		1		0.121	0.058	
Methionine....g	0.059		0		1		0.091	0.044	
Cystine....g	0.071		0		1		0.110	0.053	
Phenylalanine....g	0.167		0		1		0.259	0.124	
Tyrosine....g	0.100		0		1		0.155	0.074	
Valine....g	0.135		0		1		0.209	0.100	
Arginine....g	0.135		0		1		0.209	0.100	
Histidine....g	0.075		0		1		0.116	0.056	
Alanine....g	0.108		0		1		0.167	0.080	
Aspartic acid....g	0.168		0		1		0.260	0.124	
Glutamic acid....g	1.109		0		1		1.719	0.821	
Glycine....g	0.120		0		1		0.186	0.089	
Proline....g	0.382		0		1		0.592	0.283	
Serine....g	0.166		0		1		0.257	0.123	
Hydroxyproline....g									

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

NDB No. 21069

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

Common Measures:

Measure 1 = 155g: 1 burrito, large

Measure 2 = 74g: 1 burrito, small

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

Food Group: 21 Fast Foods

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

NDB No. 21094

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.16	0.207	18	A	1		73.10		
Energy....kcal	282		0	NC	4		438		
Energy....kJ	1182		0	NC	4		1832		
Protein....g	16.24	1.067	18	A	1		25.17		
Total lipid (fat)....g	16.18	0.199	18	A	1		25.08		
Ash....g	2.44	0.243	18	A	1		3.79		
Carbohydrate, by difference....g	17.97		0	NC	4		27.86		
Fiber, total dietary....g	1.0		0	RA	4		1.6		
Sugars, total....g	4.16	0.137	9	A	1		6.45		
Sucrose....g	0.00	0.000	9	A	1		0.00		
Glucose (dextrose)....g	1.38	0.062	9	A	1		2.15		
Fructose....g	1.86	0.106	9	A	1		2.88		
Lactose....g	0.54	0.095	9	A	1		0.83		
Maltose....g	0.38	0.014	9	A	1		0.59		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	150	36.801	18	A	1		233		
Iron, Fe....mg	2.35	0.191	18	A	1		3.64		
Magnesium, Mg....mg	21	0.989	18	A	1		33		
Phosphorus, P....mg	165	4.164	18	A	1		255		
Potassium, K....mg	226	14.740	18	A	1		350		
Sodium, Na....mg	617	67.100	18	A	1		957		
Zinc, Zn....mg	2.77	0.280	18	A	1		4.30		
Copper, Cu....mg	0.081	0.006	18	A	1		0.126		
Manganese, Mn....mg	0.198	0.014	18	A	1		0.307		
Selenium, Se....µg	17.9		0	RKI	6		27.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		0	RKI	6		4.4		
Thiamin....mg	0.231		0	RKA	1		0.358		
Riboflavin....mg	0.204		0	RKA	1		0.316		
Niacin....mg	3.462		0	RKA	1		5.366		
Pantothenic acid....mg									
Vitamin B-6....mg	0.214		0	RKA	1		0.332		
Folate, total....µg	43		0	RKI	6		67		
Folic acid....µg	26		0	RKI	6		40		
Folate, food....µg	17		0	RKI	6		26		
Folate, DFE....µg	61		0	NC	4		95		
Choline, total....mg	43.7		0	RKI	6		67.7		
Betaine....mg									
Vitamin B-12....µg	1.28		0	RKI	6		1.99		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	44		0	RKI	6		68		
Retinol....µg	40		0	RKI	6		61		
Carotene, beta....µg	51		0	RKI	6		79		
Carotene, alpha....µg	1		0	RKI	6		2		
Cryptoxanthin, beta....µg	3		0	RKI	6		4		
Vitamin A, IU....IU	220		0	NC	4		341		
Lycopene....µg	980		0	RKI	6		1519		
Lutein + zeaxanthin....µg	17		0	RKI	6		26		
Vitamin E (alpha-tocopherol)....mg	0.35		0	RKI	6		0.54		
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									

NDB No. 21094

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	RKI	6		0.3		
Vitamin D....IU	7		0	RKI	6		11		
Vitamin K (phylloquinone)....µg	4.7		0	RKI	6		7.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.960		0	NC	4		10.789		
4:0....g	0.082	0.016	9	A	1		0.127		
6:0....g	0.070	0.016	9	A	1		0.108		
8:0....g	0.049	0.011	9	A	1		0.076		
10:0....g	0.121	0.025	9	A	1		0.188		
12:0....g	0.138	0.029	9	A	1		0.215		
13:0....g									
14:0....g	0.714	0.056	9	A	1		1.106		
15:0....g	0.095	0.003	9	A	1		0.147		
16:0....g	3.556	0.048	9	A	1		5.511		
17:0....g	0.153	0.014	9	A	1		0.237		
18:0....g	1.940	0.060	9	A	1		3.007		
20:0....g	0.023	0.002	9	A	1		0.035		
22:0....g	0.010	0.001	9	A	1		0.016		
24:0....g	0.006	0.000	9	A	1		0.010		
Fatty acids, total monounsaturated....g	6.001		0	NC	4		9.302		
14:1....g	0.129	0.004	9	A	1		0.200		
15:1....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated....g	0.410	0.039	9	AS	1		0.636		
16:1 c....g	0.360	0.038	9	A	1		0.558		
16:1 t....g	0.051	0.001	9	A	1		0.078		
17:1....g	0.096	0.017	9	A	1		0.149		
18:1 undifferentiated....g	5.304	0.517	9	AS	1		8.221		
18:1 c....g	4.735	0.426	9	A	1		7.339		
18:1 t....g	0.569	0.093	9	A	1		0.882		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.050	0.006	9	A	1		0.077		
22:1 undifferentiated....g	0.009	0.006	9	AS	1		0.015		
22:1 c....g	0.009	0.006	9	A	1		0.015		
22:1 t....g	0.000	0.000	9	A	1		0.000		
24:1 c....g	0.003	0.001	18	A	1		0.004		
Fatty acids, total polyunsaturated....g	1.314		0	NC	4		2.036		
18:2 undifferentiated....g	1.115	0.042	9	AS	1		1.728		
18:2 n-6 c,c....g	0.931	0.045	9	A	1		1.443		
18:2 CLAs....g	0.083	0.004	9	A	1		0.128		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.101	0.001	9	A	1		0.157		
18:3 undifferentiated....g	0.116	0.009	9	AS	1		0.179		
18:3 n-3 c,c,c (ALA)....g	0.112	0.009	9	A	1		0.174		
18:3 n-6 c,c,c....g	0.004	0.001	15	A	1		0.006		
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.002		
20:2 n-6 c,c....g	0.005	0.000	9	A	1		0.008		
20:3 undifferentiated....g	0.021	0.001	9	AS	1		0.032		
20:3 n-3....g	0.002	0.000	15	A	1		0.004		
20:3 n-6....g	0.018	0.001	9	A	1		0.028		
20:4 undifferentiated....g	0.031	0.003	9	A	1		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	12	A	1		0.007		
21:5....g									
22:4....g	0.007	0.001	9	A	1		0.011		
22:5 n-3 (DPA)....g	0.011	0.001	9	A	1		0.017		
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans....g	0.721		0	NC	4		1.118		
Fatty acids, total trans-monoenoic....g	0.620		0	NC	4		0.960		

NDB No. 21094

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.101		0	NC	4		0.157		
Cholesterol.....mg	50		0	RKI	6		78		
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 = 155g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21100

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.09	0.933	13		1		131.81		
Energy....kcal	273		0		1		704		
Energy....kJ	1142		0		1		2947		
Protein (N x 6.2)....g	14.72	0.381	15		1		37.98		
Total lipid (fat)....g	16.92	0.319	15		1		43.65		
Ash....g	1.90	0.073	13		1		4.90		
Carbohydrate, by difference....g	15.37		0	NC	4		39.65		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	93	9.043	14		1		240		
Iron, Fe....mg	2.29	0.122	14		1		5.91		
Magnesium, Mg....mg	20	0.575	12		1		52		
Phosphorus, P....mg	153	6.382	13		1		395		
Potassium, K....mg	231	6.472	14		1		596		
Sodium, Na....mg	445	19.057	15		1		1148		
Zinc, Zn....mg	2.59	0.100	13		1		6.68		
Copper, Cu....mg	0.080	0.004	12		1		0.206		
Manganese, Mn....mg	0.123		1		4		0.317		
Selenium, Se....µg	11.2		0	RK	4		28.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		2		1		1.0		
Thiamin....mg	0.140	0.008	14		1		0.361		
Riboflavin....mg	0.190	0.010	14		1		0.490		
Niacin....mg	2.810	0.123	14		1		7.250		
Pantothenic acid....mg	0.330		1		4		0.851		
Vitamin B-6....mg	0.160		1		4		0.413		
Folate, total....µg	29		0	RK	4		75		
Folic acid....µg	10		0	NC	4		26		
Folate, food....µg	19		0		4		49		
Folate, DFE....µg	36		0	NC	4		93		
Choline, total....mg	39.3		0	AS	1		101.4		
Betaine....mg	29.5		3	A	1		76.2		
Vitamin B-12....µg	1.32		1		4		3.41		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	135		1		1		348		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21100

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.850		1		1		17.673		
Fatty acids, total monounsaturated.....g	6.726		1		1		17.353		
Fatty acids, total polyunsaturated.....g	1.821		1		1		4.698		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	4.028	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.472		
Threonine.....g	0.568		0		1		1.465		
Isoleucine.....g	0.627		0		1		1.618		
Leucine.....g	1.159		0		1		2.990		
Lysine.....g	1.126		0		1		2.905		
Methionine.....g	0.328		0		1		0.846		
Cystine.....g	0.152		0		1		0.392		
Phenylalanine.....g	0.601		0		1		1.551		
Tyrosine.....g	0.482		0		1		1.244		
Valine.....g	0.731		0		1		1.886		
Arginine.....g	0.881		0		1		2.273		
Histidine.....g	0.458		0		1		1.182		
Alanine.....g	0.815		0		1		2.103		
Aspartic acid.....g	1.211		0		1		3.124		
Glutamic acid.....g	2.764		0		1		7.131		
Glycine.....g	0.900		0		1		2.322		
Proline.....g	0.950		0		1		2.451		
Serine.....g	0.539		0		1		1.391		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 258g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21396

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.34		0	RKI	6		140.96		
Energy....kcal	272		0	NC	4		760		
Energy....kJ	1136		0	NC	4		3181		
Protein....g	16.96		0	RKI	6		47.49		
Total lipid (fat)....g	16.22		0	RKI	6		45.41		
Ash....g	2.05		0	RKI	6		5.73		
Carbohydrate, by difference....g	14.43		0	RKI	6		40.41		
Fiber, total dietary....g	1.0		0	RKI	6		2.7		
Sugars, total....g	3.49		0	RKI	6		9.79		
Sucrose....g	0.14		0	RKI	6		0.38		
Glucose (dextrose)....g	1.17		0	RKI	6		3.28		
Fructose....g	1.35		0	RKI	6		3.78		
Lactose....g	0.39		0	RKI	6		1.10		
Maltose....g	0.45		0	RKI	6		1.25		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0	RKI	6		297		
Iron, Fe....mg	2.18		0	RKI	6		6.11		
Magnesium, Mg....mg	21		0	RKI	6		60		
Phosphorus, P....mg	165		0	RKI	6		463		
Potassium, K....mg	242		0	RKI	6		678		
Sodium, Na....mg	480		0	RKA	1		1345		
Zinc, Zn....mg	3.33		0	RKI	6		9.31		
Copper, Cu....mg	0.091		0	RKI	6		0.254		
Manganese, Mn....mg	0.133		0	RKI	6		0.373		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	RKA	1		1.6		
Thiamin....mg	0.127		0	RKI	6		0.355		
Riboflavin....mg	0.303		0	RKI	6		0.848		
Niacin....mg	4.213		0	RKI	6		11.797		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	45		0	RKA	1		126		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.68		0	RKI	6		4.72		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	200		0	RKA	1		559		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21396

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.473		0	RKI	6		18.125		
Fatty acids, total monounsaturated.....g	5.855		0	RKI	6		16.394		
Fatty acids, total polyunsaturated.....g	0.480		0	RKI	6		1.345		
Fatty acids, total trans.....g	1.005		0	RKI	6		2.815		
Cholesterol.....mg	57		0	RKI	6		161		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 280g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21093

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.20		1		1		84.99		
Energy	kcal	251		0	NC	4		416		
Energy	kJ	1049		0	NC	4		1742		
Protein (N x 6.2)	g	12.80		1		1		21.25		
Total lipid (fat)	g	12.70		1		1		21.08		
Ash	g	2.10		1		1		3.49		
Carbohydrate, by difference	g	21.20		0	NC	4		35.19		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		1		1		171		
Iron, Fe	mg	2.06		1		1		3.42		
Magnesium, Mg	mg	18		1		1		30		
Phosphorus, P	mg	146		1		1		242		
Potassium, K	mg	202		1		1		335		
Sodium, Na	mg	633		1		1		1051		
Zinc, Zn	mg	2.10		1		1		3.49		
Copper, Cu	mg	0.090		1		1		0.149		
Manganese, Mn	mg	0.180		1		1		0.299		
Selenium, Se	µg	14.2		0	RK	4		23.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		1		1.7		
Thiamin	mg	0.210		1		1		0.349		
Riboflavin	mg	0.170		1		1		0.282		
Niacin	mg	4.850		1		1		8.051		
Pantothenic acid	mg	0.260		1		1		0.432		
Vitamin B-6	mg	0.110		1		1		0.183		
Folate, total	µg	37		0	RK	4		61		
Folic acid	µg	23		0	NC	4		38		
Folate, food	µg	14		1		1		23		
Folate, DFE	µg	53		0	NC	4		88		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.16		1		1		1.93		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	240		1		1		398		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21093

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.251		1		1		8.717		
Fatty acids, total monounsaturated.....g	4.704		1		1		7.809		
Fatty acids, total polyunsaturated.....g	1.601		1		1		2.658		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		60		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.267		
Threonine.....g	0.483		0		1		0.802		
Isoleucine.....g	0.549		0		1		0.911		
Leucine.....g	1.013		0		1		1.682		
Lysine.....g	0.989		0		1		1.642		
Methionine.....g	0.287		0		1		0.476		
Cystine.....g	0.128		0		1		0.212		
Phenylalanine.....g	0.539		0		1		0.895		
Tyrosine.....g	0.444		0		1		0.737		
Valine.....g	0.648		0		1		1.076		
Arginine.....g	0.731		0		1		1.213		
Histidine.....g	0.407		0		1		0.676		
Alanine.....g	0.658		0		1		1.092		
Aspartic acid.....g	1.018		0		1		1.690		
Glutamic acid.....g	2.475		0		1		4.109		
Glycine.....g	0.710		0		1		1.179		
Proline.....g	0.883		0		1		1.466		
Serine.....g	0.487		0		1		0.808		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 166g: 1 sandwich

Footnotes:

1 Condiments include ketchup, mustard, pickles and onions

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

Food Group: 21 Fast Foods

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

NDB No. 21400

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

Refuse: 0%

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

NDB No. 21400

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	5		0	FLA	4		10		
Vitamin K (phylloquinone)....µg	16.4		1	A	1		35.9		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.045		0	NC	4		11.049		
4:0....g	0.086		0	FLA	4		0.188		
6:0....g	0.029		0	FLA	4		0.064		
8:0....g	0.020		1	A	1		0.043		
10:0....g	0.049		1	A	1		0.108		
12:0....g	0.059		1	A	1		0.129		
13:0....g									
14:0....g	0.404		1	A	1		0.885		
15:0....g	0.049		1	A	1		0.108		
16:0....g	2.781		1	A	1		6.090		
17:0....g	0.089		1	A	1		0.194		
18:0....g	1.430		1	A	1		3.131		
20:0....g	0.029		1	A	1		0.065		
22:0....g	0.020		1	A	1		0.043		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.088		0	NC	4		11.143		
14:1....g	0.069		1	A	1		0.151		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.286		1	A	1		0.626		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.664		1	A	1		10.215		
20:1....g	0.049		1	A	1		0.108		
22:1 undifferentiated....g	0.020		1	A	1		0.043		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.826		0	NC	4		8.379		
18:2 undifferentiated....g	3.303		1	A	1		7.234		
18:3 undifferentiated....g	0.454		1	A	1		0.993		
18:4....g	0.049		1	A	1		0.108		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		1	A	1		0.043		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	36		1	A	1		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.241		
Threonine....g	0.390		0	A	1		0.854		
Isoleucine....g	0.440		0	A	1		0.963		
Leucine....g	0.810		0	A	1		1.774		
Lysine....g	0.670		0	A	1		1.467		
Methionine....g	0.240		0	A	1		0.525		
Cystine....g	0.150		0	A	1		0.328		
Phenylalanine....g	0.450		0	A	1		0.985		
Tyrosine....g	0.240		0	A	1		0.525		
Valine....g	0.520		0	A	1		1.139		
Arginine....g	0.580		0	A	1		1.270		
Histidine....g	0.290		0	A	1		0.635		
Alanine....g	0.610		0	A	1		1.336		

NDB No. 21400

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.740		0	A	1		1.621		
Glutamic acid....g	2.350		0	A	1		5.146		
Glycine....g	0.700		0	A	1		1.533		
Proline....g	0.860		0	A	1		1.883		
Serine....g	0.440		0	A	1		0.963		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 219g: 1 item

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	7.080		0	RA	4		10.550		
Fatty acids, total monounsaturated....g	5.794		0	RA	4		8.632		
Fatty acids, total polyunsaturated....g	0.562		0	RA	4		0.838		
Fatty acids, total trans....g	0.963		0	RA	4		1.435		
Cholesterol....mg	55		0	RA	4		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0		1		0.338		
Threonine....g	0.676		0		1		1.007		
Isoleucine....g	0.769		0		1		1.146		
Leucine....g	1.428		0		1		2.128		
Lysine....g	1.393		0		1		2.076		
Methionine....g	0.406		0		1		0.605		
Cystine....g	0.178		0		1		0.265		
Phenylalanine....g	0.754		0		1		1.123		
Tyrosine....g	0.627		0		1		0.934		
Valine....g	0.910		0		1		1.356		
Arginine....g	1.028		0		1		1.532		
Histidine....g	0.573		0		1		0.854		
Alanine....g	0.924		0		1		1.377		
Aspartic acid....g	1.405		0		1		2.093		
Glutamic acid....g	3.405		0		1		5.073		
Glycine....g	1.002		0		1		1.493		
Proline....g	1.252		0		1		1.865		
Serine....g	0.682		0		1		1.016		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 149g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21395

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.16	0.207	18	A	1		73.10		
Energy....kcal	282		0	NC	4		438		
Energy....kJ	1182		0	NC	4		1832		
Protein....g	16.24	1.067	18	A	1		25.17		
Total lipid (fat)....g	16.18	0.199	18	A	1		25.08		
Ash....g	2.44	0.243	18	A	1		3.79		
Carbohydrate, by difference....g	17.97		0	NC	4		27.86		
Fiber, total dietary....g	0.9		0	RKI	6		1.4		
Sugars, total....g	4.16	0.137	9	A	1		6.45		
Sucrose....g	0.00	0.000	9	A	1		0.00		
Glucose (dextrose)....g	1.38	0.062	9	A	1		2.15		
Fructose....g	1.86	0.106	9	A	1		2.88		
Lactose....g	0.54	0.095	9	A	1		0.83		
Maltose....g	0.38	0.014	9	A	1		0.59		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	150	36.801	18	A	1		233		
Iron, Fe....mg	2.35	0.191	18	A	1		3.64		
Magnesium, Mg....mg	21	0.989	18	A	1		33		
Phosphorus, P....mg	165	4.164	18	A	1		255		
Potassium, K....mg	226	14.740	18	A	1		350		
Sodium, Na....mg	617	67.100	18	A	1		957		
Zinc, Zn....mg	2.77	0.280	18	A	1		4.30		
Copper, Cu....mg	0.081	0.006	18	A	1		0.126		
Manganese, Mn....mg	0.198	0.014	18	A	1		0.307		
Selenium, Se....µg	17.9		0	RKI	6		27.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		0	RKI	6		4.4		
Thiamin....mg	0.231		0	RKA	1		0.358		
Riboflavin....mg	0.204		0	RKA	1		0.316		
Niacin....mg	3.462		0	RKA	1		5.366		
Pantothenic acid....mg									
Vitamin B-6....mg	0.214		0	RKA	1		0.332		
Folate, total....µg	43		0	RKI	6		67		
Folic acid....µg	26		0	RKI	6		40		
Folate, food....µg	17		0	NC	4		26		
Folate, DFE....µg	61		0	NC	4		95		
Choline, total....mg	43.7		0	RKI	6		67.7		
Betaine....mg									
Vitamin B-12....µg	1.28		0	RKI	6		1.99		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	44		0	RKI	6		68		
Retinol....µg	40		0	RKI	6		61		
Carotene, beta....µg	51		0	RKI	6		79		
Carotene, alpha....µg	1		0	RKI	6		2		
Cryptoxanthin, beta....µg	3		0	RKI	6		4		
Vitamin A, IU....IU	220		0	NC	4		341		
Lycopene....µg	980		0	RKI	6		1519		
Lutein + zeaxanthin....µg	17		0	RKI	6		26		
Vitamin E (alpha-tocopherol)....mg	0.35		0	RKI	6		0.54		
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									

NDB No. 21395

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	RKI	6		0.3		
Vitamin D....IU	7		0	RKI	6		11		
Vitamin K (phylloquinone)....µg	4.7		0	RKI	6		7.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.960		0	NC	4		10.789		
4:0....g	0.082	0.016	9	A	1		0.127		
6:0....g	0.070	0.016	9	A	1		0.108		
8:0....g	0.049	0.011	9	A	1		0.076		
10:0....g	0.121	0.025	9	A	1		0.188		
12:0....g	0.138	0.029	9	A	1		0.215		
13:0....g									
14:0....g	0.714	0.056	9	A	1		1.106		
15:0....g	0.095	0.003	9	A	1		0.147		
16:0....g	3.556	0.048	9	A	1		5.511		
17:0....g	0.153	0.014	9	A	1		0.237		
18:0....g	1.940	0.060	9	A	1		3.007		
20:0....g	0.023	0.002	9	A	1		0.035		
22:0....g	0.010	0.001	9	A	1		0.016		
24:0....g	0.006	0.000	9	A	1		0.010		
Fatty acids, total monounsaturated....g	6.001		0	NC	4		9.302		
14:1....g	0.129	0.004	9	A	1		0.200		
15:1....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated....g	0.410	0.039	9	AS	1		0.636		
16:1 c....g	0.360	0.038	9	A	1		0.558		
16:1 t....g	0.051	0.001	9	A	1		0.078		
17:1....g	0.096	0.017	9	A	1		0.149		
18:1 undifferentiated....g	5.304	0.517	9	AS	1		8.221		
18:1 c....g	4.735	0.426	9	A	1		7.339		
18:1 t....g	0.569	0.093	9	A	1		0.882		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.050	0.006	9	A	1		0.077		
22:1 undifferentiated....g	0.009	0.006	9	AS	1		0.015		
22:1 c....g	0.009	0.006	9	A	1		0.015		
22:1 t....g	0.000	0.000	9	A	1		0.000		
24:1 c....g	0.003	0.001	18	A	1		0.004		
Fatty acids, total polyunsaturated....g	1.314		0	NC	4		2.036		
18:2 undifferentiated....g	1.115	0.042	9	AS	1		1.728		
18:2 n-6 c,c....g	0.931	0.045	9	A	1		1.443		
18:2 CLAs....g	0.083	0.004	9	A	1		0.128		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.101	0.001	9	A	1		0.157		
18:3 undifferentiated....g	0.116	0.009	9	AS	1		0.179		
18:3 n-3 c,c,c (ALA)....g	0.112	0.009	9	A	1		0.174		
18:3 n-6 c,c,c....g	0.004	0.001	15	A	1		0.006		
18:3i....g									
18:4....g	0.001	0.000	12	A	1		0.002		
20:2 n-6 c,c....g	0.005	0.000	9	A	1		0.008		
20:3 undifferentiated....g	0.021	0.001	9	AS	1		0.032		
20:3 n-3....g	0.002	0.000	15	A	1		0.004		
20:3 n-6....g	0.018	0.001	9	A	1		0.028		
20:4 undifferentiated....g	0.031	0.003	9	A	1		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	12	A	1		0.007		
21:5....g									
22:4....g	0.007	0.001	9	A	1		0.011		
22:5 n-3 (DPA)....g	0.011	0.001	9	A	1		0.017		
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans....g	0.721		0	NC	4		1.118		
Fatty acids, total trans-monoenoic....g	0.620		0	NC	4		0.960		

NDB No. 21395

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.101		0	NC	4		0.157		
Cholesterol.....mg	50		0	RKI	6		78		
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 = 155g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21095

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.56	0.469	13		1		106.16		
Energy....kcal	285		0	NC	4		649		
Energy....kJ	1192		0	NC	4		2717		
Protein (N x 6.2)....g	13.04	0.252	10		1		29.73		
Total lipid (fat)....g	15.47	0.395	10		1		35.27		
Ash....g	1.63	0.099	8		1		3.72		
Carbohydrate, by difference....g	23.30		0	NC	4		53.12		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	74	7.980	8		1		169		
Iron, Fe....mg	2.07	0.176	8		1		4.72		
Magnesium, Mg....mg	16	1.579	8		1		36		
Phosphorus, P....mg	153	11.545	7		1		349		
Potassium, K....mg	171	16.193	6		1		390		
Sodium, Na....mg	404	46.710	8		1		921		
Zinc, Zn....mg	1.81	0.194	8		1		4.13		
Copper, Cu....mg	0.071	0.007	6		1		0.162		
Manganese, Mn....mg	0.120	0.018	5		1		0.274		
Selenium, Se....µg	17.3		0	RK	4		39.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.075	5		1		2.7		
Thiamin....mg	0.250	0.022	7		1		0.570		
Riboflavin....mg	0.190	0.005	7		1		0.433		
Niacin....mg	3.660	0.149	7		1		8.345		
Pantothenic acid....mg	0.280	0.094	4		1		0.638		
Vitamin B-6....mg	0.120	0.007	7		1		0.274		
Folate, total....µg	40		0	RK	4		91		
Folic acid....µg	25		0	NC	4		57		
Folate, food....µg	15	1.795	9		1		34		
Folate, DFE....µg	58		0	NC	4		131		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.91	0.040	5		1		2.07		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	163	31.822	5		1		372		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.87		0		1		1.98		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21095

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.600		0		1		12.768		
4:0....g									
6:0....g	0.102		5		1		0.233		
8:0....g	0.028		5		1		0.064		
10:0....g	0.040		5		1		0.091		
12:0....g	0.060		5		1		0.137		
13:0....g									
14:0....g	0.447		5		1		1.019		
15:0....g									
16:0....g	3.034		5		1		6.918		
17:0....g									
18:0....g	1.641		5		1		3.741		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.543		0		1		12.638		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.457		5		1		1.042		
17:1....g									
18:1 undifferentiated....g	4.931		5		1		11.243		
20:1....g	0.043		5		1		0.098		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.792		0		1		6.366		
18:2 undifferentiated....g	2.465		5		1		5.620		
18:3 undifferentiated....g	0.285		5		1		0.650		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.043		5		1		0.098		
20:5 n-3 (EPA)....g									
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	41	0.402	4		1		93		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.164		0		1		0.374		
Threonine....g	0.482		0		1		1.099		
Isoleucine....g	0.558		0		1		1.272		
Leucine....g	1.023		0		1		2.332		
Lysine....g	0.949		0		1		2.164		
Methionine....g	0.286		0		1		0.652		
Cystine....g	0.139		0		1		0.317		
Phenylalanine....g	0.558		0		1		1.272		
Tyrosine....g	0.440		0		1		1.003		
Valine....g	0.661		0		1		1.507		
Arginine....g	0.728		0		1		1.660		
Histidine....g	0.402		0		1		0.917		
Alanine....g	0.652		0		1		1.487		
Aspartic acid....g	0.989		0		1		2.255		
Glutamic acid....g	2.615		0		1		5.962		
Glycine....g	0.705		0		1		1.607		
Proline....g	0.949		0		1		2.164		
Serine....g	0.511		0		1		1.165		
Hydroxyproline....g									

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

NDB No. 21095

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

Common Measures:

Measure 1 = 228g: 1 sandwich

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.67	0.262	6	A	1		74.03		
Energy....kcal	310		0	NC	4		564		
Energy....kJ	1298		0	NC	4		2362		
Protein (N x 6.2)....g	17.29	0.173	6	A	1		31.47		
Total lipid (fat)....g	15.97	0.251	6	A	1		29.06		
Ash....g	2.00	0.023	6	A	1		3.64		
Carbohydrate, by difference....g	24.07		0	NC	4		43.80		
Fiber, total dietary....g	1.7		1	A	1		3.1		
Sugars, total....g	4.67	0.052	3	A	1		8.51		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.65	0.017	3	A	1		3.00		
Fructose....g	1.76	0.017	3	A	1		3.20		
Lactose....g	0.76	0.040	3	A	1		1.38		
Maltose....g	0.50	0.107	3	A	1		0.92		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	18.25		2	A	1		33.21		
Minerals:									
Calcium, Ca....mg	114	4.185	6	A	1		207		
Iron, Fe....mg	2.57	0.111	6	A	1		4.69		
Magnesium, Mg....mg	24	0.482	6	A	1		43		
Phosphorus, P....mg	163	1.014	6	A	1		296		
Potassium, K....mg	210	5.475	6	A	1		382		
Sodium, Na....mg	481	6.848	6	A	1		876		
Zinc, Zn....mg	2.79	0.065	6	A	1		5.08		
Copper, Cu....mg	0.097	0.004	6	A	1		0.177		
Manganese, Mn....mg	0.259	0.004	6	A	1		0.472		
Selenium, Se....µg	19.6	1.856	3	A	1		35.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.260	0.040	3	A	1		0.473		
Riboflavin....mg	0.353	0.020	3	A	1		0.643		
Niacin....mg	4.597	0.231	3	A	1		8.366		
Pantothenic acid....mg	0.575		2	A	1		1.046		
Vitamin B-6....mg	0.224	0.008	3	A	1		0.408		
Folate, total....µg	62	4.729	3	A	1		112		
Folic acid....µg	30		0	BFFN	4		55		
Folate, food....µg	31		0	NC	4		57		
Folate, DFE....µg	83		0	NC	4		151		
Choline, total....mg	31.3		0	BFFN	4		57.0		
Betaine....mg									
Vitamin B-12....µg	1.00	0.154	3	A	1		1.82		
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE....µg	58		0	AS	1		105		
Retinol....µg	53		1	A	1		96		
Carotene, beta....µg	58		1	A	1		105		
Carotene, alpha....µg	0		1	A	1		1		
Cryptoxanthin, beta....µg	2		1	A	1		4		
Vitamin A, IU....IU	275		0	AS	1		500		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	30		1	A	1		55		
Vitamin E (alpha-tocopherol)....mg	0.52		2	A	1		0.94		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg	0.09		2	A	1		0.16		
Tocopherol, gamma....mg	0.67		2	A	1		1.21		
Tocopherol, delta....mg	0.17		2	A	1		0.31		
Tocotrienol, alpha....mg	0.03		2	A	1		0.06		
Tocotrienol, beta....mg	0.33		2	A	1		0.61		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	BFFN	4		4		
Vitamin K (phylloquinone)....µg	4.6		0	BFFN	4		8.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.873		0	NC	4		12.509		
4:0....g	0.081	0.012	3	A	1		0.147		
6:0....g	0.060	0.007	3	A	1		0.109		
8:0....g	0.043	0.003	3	A	1		0.078		
10:0....g	0.111	0.004	3	A	1		0.202		
12:0....g	0.130	0.003	3	A	1		0.236		
13:0....g									
14:0....g	0.685	0.006	3	A	1		1.247		
15:0....g	0.090	0.004	3	A	1		0.163		
16:0....g	3.554	0.054	3	A	1		6.469		
17:0....g	0.138	0.016	3	A	1		0.251		
18:0....g	1.939	0.078	3	A	1		3.529		
20:0....g	0.024	0.001	3	A	1		0.044		
22:0....g	0.012	0.001	3	A	1		0.022		
24:0....g	0.007	0.001	3	A	1		0.013		
Fatty acids, total monounsaturated....g	5.769		0	NC	4		10.499		
14:1....g	0.123	0.004	3	A	1		0.223		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.400	0.009	3	AS	1		0.727		
16:1 c....g	0.351	0.010	3	A	1		0.639		
16:1 t....g	0.048	0.002	3	A	1		0.088		
17:1....g	0.081	0.007	3	A	1		0.147		
18:1 undifferentiated....g	5.119	0.099	3	AS	1		9.317		
18:1 c....g	4.631	0.090	3	A	1		8.429		
18:1 t....g	0.488	0.046	3	A	1		0.888		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.002	3	A	1		0.084		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.001		
22:1 c....g	0.000	0.000	3	A	1		0.001		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.502		0	NC	4		2.733		
18:2 undifferentiated....g	1.302	0.026	3	AS	1		2.369		
18:2 n-6 c,c....g	1.140	0.029	3	A	1		2.075		
18:2 CLAs....g	0.074	0.003	3	A	1		0.135		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.088	0.009	3	A	1		0.160		
18:3 undifferentiated....g	0.124	0.003	3	AS	1		0.225		
18:3 n-3 c,c,c (ALA)....g	0.117	0.003	3	A	1		0.212		
18:3 n-6 c,c,c....g	0.005	0.001	3	A	1		0.009		
18:3i....g	0.002	0.000	3	A	1		0.004		
18:4....g	0.000	0.000	3	A	1		0.001		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.008		
20:3 undifferentiated....g	0.016	0.001	3	AS	1		0.030		
20:3 n-3....g	0.001	0.001	3	A	1		0.001		
20:3 n-6....g	0.016	0.001	3	A	1		0.029		
20:4 undifferentiated....g	0.029	0.001	3	A	1		0.053		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.000	3	A	1		0.011		
21:5....g									
22:4....g	0.005	0.001	3	A	1		0.010		
22:5 n-3 (DPA)....g	0.013	0.000	3	A	1		0.023		

NDB No. 21096

Fast foods, cheeseburger; single, large patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.001	3	A	1		0.002		
Fatty acids, total trans....g	0.626		0	NC	4		1.140		
Fatty acids, total trans-monoenoic....g	0.536		0	NC	4		0.976		
Fatty acids, total trans-polyenoic....g	0.090		0	NC	4		0.164		
Cholesterol....mg	51	2.751	3	A	1		93		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.159		0	RA	4		0.288		
Threonine....g	0.585		0	RA	4		1.064		
Isoleucine....g	0.773		0	RA	4		1.407		
Leucine....g	1.348		0	RA	4		2.454		
Lysine....g	0.981		0	RA	4		1.786		
Methionine....g	0.386		0	RA	4		0.703		
Cystine....g									
Phenylalanine....g	0.763		0	RA	4		1.389		
Tyrosine....g	0.486		0	RA	4		0.884		
Valine....g	0.882		0	RA	4		1.605		
Arginine....g	0.922		0	RA	4		1.678		
Histidine....g	0.486		0	RA	4		0.884		
Alanine....g	0.892		0	RA	4		1.623		
Aspartic acid....g	1.328		0	RA	4		2.417		
Glutamic acid....g	3.796		0	RA	4		6.909		
Glycine....g	0.912		0	RA	4		1.660		
Proline....g	1.824		0	RA	4		3.320		
Serine....g	0.724		0	RA	4		1.317		
Hydroxyproline....g	0.270		1	A	1		0.491		
Others:									
Alcohol, ethyl....g	0.0		0	BFFN	4		0.0		
Caffeine....mg	0		0	BFFN	4		0		
Theobromine....mg	0		0	BFFN	4		0		

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

Common Measures:

Measure 1 = 182g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21398

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

Refuse: 0%

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

NDB No. 21398

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	BFFN	4		7		
Vitamin K (phylloquinone)....µg	4.4		1	A	1		8.8		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.033		0	NC	4		13.995		
4:0....g	0.194		0	FLA	4		0.386		
6:0....g	0.066		0	FLA	4		0.132		
8:0....g	0.049		1	A	1		0.098		
10:0....g	0.108		1	A	1		0.214		
12:0....g	0.127		1	A	1		0.253		
13:0....g									
14:0....g	0.725		1	A	1		1.443		
15:0....g	0.088		1	A	1		0.176		
16:0....g	3.627		1	A	1		7.217		
17:0....g	0.137		1	A	1		0.273		
18:0....g	1.892		1	A	1		3.764		
20:0....g	0.020		1	A	1		0.039		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.959		0	NC	4		11.859		
14:1....g	0.108		1	A	1		0.214		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.461		1	A	1		0.917		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	5.342		1	A	1		10.630		
20:1....g	0.049		1	A	1		0.098		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.264		0	NC	4		2.515		
18:2 undifferentiated....g	1.009		1	A	1		2.009		
18:3 undifferentiated....g	0.127		1	A	1		0.253		
18:4....g	0.078		1	A	1		0.156		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.020		1	A	1		0.039		
20:4 undifferentiated....g	0.029		1	A	1		0.058		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	48		1	A	1		95		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 199g: 1 item

NDB No. 21398

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

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

Food Group: 21 Fast Foods

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

NDB No. 21097

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

Refuse: 0%

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

NDB No. 21097

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	6.126		0	RA	4		12.925		
Fatty acids, total monounsaturated....g	5.427		0	RA	4		11.452		
Fatty acids, total polyunsaturated....g	0.672		0	RA	4		1.419		
Fatty acids, total trans....g	0.772		0	RA	4		1.628		
Cholesterol....mg	50		0	RA	4		106		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.420		
Threonine....g	0.617		0		1		1.302		
Isoleucine....g	0.696		0		1		1.469		
Leucine....g	1.271		0		1		2.682		
Lysine....g	1.239		0		1		2.614		
Methionine....g	0.365		0		1		0.770		
Cystine....g	0.169		0		1		0.357		
Phenylalanine....g	0.683		0		1		1.441		
Tyrosine....g	0.551		0		1		1.163		
Valine....g	0.826		0		1		1.743		
Arginine....g	0.948		0		1		2.000		
Histidine....g	0.508		0		1		1.072		
Alanine....g	0.852		0		1		1.798		
Aspartic acid....g	1.292		0		1		2.726		
Glutamic acid....g	3.034		0		1		6.402		
Glycine....g	0.956		0		1		2.017		
Proline....g	1.112		0		1		2.346		
Serine....g	0.630		0		1		1.329		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 211g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21098

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.55		0	RKI	6		138.75		
Energy....kcal	206		0	RKI	6		481		
Energy....kJ	864		0	RKI	6		2013		
Protein (N x 6.2)....g	11.59		0	RKI	6		27.00		
Total lipid (fat)....g	10.36		0	RKI	6		24.15		
Ash....g	1.68		0	RKI	6		3.92		
Carbohydrate, by difference....g	16.81		0	RKI	6		39.18		
Fiber, total dietary....g	1.4		0	RKI	6		3.2		
Sugars, total....g	4.00		0	RKI	6		9.31		
Sucrose....g	0.17		0	RKI	6		0.40		
Glucose (dextrose)....g	1.39		0	RKI	6		3.24		
Fructose....g	1.72		0	RKI	6		4.02		
Lactose....g	0.26		0	RKI	6		0.61		
Maltose....g	0.47		0	RKI	6		1.10		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	95		0	RKI	6		222		
Iron, Fe....mg	1.86		0	RKI	6		4.33		
Magnesium, Mg....mg	19		0	RKI	6		45		
Phosphorus, P....mg	119		0	RKI	6		277		
Potassium, K....mg	210		0	RKI	6		489		
Sodium, Na....mg	385		0	RKA	1		897		
Zinc, Zn....mg	2.17		0	RKI	6		5.06		
Copper, Cu....mg	0.090		0	RKI	6		0.210		
Manganese, Mn....mg	0.182		0	RKI	6		0.424		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0	RKA	1		4.4		
Thiamin....mg	0.145		0	RKI	6		0.337		
Riboflavin....mg	0.281		0	RKI	6		0.655		
Niacin....mg	3.327		0	RKI	6		7.751		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	47		0	RKA	1		110		
Folate, DFE....µg									
Choline, total....mg	29.0		0	AS	1		67.6		
Betaine....mg	11.5		1	A	1		26.8		
Vitamin B-12....µg	1.01		0	RKI	6		2.36		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	258		0	RKA	1		600		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21098

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.893		0	RKI	6		9.071		
Fatty acids, total monounsaturated.....g	3.518		0	RKI	6		8.198		
Fatty acids, total polyunsaturated.....g	0.298		0	RKI	6		0.693		
Fatty acids, total trans.....g	0.604		0	RKI	6		1.408		
Cholesterol.....mg	34		0	RKI	6		80		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 233g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21099

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	50.05		1		1		127.13		
Energy ... kcal	286		0	NC	4		726		
Energy ... kJ	1196		0	NC	4		3038		
Protein (N x 6.2) ... g	15.55		2		1		39.50		
Total lipid (fat) ... g	18.97		2		1		48.18		
Ash ... g	2.42		1		4		6.15		
Carbohydrate, by difference ... g	13.01		0	NC	4		33.05		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	119		1		4		302		
Iron, Fe ... mg	1.98		1		4		5.03		
Magnesium, Mg ... mg	20		1		4		51		
Phosphorus, P ... mg	209		1		4		531		
Potassium, K ... mg	212		1		4		538		
Sodium, Na ... mg	674		2		1		1712		
Zinc, Zn ... mg	2.61		1		4		6.63		
Copper, Cu ... mg	0.097		1		4		0.246		
Manganese, Mn ... mg	0.147		1		4		0.373		
Selenium, Se ... µg	12.8		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.9		1		4		7.4		
Thiamin ... mg	0.210		1		4		0.533		
Riboflavin ... mg	0.220		1		4		0.559		
Niacin ... mg	3.610		1		4		9.169		
Pantothenic acid ... mg	0.410		1		4		1.041		
Vitamin B-6 ... mg	0.150		1		4		0.381		
Folate, total ... µg	31		0	RK	4		79		
Folic acid ... µg	11		0	NC	4		28		
Folate, food ... µg	20		0		4		51		
Folate, DFE ... µg	39		0	NC	4		98		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.13		1		4		2.87		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	199		1		4		505		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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. 21099

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.317		1		1		21.125		
Fatty acids, total monounsaturated....g	7.429		1		1		18.870		
Fatty acids, total polyunsaturated....g	1.516		1		1		3.851		
Fatty acids, total trans....g									
Cholesterol....mg	48		2		1		122		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.498		
Threonine....g	0.597		0		1		1.516		
Isoleucine....g	0.670		0		1		1.702		
Leucine....g	1.232		0		1		3.129		
Lysine....g	1.197		0		1		3.040		
Methionine....g	0.354		0		1		0.899		
Cystine....g	0.171		0		1		0.434		
Phenylalanine....g	0.662		0		1		1.681		
Tyrosine....g	0.532		0		1		1.351		
Valine....g	0.773		0		1		1.963		
Arginine....g	0.901		0		1		2.289		
Histidine....g	0.499		0		1		1.267		
Alanine....g	0.810		0		1		2.057		
Aspartic acid....g	1.244		0		1		3.160		
Glutamic acid....g	2.975		0		1		7.557		
Glycine....g	0.850		0		1		2.159		
Proline....g	1.046		0		1		2.657		
Serine....g	0.657		0		1		1.669		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 254g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21397

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.92	0.833	6	A	1		109.47		
Energy....kcal	268		0	NC	4		576		
Energy....kJ	1121		0	NC	4		2410		
Protein....g	13.69	0.449	6	A	1		29.43		
Total lipid (fat)....g	15.80	0.582	6	A	1		33.98		
Ash....g	1.86	0.063	6	A	1		4.00		
Carbohydrate, by difference....g	17.73		0	NC	4		38.12		
Fiber, total dietary....g	1.1	0.015	3	A	1		2.3		
Sugars, total....g	4.50	0.058	3	A	1		9.67		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.63	0.033	3	A	1		3.51		
Fructose....g	2.10	0.000	3	A	1		4.51		
Lactose....g	0.37	0.088	3	A	1		0.79		
Maltose....g	0.40	0.058	3	A	1		0.86		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	12.63	0.644	3	A	1		27.16		
Minerals:									
Calcium, Ca....mg	73	5.487	6	A	1		158		
Iron, Fe....mg	2.30	0.161	6	A	1		4.95		
Magnesium, Mg....mg	18	0.277	6	A	1		38		
Phosphorus, P....mg	125	4.799	6	A	1		268		
Potassium, K....mg	208	3.853	6	A	1		448		
Sodium, Na....mg	473	23.898	6	A	1		1018		
Zinc, Zn....mg	2.26	0.058	6	A	1		4.86		
Copper, Cu....mg	0.081	0.002	6	A	1		0.174		
Manganese, Mn....mg	0.186	0.005	6	A	1		0.399		
Selenium, Se....µg	16.5	1.378	3	A	1		35.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.196	3	A	1		2.4		
Thiamin....mg	0.177	0.012	3	A	1		0.380		
Riboflavin....mg	0.257	0.009	3	A	1		0.552		
Niacin....mg	3.143	0.154	3	A	1		6.758		
Pantothenic acid....mg	0.755		2	A	1		1.623		
Vitamin B-6....mg	0.186	0.003	3	A	1		0.400		
Folate, total....µg	51		1	JA	6		110		
Folic acid....µg	30		1	A	1		65		
Folate, food....µg	21		0	NC	4		45		
Folate, DFE....µg	72		0	NC	4		155		
Choline, total....mg	36.8		0	AS	1		79.1		
Betaine....mg	17.2		1	A	1		37.0		
Vitamin B-12....µg	0.93	0.032	3	A	1		1.99		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	50		0	AS	1		107		
Retinol....µg	44	4.234	3	A	1		96		
Carotene, beta....µg	64		1	A	1		137		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	2		1	A	1		4		
Vitamin A, IU....IU	256		0	AS	1		550		
Lycopene....µg	208		1	A	1		447		
Lutein + zeaxanthin....µg	41		1	A	1		88		
Vitamin E (alpha-tocopherol)....mg	0.57	0.017	3	A	1		1.23		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.07	0.006	3	A	1		0.15		
Tocopherol, gamma....mg	1.81	0.304	3	A	1		3.88		
Tocopherol, delta....mg	0.76	0.128	3	A	1		1.63		
Tocotrienol, alpha....mg	0.02	0.003	3	A	1		0.04		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		

NDB No. 21397

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01	0.000	3	A	1		0.02		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	BFFN	4		7		
Vitamin K (phylloquinone)....µg	14.2		2	A	1		30.5		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.746		0	NC	4		12.354		
4:0....g	0.077	0.007	3	A	1		0.166		
6:0....g	0.060	0.005	3	A	1		0.128		
8:0....g	0.043	0.004	3	A	1		0.092		
10:0....g	0.100	0.007	3	A	1		0.216		
12:0....g	0.112	0.008	3	A	1		0.240		
13:0....g									
14:0....g	0.565	0.022	3	A	1		1.215		
15:0....g	0.075	0.003	3	A	1		0.161		
16:0....g	3.017	0.047	3	A	1		6.486		
17:0....g	0.122	0.008	3	A	1		0.262		
18:0....g	1.527	0.041	3	A	1		3.284		
20:0....g	0.023	0.001	3	A	1		0.049		
22:0....g	0.015	0.001	3	A	1		0.032		
24:0....g	0.008	0.001	3	A	1		0.017		
Fatty acids, total monounsaturated....g	5.352		0	NC	4		11.506		
14:1....g	0.101	0.003	3	A	1		0.218		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.335	0.005	3	AS	1		0.719		
16:1 c....g	0.295	0.005	3	A	1		0.635		
16:1 t....g	0.039	0.001	3	A	1		0.084		
17:1....g	0.083	0.006	3	A	1		0.178		
18:1 undifferentiated....g	4.776	0.151	3	AS	1		10.267		
18:1 c....g	4.264	0.121	3	A	1		9.167		
18:1 t....g	0.512	0.043	3	A	1		1.101		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.003	3	A	1		0.105		
22:1 undifferentiated....g	0.007	0.003	3	AS	1		0.015		
22:1 c....g	0.007	0.003	3	A	1		0.015		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.001	0.001	3	A	1		0.003		
Fatty acids, total polyunsaturated....g	2.366		0	NC	4		5.086		
18:2 undifferentiated....g	2.045	0.186	3	AS	1		4.397		
18:2 n-6 c,c....g	1.901	0.185	3	A	1		4.088		
18:2 CLAs....g	0.067	0.005	3	A	1		0.144		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.077	0.005	3	A	1		0.165		
18:3 undifferentiated....g	0.252	0.024	3	AS	1		0.541		
18:3 n-3 c,c,c (ALA)....g	0.240	0.023	3	A	1		0.515		
18:3 n-6 c,c,c....g	0.012	0.003	3	A	1		0.026		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.011		
20:3 undifferentiated....g	0.018	0.001	3	AS	1		0.038		
20:3 n-3....g	0.003	0.001	3	A	1		0.006		
20:3 n-6....g	0.015	0.001	3	A	1		0.032		
20:4 undifferentiated....g	0.029	0.001	3	A	1		0.063		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.006		
21:5....g									
22:4....g	0.007	0.000	3	A	1		0.014		
22:5 n-3 (DPA)....g	0.007	0.001	3	A	1		0.015		

NDB No. 21397

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)	g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans	g	0.628		0	NC	4		1.351		
Fatty acids, total trans-monoenoic	g	0.551		0	NC	4		1.185		
Fatty acids, total trans-polyenoic	g	0.077		0	NC	4		0.165		
Cholesterol	mg	51	1.486	3	A	1		109		
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	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 = 215g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21090

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

Refuse: 0%

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

NDB No. 21090

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	BFFN	4		4		
Vitamin K (phylloquinone)....µg	5.5		3	A	1		6.9		
Dihydrophylloquinone....µg	0.2		3	A	1		0.3		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.797		0	NC	4		7.362		
4:0....g	0.092		2	A	1		0.116		
6:0....g	0.057		2	A	1		0.072		
8:0....g	0.043		3	A	1		0.054		
10:0....g	0.083		3	A	1		0.105		
12:0....g	0.104		3	A	1		0.131		
13:0....g									
14:0....g	0.577		3	A	1		0.733		
15:0....g	0.071		3	A	1		0.090		
16:0....g	2.997		3	A	1		3.806		
17:0....g	0.121		3	A	1		0.153		
18:0....g	1.616		3	A	1		2.052		
20:0....g	0.023		3	A	1		0.030		
22:0....g	0.008		3	A	1		0.010		
24:0....g	0.006		3	A	1		0.008		
Fatty acids, total monounsaturated....g	5.035		0	NC	4		6.394		
14:1....g	0.083		3	A	1		0.106		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.418		0	AS	1		0.531		
16:1 c....g	0.377		2	A	1		0.479		
16:1 t....g	0.041		2	A	1		0.051		
17:1....g	0.040		3	A	1		0.050		
18:1 undifferentiated....g	4.456		0	AS	1		5.659		
18:1 c....g	3.950		2	A	1		5.016		
18:1 t....g	0.506		2	A	1		0.643		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032		3	A	1		0.040		
22:1 undifferentiated....g	0.007		3	A	1		0.008		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.363		0	NC	4		1.731		
18:2 undifferentiated....g	1.186		0	AS	1		1.506		
18:2 n-6 c,c....g	1.111		2	A	1		1.410		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.075		2	A	1		0.095		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.123		0	AS	1		0.156		
18:3 n-3 c,c,c (ALA)....g	0.123		2	A	1		0.156		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.033		3	A	1		0.042		
20:2 n-6 c,c....g	0.002		3	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		0	AS	1		0.025		
20:4 n-6....g	0.020		1	A	1		0.025		
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		3	A	1		0.000		
Fatty acids, total trans....g									

NDB No. 21090

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

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

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

Common Measures:

Measure 1 = 127g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21091

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.06		1	A	1		55.27		
Energy....kcal	254		0	NC	4		292		
Energy....kJ	1061		0	NC	4		1220		
Protein (N x 6.11)....g	13.06		1	A	1		15.02		
Total lipid (fat)....g	11.50		1	A	1		13.23		
Ash....g	2.41		1	A	1		2.77		
Carbohydrate, by difference....g	24.97		0	NC	4		28.72		
Fiber, total dietary....g	1.4		1	A	1		1.6		
Sugars, total....g	5.11		0	FLA	4		5.87		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	2.06		1	A	1		2.37		
Fructose....g	2.23		1	A	1		2.56		
Lactose....g	0.23		1	A	1		0.26		
Maltose....g	0.15		1	A	1		0.17		
Galactose....g									
Starch....g	16.60		1	A	1		19.09		
Minerals:									
Calcium, Ca....mg	92		1	A	1		106		
Iron, Fe....mg	2.78		1	A	1		3.20		
Magnesium, Mg....mg	22		1	A	1		25		
Phosphorus, P....mg	134		1	A	1		154		
Potassium, K....mg	178		1	A	1		205		
Sodium, Na....mg	546		0	LC	8		628		
Zinc, Zn....mg	2.18		1	A	1		2.51		
Copper, Cu....mg	0.109		1	A	1		0.125		
Manganese, Mn....mg	0.242		1	A	1		0.278		
Selenium, Se....µg	21.9		1	A	1		25.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	A	1		0.7		
Thiamin....mg	0.361		1	A	1		0.415		
Riboflavin....mg	0.171		1	A	1		0.197		
Niacin....mg	3.080		1	A	1		3.542		
Pantothenic acid....mg	0.302		1	A	1		0.347		
Vitamin B-6....mg	0.956		1	A	1		1.099		
Folate, total....µg	42		0	RK	4		48		
Folic acid....µg	28		0	NC	4		32		
Folate, food....µg	14		1		1		16		
Folate, DFE....µg	62		0	NC	4		71		
Choline, total....mg	37.3		0	FLA	4		42.9		
Betaine....mg									
Vitamin B-12....µg	1.30		1	A	1		1.49		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	12		0	FLA	4		14		
Retinol....µg	8		0	FLA	4		9		
Carotene, beta....µg	47		0	FLA	4		54		
Carotene, alpha....µg	1		0	FLA	4		1		
Cryptoxanthin, beta....µg	3		0	FLA	4		4		
Vitamin A, IU....IU	107		0	NC	4		123		
Lycopene....µg	1170		0	FLA	4		1345		
Lutein + zeaxanthin....µg	22		0	FLA	4		25		
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.35		
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. 21091

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.1		
Vitamin D....IU	2		0	FLA	4		2		
Vitamin K (phylloquinone)....µg	4.2		1	A	1		4.8		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.181		0	NC	4		5.958		
4:0....g	0.104		1	A	1		0.120		
6:0....g	0.065		1	A	1		0.074		
8:0....g	0.045		1	A	1		0.052		
10:0....g	0.083		1	A	1		0.095		
12:0....g	0.096		1	A	1		0.110		
13:0....g									
14:0....g	0.477		1	A	1		0.549		
15:0....g	0.062		1	A	1		0.071		
16:0....g	2.658		1	A	1		3.057		
17:0....g	0.113		1	A	1		0.130		
18:0....g	1.443		1	A	1		1.660		
20:0....g	0.022		1	A	1		0.025		
22:0....g	0.004		1	A	1		0.005		
24:0....g	0.009		1	A	1		0.011		
Fatty acids, total monounsaturated....g	4.398		0	NC	4		5.058		
14:1....g	0.082		1	A	1		0.094		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.377		0	AS	1		0.433		
16:1 c....g	0.342		1	A	1		0.393		
16:1 t....g	0.035		1	A	1		0.040		
17:1....g	0.036		1	A	1		0.041		
18:1 undifferentiated....g	3.862		0	AS	1		4.441		
18:1 c....g	3.476		1	A	1		3.998		
18:1 t....g	0.386		1	A	1		0.443		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032		1	A	1		0.036		
22:1 undifferentiated....g	0.010		1	A	1		0.011		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.181		0	NC	4		1.358		
18:2 undifferentiated....g	1.009		0	AS	1		1.161		
18:2 n-6 c,c....g	0.963		1	A	1		1.108		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.046		1	A	1		0.053		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.122		0	AS	1		0.141		
18:3 n-3 c,c,c (ALA)....g	0.122		1	A	1		0.141		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.030		1	A	1		0.034		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		0	AS	1		0.023		
20:4 n-6....g	0.020		1	A	1		0.023		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.466		0	NC	4		0.536		
Fatty acids, total trans-monoenoic....g	0.420		0	NC	4		0.483		
Fatty acids, total trans-polyenoic....g	0.046		0	NC	4		0.053		
Cholesterol....mg	36		1	A	1		41		

NDB No. 21091

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 115g: 1 sandwich

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.63	0.407	6	A	1		35.15		
Energy....kcal	308		0	NC	4		281		
Energy....kJ	1290		0	NC	4		1174		
Protein (N x 6.11)....g	16.51	0.129	6	A	1		15.02		
Total lipid (fat)....g	14.72	0.210	6	A	1		13.40		
Ash....g	2.11	0.026	6	A	1		1.92		
Carbohydrate, by difference....g	28.03		0	NC	4		25.51		
Fiber, total dietary....g	2.0		1	A	1		1.8		
Sugars, total....g	4.88	0.166	3	A	1		4.45		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.76	0.017	3	A	1		1.60		
Fructose....g	1.94	0.006	3	A	1		1.77		
Lactose....g	0.72	0.032	3	A	1		0.66		
Maltose....g	0.46	0.180	3	A	1		0.42		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	19.87	0.745	3	A	1		18.08		
Minerals:									
Calcium, Ca....mg	119	5.358	6	A	1		109		
Iron, Fe....mg	2.71	0.118	6	A	1		2.47		
Magnesium, Mg....mg	26	0.572	6	A	1		24		
Phosphorus, P....mg	161	1.701	6	A	1		147		
Potassium, K....mg	196	3.429	6	A	1		179		
Sodium, Na....mg	515	4.442	6	A	1		469		
Zinc, Zn....mg	2.49	0.050	6	A	1		2.26		
Copper, Cu....mg	0.111	0.003	6	A	1		0.101		
Manganese, Mn....mg	0.316	0.010	6	A	1		0.287		
Selenium, Se....µg	19.6	0.546	3	A	1		17.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.293	0.019	3	A	1		0.267		
Riboflavin....mg	0.363	0.013	3	A	1		0.331		
Niacin....mg	5.217	0.113	3	A	1		4.747		
Pantothenic acid....mg	0.545		2	A	1		0.496		
Vitamin B-6....mg	0.228	0.012	3	A	1		0.207		
Folate, total....µg	70	3.923	3	A	1		63		
Folic acid....µg	28		0	BFZN	4		25		
Folate, food....µg	42		0	NC	4		38		
Folate, DFE....µg	89		0	NC	4		81		
Choline, total....mg	28.9		0	AS	1		26.3		
Betaine....mg									
Vitamin B-12....µg	0.76	0.045	3	A	1		0.69		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	50		0	AS	1		46		
Retinol....µg	45		1	A	1		41		
Carotene, beta....µg	61		1	A	1		55		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	2		1	A	1		1		
Vitamin A, IU....IU	254		0	AS	1		231		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	37		1	A	1		33		
Vitamin E (alpha-tocopherol)....mg	0.52		2	A	1		0.47		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg	0.08		2	A	1		0.08		
Tocopherol, gamma....mg	0.90		2	A	1		0.82		
Tocopherol, delta....mg	0.22		2	A	1		0.20		
Tocotrienol, alpha....mg	0.04		2	A	1		0.04		
Tocotrienol, beta....mg	0.50		2	A	1		0.45		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	BFZN	4		2		
Vitamin K (phylloquinone)....µg	4.2		0	BFZN	4		3.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.473		0	NC	4		5.890		
4:0....g	0.076	0.003	3	A	1		0.069		
6:0....g	0.059	0.002	3	A	1		0.054		
8:0....g	0.042	0.001	3	A	1		0.038		
10:0....g	0.108	0.004	3	A	1		0.099		
12:0....g	0.126	0.006	3	A	1		0.115		
13:0....g									
14:0....g	0.648	0.031	3	A	1		0.589		
15:0....g	0.086	0.005	3	A	1		0.078		
16:0....g	3.331	0.141	3	A	1		3.031		
17:0....g	0.129	0.011	3	A	1		0.118		
18:0....g	1.825	0.107	3	A	1		1.661		
20:0....g	0.024	0.000	3	A	1		0.022		
22:0....g	0.012	0.001	3	A	1		0.011		
24:0....g	0.007	0.000	3	A	1		0.006		
Fatty acids, total monounsaturated....g	5.413		0	NC	4		4.926		
14:1....g	0.111	0.008	3	A	1		0.101		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.360	0.024	3	AS	1		0.327		
16:1 c....g	0.316	0.022	3	A	1		0.288		
16:1 t....g	0.043	0.002	3	A	1		0.039		
17:1....g	0.075	0.007	3	A	1		0.068		
18:1 undifferentiated....g	4.826	0.188	3	AS	1		4.391		
18:1 c....g	4.376	0.192	3	A	1		3.982		
18:1 t....g	0.450	0.020	3	A	1		0.409		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041	0.003	3	A	1		0.037		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.658		0	NC	4		1.509		
18:2 undifferentiated....g	1.462	0.031	3	AS	1		1.330		
18:2 n-6 c,c....g	1.322	0.043	3	A	1		1.203		
18:2 CLAs....g	0.064	0.007	3	A	1		0.058		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.076	0.006	3	A	1		0.069		
18:3 undifferentiated....g	0.131	0.004	3	AS	1		0.119		
18:3 n-3 c,c,c (ALA)....g	0.125	0.004	3	A	1		0.114		
18:3 n-6 c,c,c....g	0.005	0.001	3	A	1		0.004		
18:3i....g	0.001	0.001	3	A	1		0.001		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.004	0.000	3	A	1		0.004		
20:3 undifferentiated....g	0.015	0.001	3	AS	1		0.014		
20:3 n-3....g	0.001	0.001	3	A	1		0.001		
20:3 n-6....g	0.015	0.001	3	A	1		0.013		
20:4 undifferentiated....g	0.025	0.001	3	A	1		0.023		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	3	A	1		0.005		
21:5....g									
22:4....g	0.005	0.000	3	A	1		0.004		
22:5 n-3 (DPA)....g	0.010	0.002	3	A	1		0.009		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.570		0	NC	4		0.519		
Fatty acids, total trans-monoenoic....g	0.493		0	NC	4		0.449		
Fatty acids, total trans-polyenoic....g	0.077		0	NC	4		0.070		
Cholesterol....mg	43	0.643	3	A	1		39		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1		0.141		
Threonine....g	0.571		0	A	1		0.519		
Isoleucine....g	0.755		0	A	1		0.687		
Leucine....g	1.316		0	A	1		1.198		
Lysine....g	0.784		0	A	1		0.713		
Methionine....g	0.377		0	A	1		0.343		
Cystine....g									
Phenylalanine....g	0.755		0	A	1		0.687		
Tyrosine....g	0.464		0	A	1		0.423		
Valine....g	0.881		0	A	1		0.801		
Arginine....g	0.890		0	A	1		0.810		
Histidine....g	0.445		0	A	1		0.405		
Alanine....g	0.871		0	A	1		0.792		
Aspartic acid....g	1.229		0	A	1		1.118		
Glutamic acid....g	3.987		0	A	1		3.628		
Glycine....g	0.909		0	A	1		0.828		
Proline....g	1.945		0	A	1		1.770		
Serine....g	0.716		0	A	1		0.652		
Hydroxyproline....g	0.290		1	A	1		0.264		
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 91g: 1 sandwich

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	8.015		0	RA	4		19.958		
Fatty acids, total monounsaturated....g	6.559		0	RA	4		16.331		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.637		0	RA	4		1.585		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.091		0	RA	4		2.716		
Cholesterol....mg	63		0	RA	4		156		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0		1		0.570		
Threonine....g	0.732		0		1		1.823		
Isoleucine....g	0.791		0		1		1.970		
Leucine....g	1.469		0		1		3.658		
Lysine....g	1.454		0		1		3.620		
Methionine....g	0.419		0		1		1.043		
Cystine....g	0.187		0		1		0.466		
Phenylalanine....g	0.744		0		1		1.853		
Tyrosine....g	0.601		0		1		1.496		
Valine....g	0.916		0		1		2.281		
Arginine....g	1.148		0		1		2.859		
Histidine....g	0.580		0		1		1.444		
Alanine....g	1.077		0		1		2.682		
Aspartic acid....g	1.556		0		1		3.874		
Glutamic acid....g	3.290		0		1		8.192		
Glycine....g	1.202		0		1		2.993		
Proline....g	1.133		0		1		2.821		
Serine....g	0.753		0		1		1.875		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 249g: 1 item

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.31	0.772	27		1		86.10		
Energy....kcal	283		0		1		515		
Energy....kJ	1184		0		1		2155		
Protein (N x 6.15)....g	13.25	0.538	20		1		24.12		
Total lipid (fat)....g	16.18	0.891	13		1		29.45		
Ash....g	2.00		1		1		3.64		
Carbohydrate, by difference....g	21.26		0	NC	4		38.69		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33	4.937	11		1		60		
Iron, Fe....mg	2.57	0.441	12		1		4.68		
Magnesium, Mg....mg	19	2.331	12		1		35		
Phosphorus, P....mg	128	9.120	12		1		233		
Potassium, K....mg	194	15.630	9		1		353		
Sodium, Na....mg	526	50.378	14		1		957		
Zinc, Zn....mg	1.03	0.179	11		1		1.87		
Copper, Cu....mg	0.127	0.030	9		1		0.231		
Manganese, Mn....mg	0.260	0.038	10		1		0.473		
Selenium, Se....µg	22.2		0	RK	4		40.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.9		1		1		8.9		
Thiamin....mg	0.180	0.026	3		1		0.328		
Riboflavin....mg	0.130	0.015	3		1		0.237		
Niacin....mg	3.740	0.898	3		1		6.807		
Pantothenic acid....mg	0.330		2		1		0.601		
Vitamin B-6....mg	0.110		2		1		0.200		
Folate, total....µg	55		0	RK	4		100		
Folic acid....µg	39		0	NC	4		71		
Folate, food....µg	16	1.755	14		1		29		
Folate, DFE....µg	82		0	NC	4		150		
Choline, total....mg	35.3		0	AS	1		64.2		
Betaine....mg	28.5		3	A	1		52.0		
Vitamin B-12....µg	0.21		2		1		0.38		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	55		1		1		100		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21102
Fast foods, chicken fillet sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.685		0		1		8.527		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.003		1		1		0.005		
12:0....g	0.006		1		1		0.011		
13:0....g									
14:0....g	0.160		1		1		0.291		
15:0....g									
16:0....g	3.018		1		1		5.493		
17:0....g									
18:0....g	1.408		1		1		2.563		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.720		0		1		10.410		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.541		1		1		0.985		
17:1....g									
18:1 undifferentiated....g	5.128		1		1		9.333		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.606		0		1		8.383		
18:2 undifferentiated....g	4.000		1		1		7.280		
18:3 undifferentiated....g	0.527		1		1		0.959		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.079		1		1		0.144		
20:5 n-3 (EPA)....g									
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	33	2.339	7		1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0		1		0.282		
Threonine....g	0.523		0		1		0.952		
Isoleucine....g	0.666		0		1		1.212		
Leucine....g	0.978		0		1		1.780		
Lysine....g	0.958		0		1		1.744		
Methionine....g	0.334		0		1		0.608		
Cystine....g	0.183		0		1		0.333		
Phenylalanine....g	0.554		0		1		1.008		
Tyrosine....g	0.418		0		1		0.761		
Valine....g	0.659		0		1		1.199		
Arginine....g	0.743		0		1		1.352		
Histidine....g	0.383		0		1		0.697		
Alanine....g	0.670		0		1		1.219		
Aspartic acid....g	1.077		0		1		1.960		
Glutamic acid....g	2.440		0		1		4.441		
Glycine....g	0.622		0		1		1.132		
Proline....g	0.732		0		1		1.332		
Serine....g	0.504		0		1		0.917		
Hydroxyproline....g									

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

NDB No. 21102

Fast foods, chicken fillet sandwich, plain

Common Measures:

Measure 1 = 182g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21401
Fast foods, chicken tenders

chicken strips
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.64	0.630	10	A	1		13.99	85.82	
Energy....kcal	271		0	NC	4		81	500	
Energy....kJ	1136		0	NC	4		341	2090	
Protein....g	19.22	0.373	10	A	1		5.77	35.37	
Total lipid (fat)....g	13.95	0.267	10	A	1		4.19	25.68	
Ash....g	2.92	0.058	10	A	1		0.88	5.38	
Carbohydrate, by difference....g	17.25		0	NC	4		5.18	31.75	
Fiber, total dietary....g	1.2	0.115	4	A	1		0.4	2.2	
Sugars, total....g	0.40	0.000	3	A	1		0.12	0.73	
Sucrose....g	0.40	0.000	3	A	1		0.12	0.73	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	17.03	0.809	6	A	1		5.11	31.33	
Minerals:									
Calcium, Ca....mg	17	0.593	10	A	1		5	31	
Iron, Fe....mg	0.73	0.016	9	A	1		0.22	1.35	
Magnesium, Mg....mg	28	0.469	10	A	1		8	52	
Phosphorus, P....mg	282	5.061	10	A	1		85	519	
Potassium, K....mg	373	6.409	10	A	1		112	686	
Sodium, Na....mg	769	17.798	10	A	1		231	1414	
Zinc, Zn....mg	0.71	0.014	10	A	1		0.21	1.30	
Copper, Cu....mg	0.069	0.003	10	A	1		0.021	0.126	
Manganese, Mn....mg	0.228	0.005	10	A	1		0.068	0.419	
Selenium, Se....µg	17.5	0.370	6	A	1		5.3	32.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		2	A	1		0.3	1.9	
Thiamin....mg	0.110	0.001	6	A	1		0.033	0.203	
Riboflavin....mg	0.179	0.003	6	A	1		0.054	0.330	
Niacin....mg	8.217	0.257	6	A	1		2.465	15.119	
Pantothenic acid....mg	1.244	0.048	4	A	1		0.373	2.289	
Vitamin B-6....mg	0.426	0.009	6	A	1		0.128	0.783	
Folate, total....µg	19	0.504	6	A	1		6	35	
Folic acid....µg	6		0	BFPN	4		2	11	
Folate, food....µg	13		0	NC	4		4	24	
Folate, DFE....µg	23		0	NC	4		7	42	
Choline, total....mg	43.7	1.303	3	AS	1		13.1	80.5	
Betaine....mg									
Vitamin B-12....µg	0.16	0.012	6	A	1		0.05	0.30	
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00	0.00	
Vitamin A, RAE....µg	3		1	AS	1		1	5	
Retinol....µg	2		1	A	1		1	4	
Carotene, beta....µg	2		1	A	1		1	4	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	0		1	A	1		0	0	
Vitamin A, IU....IU	11		1	AS	1		3	21	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	83		1	A	1		25	153	
Vitamin E (alpha-tocopherol)....mg	3.17	0.296	6	A	1		0.95	5.84	
Vitamin E, added....mg	0.00		0	BFPN	4		0.00	0.00	
Tocopherol, beta....mg	0.13	0.006	6	A	1		0.04	0.24	
Tocopherol, gamma....mg	5.61	0.534	6	A	1		1.68	10.32	
Tocopherol, delta....mg	0.51	0.017	6	A	1		0.15	0.94	
Tocotrienol, alpha....mg	0.14	0.016	6	A	1		0.04	0.25	
Tocotrienol, beta....mg	0.16	0.019	6	A	1		0.05	0.29	

NDB No. 21401
Fast foods, chicken tenders

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.05	0.004	6	A	1		0.02	0.09	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.1	0.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.1	0.3	
Vitamin D....IU	7		0	BFFN	4		2	14	
Vitamin K (phylloquinone)....µg	8.0		0	BFPN	4		2.4	14.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.493		0	NC	4		0.748	4.588	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.004	0.000	6	A	1		0.001	0.007	
10:0....g	0.000	0.000	6	A	1		0.000	0.000	
12:0....g	0.001	0.000	6	A	1		0.000	0.003	
13:0....g									
14:0....g	0.026	0.004	6	A	1		0.008	0.048	
15:0....g	0.003	0.000	6	A	1		0.001	0.006	
16:0....g	1.771	0.088	6	A	1		0.531	3.258	
17:0....g	0.011	0.000	6	A	1		0.003	0.020	
18:0....g	0.414	0.022	6	A	1		0.124	0.762	
20:0....g	0.076	0.002	6	A	1		0.023	0.140	
22:0....g	0.115	0.004	6	A	1		0.035	0.212	
24:0....g	0.072	0.002	6	A	1		0.022	0.133	
Fatty acids, total monounsaturated....g	4.830		0	NC	4		1.449	8.887	
14:1....g	0.001	0.000	6	A	1		0.000	0.001	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.049	0.002	6	AS	1		0.015	0.090	
16:1 c....g	0.049	0.002	6	A	1		0.015	0.090	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.006	0.000	6	A	1		0.002	0.012	
18:1 undifferentiated....g	4.656	0.198	6	AS	1		1.397	8.568	
18:1 c....g	4.641	0.196	6	A	1		1.392	8.540	
18:1 t....g	0.015	0.002	6	A	1		0.004	0.027	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.106	0.006	6	A	1		0.032	0.196	
22:1 undifferentiated....g	0.009	0.000	6	AS	1		0.003	0.016	
22:1 c....g	0.009	0.000	6	A	1		0.003	0.016	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.001	6	A	1		0.001	0.005	
Fatty acids, total polyunsaturated....g	5.783		0	NC	4		1.735	10.641	
18:2 undifferentiated....g	5.485	0.192	6	AS	1		1.646	10.093	
18:2 n-6 c,c....g	5.439	0.191	6	A	1		1.632	10.008	
18:2 CLAs....g	0.009	0.000	6	A	1		0.003	0.016	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.037	0.001	6	A	1		0.011	0.068	
18:3 undifferentiated....g	0.226	0.025	6	AS	1		0.068	0.415	
18:3 n-3 c,c,c (ALA)....g	0.211	0.023	6	A	1		0.063	0.388	
18:3 n-6 c,c,c....g	0.015	0.002	6	A	1		0.004	0.027	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.002	0.014	
20:3 undifferentiated....g	0.008	0.000	6	AS	1		0.002	0.015	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.008	0.000	6	A	1		0.002	0.015	
20:4 undifferentiated....g	0.040	0.002	6	A	1		0.012	0.074	
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	0.011	0.000	6	A	1		0.003	0.020	
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.001	0.006	

NDB No. 21401
Fast foods, chicken tenders

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.001	0.004	
Fatty acids, total trans....g	0.052		0	NC	4		0.016	0.096	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.004	0.027	
Fatty acids, total trans-polyenoic....g	0.037		0	NC	4		0.011	0.068	
Cholesterol....mg	48	1.442	6	A	1		14	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0	A	1		0.067	0.408	
Threonine....g	0.803		0	A	1		0.241	1.477	
Isoleucine....g	0.845		0	A	1		0.254	1.555	
Leucine....g	1.553		0	A	1		0.466	2.857	
Lysine....g	1.616		0	A	1		0.485	2.973	
Methionine....g	0.518		0	A	1		0.155	0.952	
Cystine....g	0.285		0	A	1		0.086	0.525	
Phenylalanine....g	1.437		0	A	1		0.431	2.643	
Tyrosine....g	0.539		0	A	1		0.162	0.991	
Valine....g	0.908		0	A	1		0.273	1.671	
Arginine....g	1.215		0	A	1		0.364	2.235	
Histidine....g	0.655		0	A	1		0.196	1.205	
Alanine....g	1.014		0	A	1		0.304	1.866	
Aspartic acid....g	1.616		0	A	1		0.485	2.973	
Glutamic acid....g	3.190		0	A	1		0.957	5.869	
Glycine....g	0.845		0	A	1		0.254	1.555	
Proline....g	1.595		0	A	1		0.478	2.935	
Serine....g	0.792		0	A	1		0.238	1.458	
Hydroxyproline....g	0.040		1	A	1		0.012	0.073	
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0	0.0	
Caffeine....mg	0		0	BFPN	4		0	0	
Theobromine....mg	0		0	BFPN	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 = 30g: 1 strip

Measure 2 = 184g: 1 serving

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

Food Group: 21 Fast Foods

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

NDB No. 21229

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

nuggets

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.53	0.360	12	A	1		44.67	29.78	74.45
Energy....kcal	307		0	NC	4		294	196	491
Energy....kJ	1283		0	NC	4		1232	821	2053
Protein (N x 6.25)....g	15.92	0.240	12	A	1		15.29	10.19	25.48
Total lipid (fat)....g	20.36	0.446	12	A	1		19.54	13.03	32.57
Ash....g	2.25	0.066	12	A	1		2.16	1.44	3.61
Carbohydrate, by difference....g	14.93		0	NC	4		14.33	9.56	23.89
Fiber, total dietary....g	0.9	0.026	4	A	1		0.9	0.6	1.5
Sugars, total....g	0.08	0.007	6	A	1		0.08	0.05	0.13
Sucrose....g	0.07	0.007	6	A	1		0.06	0.04	0.11
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	0.02	0.002	6	A	1		0.02	0.01	0.03
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.342	12	A	1		10	7	17
Iron, Fe....mg	0.83	0.029	12	A	1		0.80	0.53	1.33
Magnesium, Mg....mg	24	0.299	12	A	1		23	15	38
Phosphorus, P....mg	272	5.711	12	A	1		261	174	435
Potassium, K....mg	251	4.943	12	A	1		241	161	402
Sodium, Na....mg	594	21.578	12	A	1		570	380	951
Zinc, Zn....mg	0.59	0.006	12	A	1		0.57	0.38	0.95
Copper, Cu....mg	0.051	0.002	12	A	1		0.049	0.033	0.082
Manganese, Mn....mg	0.150	0.003	12	A	1		0.144	0.096	0.239
Selenium, Se....µg	17.2	1.673	4	A	1		16.5	11.0	27.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.048	4	A	1		0.6	0.4	0.9
Thiamin....mg	0.092	0.006	4	A	1		0.089	0.059	0.148
Riboflavin....mg	0.204	0.009	4	A	1		0.196	0.131	0.327
Niacin....mg	5.985	0.112	4	A	1		5.746	3.830	9.576
Pantothenic acid....mg	1.182	0.075	4	A	1		1.135	0.756	1.891
Vitamin B-6....mg	0.148	0.005	4	A	1		0.142	0.095	0.237
Folate, total....µg	11	1.000	4	A	1		11	7	18
Folic acid....µg	5	0.479	4	A	1		5	3	8
Folate, food....µg	6	0.629	4	AS	1		6	4	9
Folate, DFE....µg	15		0	NC	4		14	9	23
Choline, total....mg	40.7		0	AS	1		39.1	26.0	65.1
Betaine....mg	15.6	0.836	5	A	1		15.0	10.0	24.9
Vitamin B-12....µg	0.33	0.000	4	A	1		0.32	0.21	0.53
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	5		0	BFZN	4		4	3	7
Retinol....µg	5		0	BFZN	4		4	3	7
Carotene, beta....µg	0		0	BFZN	4		0	0	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	16		0	BFZN	4		15	10	25
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	2		0	BFZN	4		2	1	3
Vitamin E (alpha-tocopherol)....mg	1.12	0.184	4	A	1		1.08	0.72	1.79
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.05	0.020	4	A	1		0.05	0.04	0.09
Tocopherol, gamma....mg	3.56	1.187	4	A	1		3.42	2.28	5.70
Tocopherol, delta....mg	1.22	0.325	4	A	1		1.18	0.78	1.96
Tocotrienol, alpha....mg	0.01	0.007	4	A	1		0.01	0.00	0.01
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 21229

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2	0.1	0.3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.2	0.1	0.3
Vitamin D....IU	7		0	BFFN	4		7	5	12
Vitamin K (phylloquinone)....µg	7.0	2.711	4	A	1		6.8	4.5	11.3
Dihydrophylloquinone....µg	10.5	2.905	4	A	1		10.1	6.8	16.9
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.566		0	NC	4		3.424	2.282	5.706
4:0....g	0.001	0.000	6	A	1		0.001	0.000	0.001
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.012	0.001	6	A	1		0.012	0.008	0.019
10:0....g	0.008	0.000	6	A	1		0.007	0.005	0.012
12:0....g	0.005	0.001	6	A	1		0.005	0.003	0.008
13:0....g									
14:0....g	0.042	0.003	6	A	1		0.040	0.027	0.067
15:0....g	0.007	0.000	6	A	1		0.006	0.004	0.010
16:0....g	2.325	0.134	6	A	1		2.232	1.488	3.720
17:0....g	0.017	0.001	6	A	1		0.016	0.011	0.027
18:0....g	1.015	0.041	6	A	1		0.974	0.649	1.624
20:0....g	0.071	0.002	6	A	1		0.068	0.045	0.113
22:0....g	0.041	0.002	6	A	1		0.040	0.026	0.066
24:0....g	0.024	0.001	6	A	1		0.023	0.015	0.038
Fatty acids, total monounsaturated....g	7.735		0	NC	4		7.426	4.950	12.376
14:1....g	0.010	0.001	6	A	1		0.010	0.006	0.016
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.296	0.024	6	AS	1		0.284	0.190	0.474
16:1 c....g	0.294	0.023	6	A	1		0.283	0.188	0.471
16:1 t....g	0.002	0.000	6	A	1		0.002	0.001	0.003
17:1....g	0.011	0.000	6	A	1		0.010	0.007	0.017
18:1 undifferentiated....g	7.269	0.343	6	AS	1		6.978	4.652	11.630
18:1 c....g	7.219	0.341	6	A	1		6.930	4.620	11.550
18:1 t....g	0.050	0.003	6	A	1		0.048	0.032	0.080
18:1-11 t (18:1t n-7)....g									
20:1....g	0.133	0.006	6	A	1		0.127	0.085	0.212
22:1 undifferentiated....g	0.004	0.001	6	AS	1		0.004	0.003	0.006
22:1 c....g	0.004	0.001	6	A	1		0.004	0.003	0.006
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.013	0.006	6	A	1		0.013	0.008	0.021
Fatty acids, total polyunsaturated....g	6.511		0	NC	4		6.251	4.167	10.418
18:2 undifferentiated....g	5.986	0.253	6	AS	1		5.746	3.831	9.577
18:2 n-6 c,c....g	5.893	0.252	6	A	1		5.657	3.771	9.428
18:2 CLAs....g	0.022	0.001	6	A	1		0.021	0.014	0.035
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.072	0.002	6	A	1		0.069	0.046	0.114
18:3 undifferentiated....g	0.419	0.012	6	AS	1		0.402	0.268	0.670
18:3 n-3 c,c,c (ALA)....g	0.390	0.013	6	A	1		0.374	0.250	0.624
18:3 n-6 c,c,c....g	0.029	0.002	6	A	1		0.027	0.018	0.046
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.001	0.002
20:2 n-6 c,c....g	0.014	0.001	6	A	1		0.014	0.009	0.023
20:3 undifferentiated....g	0.016	0.001	6	AS	1		0.016	0.010	0.026
20:3 n-3....g	0.001	0.001	6	A	1		0.001	0.001	0.002
20:3 n-6....g	0.015	0.001	6	A	1		0.014	0.010	0.024
20:4 undifferentiated....g	0.051	0.001	6	A	1		0.049	0.032	0.081
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.001	0.001	0.001
21:5....g									
22:4....g	0.016	0.001	6	A	1		0.015	0.010	0.025
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.003	0.007

NDB No. 21229

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1		0.003	0.002	0.005
Fatty acids, total trans....g	0.123		0	NC	4		0.119	0.079	0.198
Fatty acids, total trans-monoenoic....g	0.052		0	NC	4		0.050	0.033	0.083
Fatty acids, total trans-polyenoic....g	0.072		0	NC	4		0.069	0.046	0.114
Cholesterol....mg	55	1.819	4	A	1		53	35	88
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 96g: 6 pieces

Measure 2 = 64g: 4 pieces

Measure 3 = 160g: 10 pieces

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

Food Group: 21 Fast Foods

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

NDB No. 21035

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

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.99	0.445	50		1		72.51		
Energy....kcal	291		0	NC	4		431		
Energy....kJ	1218				4		1802		
Protein (N x 6.25)....g	20.32	0.217	54		1		30.07		
Total lipid (fat)....g	18.04	0.264	54		1		26.70		
Ash....g	2.05	0.050	49		1		3.03		
Carbohydrate, by difference....g	10.61		0	NC	4		15.70		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	4.081	6		1		36		
Iron, Fe....mg	1.08	0.030	6		1		1.60		
Magnesium, Mg....mg	25		2		1		37		
Phosphorus, P....mg	162		1		1		240		
Potassium, K....mg	301		2		1		445		
Sodium, Na....mg	510	29.877	9		1		755		
Zinc, Zn....mg	2.19		2		1		3.24		
Copper, Cu....mg	0.080		2		1		0.118		
Manganese, Mn....mg	0.086		2		1		0.127		
Selenium, Se....µg	23.7		0	BFZN	4		35.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.090	0.004	50		1		0.133		
Riboflavin....mg	0.290	0.006	51		1		0.429		
Niacin....mg	4.870	0.128	51		1		7.208		
Pantothenic acid....mg	1.660	0.031	47		1		2.457		
Vitamin B-6....mg	0.220	0.007	47		1		0.326		
Folate, total....µg	17		0	FLA	4		25		
Folic acid....µg	11		0	NC	4		16		
Folate, food....µg	6	0.332	47		1		9		
Folate, DFE....µg	25		0	NC	4		37		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.56	0.035	47		1		0.83		
Vitamin A, RAE....µg	45		0	NC	4		67		
Retinol....µg	45		0	NC	4		67		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	150		1		1		222		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21035

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.763		0		1		7.049		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.019		1		1		0.028		
13:0....g									
14:0....g	0.108		1		1		0.160		
15:0....g									
16:0....g	3.231		1		1		4.782		
17:0....g									
18:0....g	1.405		1		1		2.079		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.385		0		1		10.930		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.579		1		1		0.857		
17:1....g									
18:1 undifferentiated....g	6.718		1		1		9.943		
20:1....g									
22:1 undifferentiated....g	0.088		1		1		0.130		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.272		0		1		6.323		
18:2 undifferentiated....g	3.890		1		1		5.757		
18:3 undifferentiated....g	0.206		1		1		0.305		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.108		1		1		0.160		
20:5 n-3 (EPA)....g	0.010		1		1		0.015		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		1		1		0.028		
22:6 n-3 (DHA)....g	0.040		1		1		0.059		
Fatty acids, total trans....g									
Cholesterol....mg	112	10.942	5		1		166		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0		1		0.337		
Threonine....g	0.819		0		1		1.212		
Isoleucine....g	0.988		0		1		1.462		
Leucine....g	1.466		0		1		2.170		
Lysine....g	1.570		0		1		2.324		
Methionine....g	0.527		0		1		0.780		
Cystine....g	0.283		0		1		0.419		
Phenylalanine....g	0.800		0		1		1.184		
Tyrosine....g	0.650		0		1		0.962		
Valine....g	0.975		0		1		1.443		
Arginine....g	1.245		0		1		1.843		
Histidine....g	0.582		0		1		0.861		
Alanine....g	1.154		0		1		1.708		
Aspartic acid....g	1.749		0		1		2.589		
Glutamic acid....g	3.160		0		1		4.677		
Glycine....g	1.287		0		1		1.905		
Proline....g	1.063		0		1		1.573		
Serine....g	0.738		0		1		1.092		
Hydroxyproline....g									

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

NDB No. 21035

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

Common Measures:

Measure 1 = 148g: 2 pieces

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

Food Group: 21 Fast Foods

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

NDB No. 21036

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

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.70	0.624	51		1		74.49		
Energy....kcal	303		0	NC	4		494		
Energy....kJ	1268				4		2066		
Protein (N x 6.25)....g	21.91	0.315	59		1		35.71		
Total lipid (fat)....g	18.11	0.371	57		1		29.52		
Ash....g	2.27	0.062	48		1		3.70		
Carbohydrate, by difference....g	12.01		0	NC	4		19.58		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37	5.666	8		1		60		
Iron, Fe....mg	0.91	0.129	8		1		1.48		
Magnesium, Mg....mg	23		2		1		37		
Phosphorus, P....mg	188		1		1		306		
Potassium, K....mg	347		1		1		566		
Sodium, Na....mg	598	35.189	13		1		975		
Zinc, Zn....mg	0.95		2		1		1.55		
Copper, Cu....mg	0.062		1		1		0.101		
Manganese, Mn....mg	0.095		2		1		0.155		
Selenium, Se....µg	21.7		0	BFZN	4		35.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.090	0.004	52		1		0.147		
Riboflavin....mg	0.180	0.006	52		1		0.293		
Niacin....mg	7.350	0.174	52		1		11.981		
Pantothenic acid....mg	1.590	0.026	46		1		2.592		
Vitamin B-6....mg	0.350	0.012	46		1		0.571		
Folate, total....µg	18		0	FLA	4		29		
Folic acid....µg	13		0	NC	4		21		
Folate, food....µg	5	0.322	45		1		8		
Folate, DFE....µg	27		0	NC	4		44		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.41	0.021	46		1		0.67		
Vitamin A, RAE....µg	35		0	NC	4		57		
Retinol....µg	35		0	NC	4		57		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	118		1		1		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. 21036

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.812		0		1		7.844		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.012		1		1		0.020		
13:0....g									
14:0....g	0.106		1		1		0.173		
15:0....g									
16:0....g	3.272		1		1		5.333		
17:0....g									
18:0....g	1.422		1		1		2.318		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.502		0		1		12.228		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.533		1		1		0.869		
17:1....g									
18:1 undifferentiated....g	6.863		1		1		11.187		
20:1....g									
22:1 undifferentiated....g	0.106		1		1		0.173		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.163		0		1		6.786		
18:2 undifferentiated....g	3.840		1		1		6.259		
18:3 undifferentiated....g	0.214		1		1		0.349		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.083		1		1		0.135		
20:5 n-3 (EPA)....g	0.001		1		1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		1		1		0.002		
22:6 n-3 (DHA)....g	0.023		1		1		0.037		
Fatty acids, total trans....g									
Cholesterol....mg	91	5.502	9		1		148		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.245		0		1		0.399		
Threonine....g	0.883		0		1		1.439		
Isoleucine....g	1.066		0		1		1.738		
Leucine....g	1.581		0		1		2.577		
Lysine....g	1.693		0		1		2.760		
Methionine....g	0.568		0		1		0.926		
Cystine....g	0.305		0		1		0.497		
Phenylalanine....g	0.862		0		1		1.405		
Tyrosine....g	0.701		0		1		1.143		
Valine....g	1.052		0		1		1.715		
Arginine....g	1.343		0		1		2.189		
Histidine....g	0.628		0		1		1.024		
Alanine....g	1.245		0		1		2.029		
Aspartic acid....g	1.886		0		1		3.074		
Glutamic acid....g	3.407		0		1		5.553		
Glycine....g	1.388		0		1		2.262		
Proline....g	1.146		0		1		1.868		
Serine....g	0.796		0		1		1.297		
Hydroxyproline....g									

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

NDB No. 21036

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

Common Measures:

Measure 1 = 163g: 2 pieces

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

Food Group: 21 Fast Foods

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

NDB No. 21042
Fast foods, chili con carne

Refuse: 0%

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

NDB No. 21042
Fast foods, chili con carne

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.356		0		1		3.431		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.012		1		1		0.030		
12:0....g	0.008		1		1		0.020		
13:0....g									
14:0....g	0.082		1		1		0.207		
15:0....g									
16:0....g	0.969		1		1		2.452		
17:0....g									
18:0....g	0.285		1		1		0.721		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.347		0		1		3.408		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		1		1		0.119		
17:1....g									
18:1 undifferentiated....g	1.300		1		1		3.289		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.209		0		1		0.529		
18:2 undifferentiated....g	0.120		1		1		0.304		
18:3 undifferentiated....g	0.089		1		1		0.225		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	53		2		1		134		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0		1		0.293		
Threonine....g	0.392		0		1		0.992		
Isoleucine....g	0.403		0		1		1.020		
Leucine....g	0.735		0		1		1.860		
Lysine....g	0.727		0		1		1.839		
Methionine....g	0.190		0		1		0.481		
Cystine....g	0.100		0		1		0.253		
Phenylalanine....g	0.400		0		1		1.012		
Tyrosine....g	0.283		0		1		0.716		
Valine....g	0.459		0		1		1.161		
Arginine....g	0.610		0		1		1.543		
Histidine....g	0.284		0		1		0.719		
Alanine....g	0.540		0		1		1.366		
Aspartic acid....g	1.007		0		1		2.548		
Glutamic acid....g	1.708		0		1		4.321		
Glycine....g	0.582		0		1		1.472		
Proline....g	0.443		0		1		1.121		
Serine....g	0.406		0		1		1.027		
Hydroxyproline....g									

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

NDB No. 21042
Fast foods, chili con carne

Common Measures:

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

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

Food Group: 21 Fast Foods

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

NDB No. 21070
Fast foods, chimichanga, with beef

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.68		2		1		88.18		
Energy	kcal	244		0		1		425		
Energy	kJ	1021				1		1776		
Protein (N x 6.08)	g	11.27		2		1		19.61		
Total lipid (fat)	g	11.31		2		1		19.68		
Ash	g	2.14		2		1		3.72		
Carbohydrate, by difference	g	24.60		0	NC	4		42.80		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36		2		1		63		
Iron, Fe	mg	2.61		2		1		4.54		
Magnesium, Mg	mg	36		2		1		63		
Phosphorus, P	mg	71		2		1		124		
Potassium, K	mg	337		2		1		586		
Sodium, Na	mg	523		2		1		910		
Zinc, Zn	mg	2.85		2		1		4.96		
Copper, Cu	mg	0.243		1		1		0.423		
Manganese, Mn	mg	0.320		2		1		0.557		
Selenium, Se	µg	13.6		0	RK	4		23.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		2		1		4.7		
Thiamin	mg	0.280		2		1		0.487		
Riboflavin	mg	0.370		2		1		0.644		
Niacin	mg	3.320		2		1		5.777		
Pantothenic acid	mg	1.180		2		1		2.053		
Vitamin B-6	mg	0.160		2		1		0.278		
Folate, total	µg	48		0	RK	4		84		
Folic acid	µg	30		0	NC	4		52		
Folate, food	µg	18		0		4		31		
Folate, DFE	µg	69		0	NC	4		120		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.87		2		1		1.51		
Vitamin A, RAE	µg	4		0	NC	4		7		
Retinol	µg	0		0	NC	4		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	84		1		1		146		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21070
Fast foods, chimichanga, with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.888		0		1		8.505		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.027		1		1		0.047		
12:0....g	0.027		1		1		0.047		
13:0....g									
14:0....g	0.591		1		1		1.028		
15:0....g									
16:0....g	2.693		1		1		4.686		
17:0....g									
18:0....g	1.551		1		1		2.699		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.635		0		1		8.065		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.635		1		1		8.065		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.653		0		1		1.136		
18:2 undifferentiated....g	0.604		1		1		1.051		
18:3 undifferentiated....g	0.049		1		1		0.085		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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		1		1		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0		1		0.238		
Threonine....g	0.436		0		1		0.759		
Isoleucine....g	0.465		0		1		0.809		
Leucine....g	0.870		0		1		1.514		
Lysine....g	0.773		0		1		1.345		
Methionine....g	0.247		0		1		0.430		
Cystine....g	0.141		0		1		0.245		
Phenylalanine....g	0.464		0		1		0.807		
Tyrosine....g	0.349		0		1		0.607		
Valine....g	0.527		0		1		0.917		
Arginine....g	0.688		0		1		1.197		
Histidine....g	0.332		0		1		0.578		
Alanine....g	0.642		0		1		1.117		
Aspartic acid....g	0.899		0		1		1.564		
Glutamic acid....g	2.273		0		1		3.955		
Glycine....g	0.727		0		1		1.265		
Proline....g	0.747		0		1		1.300		
Serine....g	0.467		0		1		0.813		
Hydroxyproline....g									

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

NDB No. 21070

Fast foods, chimichanga, with beef

Common Measures:

Measure 1 = 174g: 1 chimichanga

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.70		2		1		96.44		
Energy	kcal	242		0		1		443		
Energy	kJ	1013				1		1853		
Protein (N x 6.13)	g	10.96		2		1		20.06		
Total lipid (fat)	g	12.81		2		1		23.44		
Ash	g	2.04		2		1		3.73		
Carbohydrate, by difference	g	21.49		0	NC	4		39.33		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	130		2		1		238		
Iron, Fe	mg	2.10		2		1		3.84		
Magnesium, Mg	mg	33		2		1		60		
Phosphorus, P	mg	102		2		1		187		
Potassium, K	mg	111		2		1		203		
Sodium, Na	mg	523		2		1		957		
Zinc, Zn	mg	1.84		2		1		3.37		
Copper, Cu	mg	0.192		2		1		0.351		
Manganese, Mn	mg	0.267		2		1		0.489		
Selenium, Se	µg	12.6		0	RK	4		23.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		2		1		2.7		
Thiamin	mg	0.210		2		1		0.384		
Riboflavin	mg	0.470		2		1		0.860		
Niacin	mg	2.550		2		1		4.667		
Pantothenic acid	mg	0.980		2		1		1.793		
Vitamin B-6	mg	0.120		2		1		0.220		
Folate, total	µg	50		0	RK	4		92		
Folic acid	µg	32		0	NC	4		59		
Folate, food	µg	18		0		4		33		
Folate, DFE	µg	72		0	NC	4		132		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.71		2		1		1.30		
Vitamin A, RAE	µg	72		0	NC	4		132		
Retinol	µg	69		0	NC	4		126		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	295		1		1		540		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21071
Fast foods, chimichanga, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.108		0		1		11.178		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.459		1		1		0.840		
15:0....g									
16:0....g	3.157		1		1		5.777		
17:0....g									
18:0....g	2.492		1		1		4.560		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.155		0		1		9.434		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	5.155		1		1		9.434		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.398		0		1		0.728		
18:2 undifferentiated....g	0.398		1		1		0.728		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	28		1		1		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		0		1		0.242		
Threonine....g	0.397		0		1		0.727		
Isoleucine....g	0.481		0		1		0.880		
Leucine....g	0.858		0		1		1.570		
Lysine....g	0.722		0		1		1.321		
Methionine....g	0.239		0		1		0.437		
Cystine....g	0.127		0		1		0.232		
Phenylalanine....g	0.474		0		1		0.867		
Tyrosine....g	0.366		0		1		0.670		
Valine....g	0.538		0		1		0.985		
Arginine....g	0.588		0		1		1.076		
Histidine....g	0.320		0		1		0.586		
Alanine....g	0.527		0		1		0.964		
Aspartic acid....g	0.790		0		1		1.446		
Glutamic acid....g	2.375		0		1		4.346		
Glycine....g	0.565		0		1		1.034		
Proline....g	0.851		0		1		1.557		
Serine....g	0.486		0		1		0.889		
Hydroxyproline....g									

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

NDB No. 21071

Fast foods, chimichanga, with beef and cheese

Common Measures:

Measure 1 = 183g: 1 chimichanga

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.24		2		1		103.06		
Energy....kcal	223		0		1		424		
Energy....kJ	933				1		1773		
Protein (N x 5.97)....g	9.53		2		1		18.11		
Total lipid (fat)....g	10.07		2		1		19.13		
Ash....g	2.07		2		1		3.93		
Carbohydrate, by difference....g	24.09		0	NC	4		45.77		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37		2		1		70		
Iron, Fe....mg	2.20		2		1		4.18		
Magnesium, Mg....mg	34		2		1		65		
Phosphorus, P....mg	59		2		1		112		
Potassium, K....mg	323		2		1		614		
Sodium, Na....mg	615		2		1		1169		
Zinc, Zn....mg	1.59		2		1		3.02		
Copper, Cu....mg	0.145		2		1		0.276		
Manganese, Mn....mg	0.324		2		1		0.616		
Selenium, Se....µg	12.8		0	RK	4		24.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2		1		0.4		
Thiamin....mg	0.150		2		1		0.285		
Riboflavin....mg	0.350		2		1		0.665		
Niacin....mg	2.810		2		1		5.339		
Pantothenic acid....mg	1.150		2		1		2.185		
Vitamin B-6....mg	0.120		2		1		0.228		
Folate, total....µg	48		0	RK	4		91		
Folic acid....µg	30		0	NC	4		57		
Folate, food....µg	18		0		4		34		
Folate, DFE....µg	69		0	NC	4		131		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.57		2		1		1.08		
Vitamin A, RAE....µg	7		0	NC	4		13		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	138		1		1		262		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21072
Fast foods, chimichanga, with beef and red chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.354		0		1		8.273		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.024		1		1		0.046		
12:0....g	0.024		1		1		0.046		
13:0....g									
14:0....g	0.526		1		1		0.999		
15:0....g									
16:0....g	2.399		1		1		4.558		
17:0....g									
18:0....g	1.381		1		1		2.624		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.128		0		1		7.843		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.128		1		1		7.843		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.582		0		1		1.106		
18:2 undifferentiated....g	0.538		1		1		1.022		
18:3 undifferentiated....g	0.044		1		1		0.084		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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		1		4		10		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.224		
Threonine....g	0.364		0		1		0.692		
Isoleucine....g	0.388		0		1		0.737		
Leucine....g	0.728		0		1		1.383		
Lysine....g	0.637		0		1		1.210		
Methionine....g	0.203		0		1		0.386		
Cystine....g	0.121		0		1		0.230		
Phenylalanine....g	0.396		0		1		0.752		
Tyrosine....g	0.292		0		1		0.555		
Valine....g	0.440		0		1		0.836		
Arginine....g	0.576		0		1		1.094		
Histidine....g	0.279		0		1		0.530		
Alanine....g	0.531		0		1		1.009		
Aspartic acid....g	0.796		0		1		1.512		
Glutamic acid....g	2.062		0		1		3.918		
Glycine....g	0.594		0		1		1.129		
Proline....g	0.632		0		1		1.201		
Serine....g	0.402		0		1		0.764		
Hydroxyproline....g									

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

NDB No. 21072

Fast foods, chimichanga, with beef and red chili peppers

Common Measures:

Measure 1 = 190g: 1 chimichanga

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

Food Group: 21 Fast Foods

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

NDB No. 21073

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.19		2		1		106.54		
Energy ... kcal	202		0		1		364		
Energy ... kJ	845				1		1521		
Protein (N x 6.14) ... g	8.15		2		1		14.67		
Total lipid (fat) ... g	9.75		2		1		17.55		
Ash ... g	1.65		2		1		2.97		
Carbohydrate, by difference ... g	21.26		0	NC	4		38.27		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	121		2		1		218		
Iron, Fe ... mg	1.75		2		1		3.15		
Magnesium, Mg ... mg	23		2		1		41		
Phosphorus, P ... mg	81		2		1		146		
Potassium, K ... mg	183		2		1		329		
Sodium, Na ... mg	497		2		1		895		
Zinc, Zn ... mg	2.57		2		1		4.63		
Copper, Cu ... mg	0.313		1		1		0.563		
Manganese, Mn ... mg	0.217		2		1		0.391		
Selenium, Se ... µg	13.7		0	RK	4		24.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		2		1		1.8		
Thiamin ... mg	0.130		2		1		0.234		
Riboflavin ... mg	0.530		2		1		0.954		
Niacin ... mg	1.920		2		1		3.456		
Pantothenic acid ... mg	0.820		2		1		1.476		
Vitamin B-6 ... mg	0.090		2		1		0.162		
Folate, total ... µg	50		0	RK	4		90		
Folic acid ... µg	32		0	NC	4		58		
Folate, food ... µg	18		0		4		32		
Folate, DFE ... µg	72		0	NC	4		130		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.71		2		1		1.28		
Vitamin A, RAE ... µg	28		0	NC	4		50		
Retinol ... µg	10		0	NC	4		18		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	390		1		1		702		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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. 21073

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.649		0		1		8.368		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.349		1		1		0.628		
15:0....g									
16:0....g	2.402		1		1		4.324		
17:0....g									
18:0....g	1.897		1		1		3.415		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.923		0		1		7.061		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.923		1		1		7.061		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.303		0		1		0.545		
18:2 undifferentiated....g	0.303		1		1		0.545		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	28		1		4		50		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.097		0		1		0.175		
Threonine....g	0.288		0		1		0.518		
Isoleucine....g	0.332		0		1		0.598		
Leucine....g	0.605		0		1		1.089		
Lysine....g	0.500		0		1		0.900		
Methionine....g	0.166		0		1		0.299		
Cystine....g	0.100		0		1		0.180		
Phenylalanine....g	0.342		0		1		0.616		
Tyrosine....g	0.254		0		1		0.457		
Valine....g	0.374		0		1		0.673		
Arginine....g	0.438		0		1		0.788		
Histidine....g	0.228		0		1		0.410		
Alanine....g	0.392		0		1		0.706		
Aspartic acid....g	0.619		0		1		1.114		
Glutamic acid....g	1.840		0		1		3.312		
Glycine....g	0.422		0		1		0.760		
Proline....g	0.593		0		1		1.067		
Serine....g	0.350		0		1		0.630		
Hydroxyproline....g									

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

NDB No. 21073

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

Common Measures:

Measure 1 = 180g: 1 chimichanga

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

Food Group: 21 Fast Foods

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.742		1		1		6.603		
Fatty acids, total monounsaturated.....g	9.948		1		1		11.440		
Fatty acids, total polyunsaturated.....g	5.890		1		1		6.774		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		1		4		87		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.151		
Threonine.....g	0.397		0		1		0.457		
Isoleucine.....g	0.466		0		1		0.536		
Leucine.....g	0.775		0		1		0.891		
Lysine.....g	0.539		0		1		0.620		
Methionine.....g	0.227		0		1		0.261		
Cystine.....g	0.187		0		1		0.215		
Phenylalanine.....g	0.485		0		1		0.558		
Tyrosine.....g	0.331		0		1		0.381		
Valine.....g	0.518		0		1		0.596		
Arginine.....g	0.608		0		1		0.699		
Histidine.....g	0.227		0		1		0.261		
Alanine.....g	0.512		0		1		0.589		
Aspartic acid.....g	0.793		0		1		0.912		
Glutamic acid.....g	2.402		0		1		2.762		
Glycine.....g	0.505		0		1		0.581		
Proline.....g	0.795		0		1		0.914		
Serine.....g	0.554		0		1		0.637		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 115g: .75 cup

Calories Factors: Protein 4.25 **Fat** 8.96 **Carbohydrate** 4.11

Food Group: 21 Fast Foods

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

NDB No. 21127
Fast foods, coleslaw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.42	0.576	8	A	1		140.23	85.17	
Energy....kcal	153		0	NC	4		291	177	
Energy....kJ	638		0	NC	4		1219	740	
Protein....g	0.95	0.039	8	A	1		1.81	1.10	
Total lipid (fat)....g	9.91	1.271	8	A	1		18.93	11.49	
Ash....g	0.84	0.029	8	A	1		1.61	0.98	
Carbohydrate, by difference....g	14.89		0	NC	4		28.43	17.27	
Fiber, total dietary....g	1.9	0.125	8	A	1		3.6	2.2	
Sugars, total....g	12.19	1.351	8	A	1		23.28	14.14	
Sucrose....g	8.96	1.223	8	A	1		17.12	10.40	
Glucose (dextrose)....g	1.69	0.031	8	A	1		3.22	1.96	
Fructose....g	1.44	0.004	8	A	1		2.76	1.67	
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	
Galactose....g	0.09	0.094	8	A	1		0.18	0.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	1.575	8	A	1		57	35	
Iron, Fe....mg	0.22	0.011	8	A	1		0.41	0.25	
Magnesium, Mg....mg	8	0.806	8	A	1		16	10	
Phosphorus, P....mg	20	0.362	8	A	1		38	23	
Potassium, K....mg	129	11.000	8	A	1		247	150	
Sodium, Na....mg	203	14.500	8	A	1		388	235	
Zinc, Zn....mg	0.14	0.014	8	A	1		0.26	0.16	
Copper, Cu....mg	0.015	0.001	8	A	1		0.029	0.018	
Manganese, Mn....mg	0.102	0.019	8	A	1		0.195	0.119	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.6	0.025	8	A	1		28.0	17.0	
Thiamin....mg	0.026	0.011	8	A	1		0.050	0.030	
Riboflavin....mg	0.020	0.005	8	A	1		0.038	0.023	
Niacin....mg	0.206	0.000	8	A	1		0.393	0.239	
Pantothenic acid....mg	0.246	0.004	8	A	1		0.470	0.286	
Vitamin B-6....mg	0.112	0.010	8	A	1		0.213	0.130	
Folate, total....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	0.01		2	A	1		0.03	0.02	
Vitamin A, RAE....µg	28		0	AS	1		54	33	
Retinol....µg	28	27.272	4	A	1		54	33	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	95		0	AS	1		181	110	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.035	4	A	1		1.04	0.63	
Tocopherol, beta....mg	0.04	0.003	4	A	1		0.07	0.04	
Tocopherol, gamma....mg	4.79	0.148	4	A	1		9.15	5.56	
Tocopherol, delta....mg	1.64	0.082	4	A	1		3.14	1.91	
Tocotrienol, alpha....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									

NDB No. 21127
Fast foods, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	70.9		1	A	1		135.4	82.2	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.599		0	NC	4		3.054	1.855	
4:0....g	0.002	0.002	8	A	1		0.004	0.003	
6:0....g	0.005	0.006	8	A	1		0.010	0.006	
8:0....g	0.004	0.005	8	A	1		0.008	0.005	
10:0....g	0.007	0.007	8	A	1		0.013	0.008	
12:0....g	0.001	0.001	8	A	1		0.002	0.001	
13:0....g									
14:0....g	0.005	0.000	8	A	1		0.009	0.006	
15:0....g	0.002	0.002	8	A	1		0.004	0.003	
16:0....g	1.037	0.249	8	A	1		1.980	1.203	
17:0....g	0.016	0.010	8	A	1		0.031	0.019	
18:0....g	0.438	0.119	8	A	1		0.837	0.508	
20:0....g	0.032	0.012	8	A	1		0.061	0.037	
22:0....g	0.034	0.011	8	A	1		0.064	0.039	
24:0....g	0.016	0.009	8	A	1		0.030	0.018	
Fatty acids, total monounsaturated....g	2.671		0	NC	4		5.102	3.098	
14:1....g	0.000	0.000	8	A	1		0.000	0.000	
15:1....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated....g	0.018	0.011	8	AS	1		0.034	0.021	
16:1 c....g	0.018	0.011	8	A	1		0.034	0.021	
16:1 t....g	0.000	0.000	8	A	1		0.001	0.000	
17:1....g	0.008	0.005	8	A	1		0.015	0.009	
18:1 undifferentiated....g	2.232	0.511	8	AS	1		4.264	2.589	
18:1 c....g	2.227	0.512	8	A	1		4.254	2.584	
18:1 t....g	0.005	0.002	8	A	1		0.010	0.006	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.400	0.407	8	A	1		0.765	0.465	
22:1 undifferentiated....g	0.008	0.002	8	AS	1		0.016	0.010	
22:1 c....g	0.006	0.000	8	A	1		0.011	0.007	
22:1 t....g	0.003	0.003	8	A	1		0.005	0.003	
24:1 c....g	0.004	0.002	8	A	1		0.008	0.005	
Fatty acids, total polyunsaturated....g	5.348		0	NC	4		10.214	6.203	
18:2 undifferentiated....g	5.021	1.152	8	AS	1		9.590	5.824	
18:2 n-6 c,c....g	4.979	1.131	8	A	1		9.510	5.776	
18:2 CLAs....g	0.013	0.013	8	A	1		0.024	0.015	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029	0.008	8	A	1		0.056	0.034	
18:3 undifferentiated....g	0.302	0.258	8	AS	1		0.578	0.351	
18:3 n-3 c,c,c (ALA)....g	0.279	0.263	8	A	1		0.532	0.323	
18:3 n-6 c,c,c....g	0.024	0.006	8	A	1		0.045	0.027	
18:3i....g									
18:4....g	0.003	0.004	8	A	1		0.006	0.004	
20:2 n-6 c,c....g	0.002	0.001	8	A	1		0.004	0.003	
20:3 undifferentiated....g	0.007	0.007	8	AS	1		0.013	0.008	
20:3 n-3....g	0.001	0.001	8	A	1		0.002	0.001	
20:3 n-6....g	0.006	0.006	8	A	1		0.011	0.006	
20:4 undifferentiated....g	0.004	0.004	8	A	1		0.007	0.004	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.006	8	A	1		0.011	0.007	
21:5....g									
22:4....g	0.001	0.001	8	A	1		0.002	0.001	
22:5 n-3 (DPA)....g	0.000	0.001	8	A	1		0.001	0.001	
22:6 n-3 (DHA)....g	0.001	0.001	8	A	1		0.001	0.001	
Fatty acids, total trans....g	0.037		0	NC	4		0.071	0.043	
Fatty acids, total trans-monoenoic....g	0.008		0	NC	4		0.015	0.009	

NDB No. 21127
Fast foods, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.056	0.034	
Cholesterol.....mg	4	2.425	8	A	1		8	5	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 191g: 1 cup

Measure 2 = 116g: 1 package

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

Food Group: 21 Fast Foods

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

NDB No. 21029
Fast foods, cookies, animal crackers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.75	0.277	14		1		2.51		
Energy....kcal	446		0	NC	4		299		
Energy....kJ	1866				4		1250		
Protein (N x 5.7)....g	6.18	0.258	13		1		4.14		
Total lipid (fat)....g	13.43	0.602	14		1		9.00		
Ash....g	1.31	0.051	12		1		0.88		
Carbohydrate, by difference....g	75.33		0	NC	4		50.47		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		2		1		11		
Iron, Fe....mg	2.20		2		1		1.47		
Magnesium, Mg....mg	16		2		1		11		
Phosphorus, P....mg	96		2		1		64		
Potassium, K....mg	84		2		1		56		
Sodium, Na....mg	408	24.412	12		1		273		
Zinc, Zn....mg	0.45		2		1		0.30		
Copper, Cu....mg	0.076		2		1		0.051		
Manganese, Mn....mg	0.487		2		1		0.326		
Selenium, Se....µg	7.0	2.000	4	A	1		4.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.643	3		1		0.8		
Thiamin....mg	0.370	0.037	3		1		0.248		
Riboflavin....mg	0.360	0.009	3		1		0.241		
Niacin....mg	3.670	1.250	3		1		2.459		
Pantothenic acid....mg	0.320	0.115	3		1		0.214		
Vitamin B-6....mg	0.030	0.005	3		1		0.020		
Folate, total....µg	121		0	BFZN	4		81		
Folic acid....µg	88		0	NC	4		59		
Folate, food....µg	33		2		1		22		
Folate, DFE....µg	183		0	NC	4		122		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.07		2		1		0.05		
Vitamin A, RAE....µg	10		0	NC	4		6		
Retinol....µg	9		0	NC	4		6		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		1		1		27		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.47		0		1		0.31		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21029
Fast foods, cookies, animal crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.272		0		1		3.532		
4:0....g									
6:0....g									
8:0....g	0.022		1		1		0.015		
10:0....g	0.010		1		1		0.007		
12:0....g	0.019		1		1		0.013		
13:0....g									
14:0....g	0.215		1		1		0.144		
15:0....g									
16:0....g	3.109		1		1		2.083		
17:0....g									
18:0....g	1.741		1		1		1.166		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.649		0		1		3.785		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.409		1		1		0.274		
17:1....g									
18:1 undifferentiated....g	5.200		1		1		3.484		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.558		0		1		1.044		
18:2 undifferentiated....g	1.367		1		1		0.916		
18:3 undifferentiated....g	0.168		1		1		0.113		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		1		1		0.016		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	16	1.725	3		1		11		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.054		
Threonine....g	0.202		0		1		0.135		
Isoleucine....g	0.261		0		1		0.175		
Leucine....g	0.474		0		1		0.318		
Lysine....g	0.229		0		1		0.153		
Methionine....g	0.127		0		1		0.085		
Cystine....g	0.120		0		1		0.080		
Phenylalanine....g	0.315		0		1		0.211		
Tyrosine....g	0.216		0		1		0.145		
Valine....g	0.299		0		1		0.200		
Arginine....g	0.259		0		1		0.174		
Histidine....g	0.148		0		1		0.099		
Alanine....g	0.216		0		1		0.145		
Aspartic acid....g	0.333		0		1		0.223		
Glutamic acid....g	1.866		0		1		1.250		
Glycine....g	0.207		0		1		0.139		
Proline....g	0.670		0		1		0.449		
Serine....g	0.329		0		1		0.220		
Hydroxyproline....g									

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

NDB No. 21029

Fast foods, cookies, animal crackers

Common Measures:

Measure 1 = 67g: 1 box

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 21 Fast Foods

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

NDB No. 21030
Fast foods, cookies, chocolate chip

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.36	0.677	7		1		2.95		
Energy....kcal	423		0	NC	4		233		
Energy....kJ	1770				4		973		
Protein (N x 5.84)....g	5.25	0.281	6		1		2.89		
Total lipid (fat)....g	22.08	1.181	9		1		12.14		
Ash....g	1.44	0.082	6		1		0.79		
Carbohydrate, by difference....g	65.86		0	NC	4		36.22		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36	3.142	15		1		20		
Iron, Fe....mg	2.68	0.224	16		1		1.47		
Magnesium, Mg....mg	30	1.486	14		1		17		
Phosphorus, P....mg	95	5.765	13		1		52		
Potassium, K....mg	149	10.880	15		1		82		
Sodium, Na....mg	342	17.254	16		1		188		
Zinc, Zn....mg	0.61	0.042	10		1		0.34		
Copper, Cu....mg	0.335	0.050	14		1		0.184		
Manganese, Mn....mg	0.431	0.023	14		1		0.237		
Selenium, Se....µg	6.0	0.690	27	A	1		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.577	8		1		0.6		
Thiamin....mg	0.160	0.025	8		1		0.088		
Riboflavin....mg	0.350	0.074	8		1		0.193		
Niacin....mg	2.530	0.386	8		1		1.392		
Pantothenic acid....mg	0.260	0.047	3		1		0.143		
Vitamin B-6....mg	0.050		2		1		0.028		
Folate, total....µg	60		0	BFZN	4		33		
Folic acid....µg	31		0	NC	4		17		
Folate, food....µg	29		2		1		16		
Folate, DFE....µg	82		0	NC	4		45		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.19		2		1		0.10		
Vitamin A, RAE....µg	20		0	NC	4		11		
Retinol....µg	18		0	NC	4		10		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	94	33.001	4		1		52		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.67		0		1		0.37		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21030
Fast foods, cookies, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.709		0		1		5.340		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.006		1		1		0.003		
13:0....g									
14:0....g	0.174		1		1		0.096		
15:0....g									
16:0....g	5.140		1		1		2.827		
17:0....g									
18:0....g	4.333		1		1		2.383		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.185		0		1		5.052		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		1		1		0.253		
17:1....g									
18:1 undifferentiated....g	8.725		1		1		4.799		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.865		0		1		1.026		
18:2 undifferentiated....g	1.697		1		1		0.933		
18:3 undifferentiated....g	0.168		1		1		0.092		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21		2		1		12		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.035		
Threonine....g	0.146		0		1		0.080		
Isoleucine....g	0.175		0		1		0.096		
Leucine....g	0.332		0		1		0.183		
Lysine....g	0.137		0		1		0.075		
Methionine....g	0.081		0		1		0.045		
Cystine....g	0.096		0		1		0.053		
Phenylalanine....g	0.246		0		1		0.135		
Tyrosine....g	0.156		0		1		0.086		
Valine....g	0.218		0		1		0.120		
Arginine....g	0.215		0		1		0.118		
Histidine....g	0.107		0		1		0.059		
Alanine....g	0.171		0		1		0.094		
Aspartic acid....g	0.261		0		1		0.144		
Glutamic acid....g	1.491		0		1		0.820		
Glycine....g	0.185		0		1		0.102		
Proline....g	0.505		0		1		0.278		
Serine....g	0.240		0		1		0.132		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	11		0	BFZN	4		6		
Theobromine....mg	83		0	BFZN	4		46		

NDB No. 21030
Fast foods, cookies, chocolate chip

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

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

Calories Factors: Protein 3.8 **Fat** 8.1 **Carbohydrate** 3.4

Food Group: 21 Fast Foods

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

NDB No. 21128
Fast foods, corn on the cob 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	72.05		0		4		105.19		
Energy....kcal	106		0		4		155		
Energy....kJ	444				4		648		
Protein (N x 6.25)....g	3.06		0		4		4.47		
Total lipid (fat)....g	2.35		0		4		3.43		
Ash....g	0.65		0		4		0.95		
Carbohydrate, by difference....g	21.88		0		4		31.94		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0		4		4		
Iron, Fe....mg	0.60		0		4		0.88		
Magnesium, Mg....mg	28		0		4		41		
Phosphorus, P....mg	74		0		4		108		
Potassium, K....mg	246		0		4		359		
Sodium, Na....mg	20		0		4		29		
Zinc, Zn....mg	0.62		0		4		0.91		
Copper, Cu....mg	0.000		0		4		0.000		
Manganese, Mn....mg	0.000		0		4		0.000		
Selenium, Se....µg	0.7		0	RK	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.7		0		4		6.9		
Thiamin....mg	0.170		0		4		0.248		
Riboflavin....mg	0.070		0		4		0.102		
Niacin....mg	1.490		0		4		2.175		
Pantothenic acid....mg	0.250		0		4		0.365		
Vitamin B-6....mg	0.220		0		4		0.321		
Folate, total....µg	30		0		4		44		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	30		0		4		44		
Folate, DFE....µg	30		0	NC	4		44		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00		
Vitamin A, RAE....µg	23		0	NC	4		33		
Retinol....µg	11		0	NC	4		16		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	268		0		4		391		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21128
Fast foods, corn on the cob with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.125		0		4		1.643		
4:0....g	0.050		0		1		0.073		
6:0....g	0.031		0		1		0.045		
8:0....g	0.018		0		1		0.026		
10:0....g	0.041		0		1		0.060		
12:0....g	0.047		0		1		0.069		
13:0....g									
14:0....g	0.169		0		1		0.247		
15:0....g									
16:0....g	0.555		0		1		0.810		
17:0....g									
18:0....g	0.214		0		1		0.312		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.688		0		4		1.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		1		0.055		
17:1....g									
18:1 undifferentiated....g	0.650		0		1		0.949		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.419		0		4		0.612		
18:2 undifferentiated....g	0.384		0		1		0.561		
18:3 undifferentiated....g	0.035		0		1		0.051		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		4		6		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.032		
Threonine....g	0.123		0		1		0.180		
Isoleucine....g	0.123		0		1		0.180		
Leucine....g	0.331		0		1		0.483		
Lysine....g	0.131		0		1		0.191		
Methionine....g	0.064		0		1		0.093		
Cystine....g	0.025		0		1		0.037		
Phenylalanine....g	0.143		0		1		0.209		
Tyrosine....g	0.117		0		1		0.171		
Valine....g	0.177		0		1		0.258		
Arginine....g	0.124		0		1		0.181		
Histidine....g	0.085		0		1		0.124		
Alanine....g	0.280		0		1		0.409		
Aspartic acid....g	0.232		0		1		0.339		
Glutamic acid....g	0.606		0		1		0.885		
Glycine....g	0.121		0		1		0.177		
Proline....g	0.278		0		1		0.406		
Serine....g	0.146		0		1		0.213		
Hydroxyproline....g									

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

NDB No. 21128

Fast foods, corn on the cob with butter

Common Measures:

Measure 1 = 146g: 1 ear

Calories Factors: Protein 2.47 **Fat** 8.73 **Carbohydrate** 3.57

Food Group: 21 Fast Foods

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

NDB No. 21462

Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.02		0	RKI	6		130.12		
Energy....kcal	257		0	RKI	6		698		
Energy....kJ	1077		0	RKI	6		2919		
Protein....g	15.38		0	RKI	6		41.68		
Total lipid (fat)....g	11.76		0	RKI	6		31.87		
Ash....g	2.23		0	RKI	6		6.06		
Carbohydrate, by difference....g	22.61		0	RKI	6		61.27		
Fiber, total dietary....g	1.2		0	RKI	6		3.3		
Sugars, total....g	4.99		0	RKI	6		13.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	92		0	RKA	1		249		
Iron, Fe....mg	1.32		0	RKA	1		3.57		
Magnesium, Mg....mg	31		0	RKI	6		85		
Phosphorus, P....mg	224		0	RKI	6		606		
Potassium, K....mg	256		0	RKA	1		694		
Sodium, Na....mg	605		0	RKA	1		1639		
Zinc, Zn....mg	1.17		0	RKI	6		3.16		
Copper, Cu....mg	0.097		0	RKI	6		0.263		
Manganese, Mn....mg									
Selenium, Se....µg	14.6		0	RKI	6		39.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0	RKA	1		10.4		
Thiamin....mg	0.176		0	RKA	1		0.476		
Riboflavin....mg	0.169		0	RKA	1		0.459		
Niacin....mg	4.748		0	RKA	1		12.867		
Pantothenic acid....mg	0.911		0	RKA	1		2.469		
Vitamin B-6....mg	0.279		0	RKI	6		0.756		
Folate, total....µg	30		0	NR	4		81		
Folic acid....µg	6		0	RKI	6		17		
Folate, food....µg	23		0	RKI	6		63		
Folate, DFE....µg	34		0	NC	4		92		
Choline, total....mg	16.6		0	RKI	6		44.9		
Betaine....mg									
Vitamin B-12....µg	0.46		0	RKI	6		1.24		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	32		0	RKI	6		86		
Retinol....µg	17		0	RKI	6		47		
Carotene, beta....µg	166		0	RKI	6		451		
Carotene, alpha....µg	9		0	RKI	6		25		
Cryptoxanthin, beta....µg	0		0	RKI	6		0		
Vitamin A, IU....IU	343		0	NC	4		929		
Lycopene....µg	237		0	RKI	6		642		
Lutein + zeaxanthin....µg	72		0	RKI	6		194		
Vitamin E (alpha-tocopherol)....mg	0.50		0	RKI	6		1.35		
Vitamin E, added....mg	0.00		0	RKI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	NR	4		0.5		
Vitamin D....IU	7		0	BFFN	4		20		
Vitamin K (phylloquinone)....µg	8.4		0	RKI	6		22.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21462

Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.372		0	NC	4		9.138		
4:0....g	0.085		0	RKI	6		0.231		
6:0....g	0.038		0	RKI	6		0.102		
8:0....g	0.022		0	RKI	6		0.061		
10:0....g	0.049		0	RKI	6		0.132		
12:0....g	0.040		0	RKI	6		0.109		
13:0....g									
14:0....g	0.280		0	RKI	6		0.760		
15:0....g									
16:0....g	1.915		0	RKI	6		5.188		
17:0....g									
18:0....g	0.943		0	RKI	6		2.555		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.500		0	NC	4		12.194		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0	RKI	6		0.568		
17:1....g									
18:1 undifferentiated....g	4.216		0	RKI	6		11.425		
20:1....g	0.063		0	RKI	6		0.171		
22:1 undifferentiated....g	0.011		0	RKI	6		0.030		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.207		0	NC	4		8.692		
18:2 undifferentiated....g	2.884		0	RKI	6		7.816		
18:3 undifferentiated....g	0.287		0	RKI	6		0.778		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	RKI	6		0.098		
20:5 n-3 (EPA)....g	0.000		0	RKI	6		0.000		
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	38		0	RKI	6		104		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

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

Common Measures:

Measure 1 = 271g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21011
Fast foods, croissant, with egg and cheese

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.47		1		4		57.75		
Energy	kcal	304		0	NC	4		386		
Energy	kJ	1270		0	NC	4		1613		
Protein (N x 6.12)	g	10.07		2		1		12.79		
Total lipid (fat)	g	19.45		2		1		24.70		
Ash	g	2.56		1		4		3.25		
Carbohydrate, by difference	g	22.45		0	NC	4		28.51		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	192		1		4		244		
Iron, Fe	mg	1.73		1		4		2.20		
Magnesium, Mg	mg	17		1		4		22		
Phosphorus, P	mg	274		1		4		348		
Potassium, K	mg	137		1		1		174		
Sodium, Na	mg	434		2		1		551		
Zinc, Zn	mg	1.38		1		4		1.75		
Copper, Cu	mg	0.072		1		4		0.091		
Manganese, Mn	mg	0.178		1		4		0.226		
Selenium, Se	µg	19.3		0	RK	4		24.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.1		
Thiamin	mg	0.150		1		4		0.191		
Riboflavin	mg	0.300		1		4		0.381		
Niacin	mg	1.190		1		4		1.511		
Pantothenic acid	mg	0.830		1		4		1.054		
Vitamin B-6	mg	0.080		1		4		0.102		
Folate, total	µg	37		0	RK	4		47		
Folic acid	µg	8		0	NC	4		10		
Folate, food	µg	29		0		4		37		
Folate, DFE	µg	43		0	NC	4		54		
Choline, total	mg	92.2		0	AS	1		117.1		
Betaine	mg	10.0		1	A	1		12.7		
Vitamin B-12	µg	0.61		1		4		0.77		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	788		1		4		1001		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21011
Fast foods, croissant, with egg and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.075		1		1		14.065		
Fatty acids, total monounsaturated....g	5.938		1		1		7.541		
Fatty acids, total polyunsaturated....g	1.076		1		1		1.367		
Fatty acids, total trans....g									
Cholesterol....mg	170		2		1		216		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0		1		0.184		
Threonine....g	0.375		0		1		0.476		
Isoleucine....g	0.499		0		1		0.634		
Leucine....g	0.846		0		1		1.074		
Lysine....g	0.734		0		1		0.932		
Methionine....g	0.262		0		1		0.333		
Cystine....g	0.148		0		1		0.188		
Phenylalanine....g	0.522		0		1		0.663		
Tyrosine....g	0.454		0		1		0.577		
Valine....g	0.601		0		1		0.763		
Arginine....g	0.481		0		1		0.611		
Histidine....g	0.311		0		1		0.395		
Alanine....g	0.375		0		1		0.476		
Aspartic acid....g	0.704		0		1		0.894		
Glutamic acid....g	2.065		0		1		2.623		
Glycine....g	0.260		0		1		0.330		
Proline....g	0.841		0		1		1.068		
Serine....g	0.573		0		1		0.728		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 127g: 1 croissant

Calories Factors: Protein 4.22 **Fat** 8.82 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

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

NDB No. 21012
Fast foods, croissant, with egg, cheese, and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.92		1		4		56.66		
Energy....kcal	320		0	NC	4		413		
Energy....kJ	1339				4		1727		
Protein (N x 6.13)....g	12.58	0.686	3		1		16.23		
Total lipid (fat)....g	21.98	0.715	3		1		28.35		
Ash....g	2.74		1		4		3.53		
Carbohydrate, by difference....g	18.33		3		9		23.65		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	117		1		1		151		
Iron, Fe....mg	1.70		1		1		2.19		
Magnesium, Mg....mg	18		1		4		23		
Phosphorus, P....mg	214		1		1		276		
Potassium, K....mg	156		1		1		201		
Sodium, Na....mg	689	44.899	3		1		889		
Zinc, Zn....mg	1.47		1		4		1.90		
Copper, Cu....mg	0.077		1		4		0.099		
Manganese, Mn....mg	0.172		1		4		0.222		
Selenium, Se....µg	19.0		0	RK	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1		4		2.2		
Thiamin....mg	0.270		1		1		0.348		
Riboflavin....mg	0.260		1		1		0.335		
Niacin....mg	1.700		1		1		2.193		
Pantothenic acid....mg	0.830		1		4		1.071		
Vitamin B-6....mg	0.090		1		4		0.116		
Folate, total....µg	35		0	RK	4		45		
Folic acid....µg	8		0	NC	4		10		
Folate, food....µg	27		0		4		35		
Folate, DFE....µg	41		0	NC	4		52		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.67		1		4		0.86		
Vitamin A, RAE....µg	110		0	NC	4		142		
Retinol....µg	110		0	NC	4		142		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	366		1		1		472		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21012
Fast foods, croissant, with egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	11.963		1		1		15.432		
Fatty acids, total monounsaturated.....g	7.113		1		1		9.176		
Fatty acids, total polyunsaturated.....g	1.363		1		1		1.758		
Fatty acids, total trans.....g									
Cholesterol.....mg	167	27.940	3		1		215		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.224		
Threonine.....g	0.470		0		1		0.606		
Isoleucine.....g	0.610		0		1		0.787		
Leucine.....g	1.036		0		1		1.336		
Lysine.....g	0.919		0		1		1.186		
Methionine.....g	0.322		0		1		0.415		
Cystine.....g	0.179		0		1		0.231		
Phenylalanine.....g	0.632		0		1		0.815		
Tyrosine.....g	0.544		0		1		0.702		
Valine.....g	0.735		0		1		0.948		
Arginine.....g	0.620		0		1		0.800		
Histidine.....g	0.386		0		1		0.498		
Alanine.....g	0.497		0		1		0.641		
Aspartic acid.....g	0.899		0		1		1.160		
Glutamic acid.....g	2.485		0		1		3.206		
Glycine.....g	0.390		0		1		0.503		
Proline.....g	1.010		0		1		1.303		
Serine.....g	0.688		0		1		0.888		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 129g: 1 croissant

Calories Factors: Protein 4.22 **Fat** 8.83 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

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

NDB No. 21013
Fast foods, croissant, with egg, cheese, and ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.14		1		4		77.73		
Energy....kcal	296		0	NC	4		450		
Energy....kJ	1239		0	NC	4		1883		
Protein (N x 6.16)....g	12.45	0.674	3		1		18.92		
Total lipid (fat)....g	22.09	4.076	3		1		33.58		
Ash....g	2.48		1		4		3.77		
Carbohydrate, by difference....g	11.84		0	NC	4		18.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	95		1		1		144		
Iron, Fe....mg	1.40		1		1		2.13		
Magnesium, Mg....mg	17		1		4		26		
Phosphorus, P....mg	221		1		1		336		
Potassium, K....mg	179		1		1		272		
Sodium, Na....mg	711	10.909	3		1		1081		
Zinc, Zn....mg	1.43		1		4		2.17		
Copper, Cu....mg	0.083		1		4		0.126		
Manganese, Mn....mg	0.145		1		4		0.220		
Selenium, Se....µg	17.9		0	RK	4		27.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5		1		1		11.4		
Thiamin....mg	0.340		1		1		0.517		
Riboflavin....mg	0.200		1		1		0.304		
Niacin....mg	2.100		1		1		3.192		
Pantothenic acid....mg	0.820		1		4		1.246		
Vitamin B-6....mg	0.150		1		4		0.228		
Folate, total....µg	30		0	RK	4		46		
Folic acid....µg	6		0	NC	4		9		
Folate, food....µg	24		0		4		36		
Folate, DFE....µg	34		0	NC	4		52		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.66		1		4		1.00		
Vitamin A, RAE....µg	86		0	NC	4		130		
Retinol....µg	85		0	NC	4		129		
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									
Lipids:									

NDB No. 21013
Fast foods, croissant, with egg, cheese, and ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.497		1		1		17.475		
Fatty acids, total monounsaturated....g	7.495		1		1		11.392		
Fatty acids, total polyunsaturated....g	1.552		1		1		2.359		
Fatty acids, total trans....g									
Cholesterol....mg	140	21.684	3		1		213		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.255		
Threonine....g	0.505		0		1		0.768		
Isoleucine....g	0.594		0		1		0.903		
Leucine....g	1.013		0		1		1.540		
Lysine....g	0.904		0		1		1.374		
Methionine....g	0.325		0		1		0.494		
Cystine....g	0.202		0		1		0.307		
Phenylalanine....g	0.606		0		1		0.921		
Tyrosine....g	0.481		0		1		0.731		
Valine....g	0.665		0		1		1.011		
Arginine....g	0.685		0		1		1.041		
Histidine....g	0.386		0		1		0.587		
Alanine....g	0.590		0		1		0.897		
Aspartic acid....g	1.003		0		1		1.525		
Glutamic acid....g	2.349		0		1		3.570		
Glycine....g	0.461		0		1		0.701		
Proline....g	0.811		0		1		1.233		
Serine....g	0.651		0		1		0.990		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 152g: 1 croissant

Calories Factors: Protein 4.23 **Fat** 8.88 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

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

NDB No. 21014
Fast foods, croissant, with egg, cheese, and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.10	0.873	6	A	1		82.26		
Energy....kcal	308		0	NC	4		527		
Energy....kJ	1289		0	NC	4		2204		
Protein (N x 6.15)....g	12.09	0.199	6	A	1		20.68		
Total lipid (fat)....g	21.78	0.401	6	A	1		37.24		
Ash....g	2.12	0.018	6	A	1		3.63		
Carbohydrate, by difference....g	15.90		0	NC	4		27.19		
Fiber, total dietary....g	1.8		1	A	1		3.1		
Sugars, total....g	3.12	0.137	3	A	1		5.34		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.95	0.073	3	A	1		1.62		
Fructose....g	0.90	0.060	3	A	1		1.54		
Lactose....g	0.64	0.017	3	A	1		1.10		
Maltose....g	0.63	0.015	3	A	1		1.08		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	12.83	0.696	3	A	1		21.94		
Minerals:									
Calcium, Ca....mg	90	2.614	6	A	1		153		
Iron, Fe....mg	1.65	0.055	6	A	1		2.81		
Magnesium, Mg....mg	17	0.233	6	A	1		29		
Phosphorus, P....mg	138	2.501	6	A	1		236		
Potassium, K....mg	158	2.979	6	A	1		270		
Sodium, Na....mg	577	7.941	6	A	1		987		
Zinc, Zn....mg	1.14	0.020	6	A	1		1.94		
Copper, Cu....mg	0.070	0.001	6	A	1		0.119		
Manganese, Mn....mg	0.184	0.011	6	A	1		0.314		
Selenium, Se....µg	24.8	1.313	3	A	1		42.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1		4		0.2		
Thiamin....mg	0.237	0.009	3	A	1		0.405		
Riboflavin....mg	0.370	0.015	3	A	1		0.633		
Niacin....mg	2.754	0.153	3	A	1		4.710		
Pantothenic acid....mg	0.750		2	A	1		1.282		
Vitamin B-6....mg	0.159	0.009	3	A	1		0.271		
Folate, total....µg	50	1.272	3	A	1		86		
Folic acid....µg	34		0	BFZN	4		57		
Folate, food....µg	17		0	NC	4		29		
Folate, DFE....µg	74		0	NC	4		126		
Choline, total....mg	84.0		0	AS	1		143.7		
Betaine....mg									
Vitamin B-12....µg	0.51	0.037	3	A	1		0.87		
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE....µg	173		0	NC	4		296		
Retinol....µg	170		1	A	1		291		
Carotene, beta....µg	29		0	BFFN	4		49		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	8		0	BFFN	4		13		
Vitamin A, IU....IU	622		0	NC	4		1063		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	336		0	BFFN	4		575		
Vitamin E (alpha-tocopherol)....mg	1.54		2	A	1		2.63		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg	0.06		2	A	1		0.10		
Tocopherol, gamma....mg	1.32		2	A	1		2.25		
Tocopherol, delta....mg	0.21		2	A	1		0.36		
Tocotrienol, alpha....mg	0.44		2	A	1		0.76		
Tocotrienol, beta....mg	0.20		2	A	1		0.35		

NDB No. 21014
Fast foods, croissant, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.57		2	A	1		0.97		
Tocotrienol, delta....mg	0.16		2	A	1		0.28		
Vitamin D (D2 + D3)....µg	0.7		0	BFFN	4		1.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	27		0	BFFN	4		45		
Vitamin K (phylloquinone)....µg	1.8		0	BFFN	4		3.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.342		0	NC	4		14.265		
4:0....g	0.047	0.003	3	A	1		0.080		
6:0....g	0.035	0.002	3	A	1		0.059		
8:0....g	0.028	0.002	3	A	1		0.047		
10:0....g	0.067	0.003	3	A	1		0.115		
12:0....g	0.084	0.004	3	A	1		0.143		
13:0....g									
14:0....g	0.385	0.004	3	A	1		0.659		
15:0....g	0.033	0.001	3	A	1		0.056		
16:0....g	5.758	0.117	3	A	1		9.847		
17:0....g	0.057	0.001	3	A	1		0.097		
18:0....g	1.773	0.024	3	A	1		3.032		
20:0....g	0.049	0.001	3	A	1		0.084		
22:0....g	0.016	0.001	3	A	1		0.028		
24:0....g	0.011	0.000	3	A	1		0.019		
Fatty acids, total monounsaturated....g	7.838		0	NC	4		13.403		
14:1....g	0.023	0.001	3	A	1		0.039		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.270	0.005	3	AS	1		0.461		
16:1 c....g	0.259	0.004	3	A	1		0.443		
16:1 t....g	0.011	0.001	3	A	1		0.018		
17:1....g	0.032	0.001	3	A	1		0.055		
18:1 undifferentiated....g	7.403	0.064	3	AS	1		12.658		
18:1 c....g	7.303	0.069	3	A	1		12.488		
18:1 t....g	0.100	0.004	3	A	1		0.170		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.108	0.001	3	A	1		0.185		
22:1 undifferentiated....g	0.003	0.001	3	AS	1		0.005		
22:1 c....g	0.003	0.001	3	A	1		0.005		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	4.212		0	NC	4		7.202		
18:2 undifferentiated....g	3.797	0.153	3	AS	1		6.493		
18:2 n-6 c,c....g	3.734	0.154	3	A	1		6.386		
18:2 CLAs....g	0.023	0.001	3	A	1		0.040		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.039	0.001	3	A	1		0.067		
18:3 undifferentiated....g	0.192	0.003	3	AS	1		0.328		
18:3 n-3 c,c,c (ALA)....g	0.183	0.002	3	A	1		0.312		
18:3 n-6 c,c,c....g	0.009	0.001	3	A	1		0.016		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.068	0.004	3	A	1		0.116		
20:3 undifferentiated....g	0.021	0.003	3	AS	1		0.036		
20:3 n-3....g	0.004	0.004	3	A	1		0.006		
20:3 n-6....g	0.018	0.000	3	A	1		0.030		
20:4 undifferentiated....g	0.093	0.003	3	A	1		0.158		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	3	A	1		0.002		
21:5....g									
22:4....g	0.017	0.001	3	A	1		0.029		
22:5 n-3 (DPA)....g	0.008	0.000	3	A	1		0.014		

NDB No. 21014
Fast foods, croissant, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.014	0.001	3	A	1		0.025		
Fatty acids, total trans....g	0.150		0	NC	4		0.256		
Fatty acids, total trans-monoenoic....g	0.110		0	NC	4		0.188		
Fatty acids, total trans-polyenoic....g	0.039		0	NC	4		0.067		
Cholesterol....mg	123	7.378	3	A	1		211		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	A	1		0.182		
Threonine....g	0.455		0	A	1		0.777		
Isoleucine....g	0.551		0	A	1		0.943		
Leucine....g	0.929		0	A	1		1.588		
Lysine....g	0.609		0	A	1		1.042		
Methionine....g	0.290		0	A	1		0.496		
Cystine....g									
Phenylalanine....g	0.542		0	A	1		0.926		
Tyrosine....g	0.339		0	A	1		0.579		
Valine....g	0.658		0	A	1		1.125		
Arginine....g	0.619		0	A	1		1.059		
Histidine....g	0.329		0	A	1		0.562		
Alanine....g	0.590		0	A	1		1.009		
Aspartic acid....g	0.977		0	A	1		1.671		
Glutamic acid....g	2.399		0	A	1		4.103		
Glycine....g	0.503		0	A	1		0.860		
Proline....g	1.093		0	A	1		1.869		
Serine....g	0.561		0	A	1		0.959		
Hydroxyproline....g	0.100		1	A	1		0.171		
Others:									
Alcohol, ethyl....g	0.0		0	BFFN	4		0.0		
Caffeine....mg	0		0	BFFN	4		0		
Theobromine....mg	0		0	BFFN	4		0		

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

Common Measures:

Measure 1 = 171g: 1 sandwich

Calories Factors: Protein 4.22 **Fat** 8.89 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

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

NDB No. 21104
Fast foods, egg and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.30		2		1		82.20		
Energy....kcal	233		0		1		340		
Energy....kJ	975				1		1423		
Protein (N x 6.16)....g	10.69		2		1		15.61		
Total lipid (fat)....g	13.30		2		1		19.42		
Ash....g	1.95		2		1		2.85		
Carbohydrate, by difference....g	17.76		0	NC	4		25.93		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	154		2		1		225		
Iron, Fe....mg	2.04		2		1		2.98		
Magnesium, Mg....mg	15		2		1		22		
Phosphorus, P....mg	207		2		1		302		
Potassium, K....mg	129		2		1		188		
Sodium, Na....mg	551		2		1		804		
Zinc, Zn....mg	1.13		2		1		1.65		
Copper, Cu....mg	0.075		2		1		0.110		
Manganese, Mn....mg	0.150		2		1		0.219		
Selenium, Se....µg	23.1		0	RK	4		33.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		2		1		1.5		
Thiamin....mg	0.180		2		1		0.263		
Riboflavin....mg	0.390		2		1		0.569		
Niacin....mg	1.420		2		1		2.073		
Pantothenic acid....mg	0.600		2		1		0.876		
Vitamin B-6....mg	0.090		2		1		0.131		
Folate, total....µg	67		0	RK	4		98		
Folic acid....µg	42		0	NC	4		61		
Folate, food....µg	25		2		1		37		
Folate, DFE....µg	96		0	NC	4		141		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.78		2		1		1.14		
Vitamin A, RAE....µg	138		0	NC	4		201		
Retinol....µg	138		0	NC	4		201		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	458		2		1		669		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21104
Fast foods, egg and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.538		1		1		6.625		
Fatty acids, total monounsaturated.....g	5.662		1		1		8.267		
Fatty acids, total polyunsaturated.....g	1.769		1		1		2.583		
Fatty acids, total trans.....g									
Cholesterol.....mg	199		2		1		291		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.218		
Threonine.....g	0.403		0		1		0.588		
Isoleucine.....g	0.535		0		1		0.781		
Leucine.....g	0.852		0		1		1.244		
Lysine.....g	0.635		0		1		0.927		
Methionine.....g	0.262		0		1		0.383		
Cystine.....g	0.182		0		1		0.266		
Phenylalanine.....g	0.550		0		1		0.803		
Tyrosine.....g	0.401		0		1		0.585		
Valine.....g	0.642		0		1		0.937		
Arginine.....g	0.531		0		1		0.775		
Histidine.....g	0.281		0		1		0.410		
Alanine.....g	0.448		0		1		0.654		
Aspartic acid.....g	0.776		0		1		1.133		
Glutamic acid.....g	2.180		0		1		3.183		
Glycine.....g	0.328		0		1		0.479		
Proline.....g	0.806		0		1		1.177		
Serine.....g	0.635		0		1		0.927		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.19 **Fat** 8.86 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21018
Fast foods, egg, scrambled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.70	1.294	5		1		64.03		
Energy	kcal	212		0	NC	4		204		
Energy	kJ	887		0		4		852		
Protein (N x 6.26)	g	13.84	0.515	5		1		13.29		
Total lipid (fat)	g	16.18	1.163	6		1		15.53		
Ash	g	1.20	0.058	3		1		1.15		
Carbohydrate, by difference	g	2.08		0	NC	4		2.00		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	1.64		0	FLA	4		1.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	57	4.222	6		1		55		
Iron, Fe	mg	2.59	0.123	6		1		2.49		
Magnesium, Mg	mg	14	0.327	4		1		13		
Phosphorus, P	mg	242	10.990	4		1		232		
Potassium, K	mg	147	12.173	6		1		141		
Sodium, Na	mg	187		0	LC	8		180		
Zinc, Zn	mg	1.66	0.082	4		1		1.59		
Copper, Cu	mg	0.067	0.009	4		1		0.064		
Manganese, Mn	mg	0.043	0.003	4		1		0.041		
Selenium, Se	µg	22.5	1.100	33	A	1		21.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3	2.755	3		1		3.2		
Thiamin	mg	0.080	0.006	5		1		0.077		
Riboflavin	mg	0.520	0.077	5		1		0.499		
Niacin	mg	0.210	0.081	5		1		0.202		
Pantothenic acid	mg	0.940	0.286	3		1		0.902		
Vitamin B-6	mg	0.190	0.011	3		1		0.182		
Folate, total	µg	29		0	FLA	4		27		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	29		0	FLA	4		27		
Folate, DFE	µg	29		0	NC	4		27		
Choline, total	mg	180.6		0	FLA	4		173.4		
Betaine	mg									
Vitamin B-12	µg	1.01	0.045	3		1		0.97		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	176		0	NC	4		169		
Retinol	µg	171		0	FLA	4		164		
Carotene, beta	µg	62		0	FLA	4		60		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	6		0	FLA	4		6		
Vitamin A, IU	IU	679		0	NC	4		652		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	233		0	FLA	4		224		
Vitamin E (alpha-tocopherol)	mg	0.96		0		1		0.92		
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	1.1		0	FLA	4		1.1		
Vitamin D	IU	46		0	FLA	4		44		
Vitamin K (phylloquinone)	µg	9.0		0	FLA	4		8.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 21018
Fast foods, egg, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.153		0		1		5.907		
4:0....g	0.000		0		1		0.000		
6:0....g	0.158		1		1		0.152		
8:0....g	0.048		1		1		0.046		
10:0....g	0.104		1		1		0.100		
12:0....g	0.134		1		1		0.129		
13:0....g									
14:0....g	0.085		1		1		0.082		
15:0....g									
16:0....g	3.909		1		1		3.753		
17:0....g									
18:0....g	1.522		1		1		1.461		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.889		0		1		5.653		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.515		1		1		0.494		
17:1....g									
18:1 undifferentiated....g	5.374		1		1		5.159		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.969		0		1		1.890		
18:2 undifferentiated....g	1.649		1		1		1.583		
18:3 undifferentiated....g	0.118		1		1		0.113		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.202		1		1		0.194		
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	426	26.645	7		1		409		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0		1		0.204		
Threonine....g	0.657		0		1		0.631		
Isoleucine....g	0.836		0		1		0.803		
Leucine....g	1.185		0		1		1.138		
Lysine....g	0.913		0		1		0.876		
Methionine....g	0.427		0		1		0.410		
Cystine....g	0.307		0		1		0.295		
Phenylalanine....g	0.750		0		1		0.720		
Tyrosine....g	0.562		0		1		0.540		
Valine....g	0.960		0		1		0.922		
Arginine....g	0.836		0		1		0.803		
Histidine....g	0.325		0		1		0.312		
Alanine....g	0.763		0		1		0.732		
Aspartic acid....g	1.311		0		1		1.259		
Glutamic acid....g	1.773		0		1		1.702		
Glycine....g	0.438		0		1		0.420		
Proline....g	0.577		0		1		0.554		
Serine....g	1.002		0		1		0.962		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		

NDB No. 21018
Fast foods, egg, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 96g: 2 eggs

Calories Factors: Protein 4.35 **Fat** 8.92 **Carbohydrate** 3.8

Food Group: 21 Fast Foods

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

NDB No. 21074
Fast foods, enchilada, with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.23	1.981	7		1		103.06		
Energy....kcal	196		0		1		319		
Energy....kJ	820				1		1337		
Protein (N x 6.34)....g	5.91	0.357	7		1		9.63		
Total lipid (fat)....g	11.56	1.329	7		1		18.84		
Ash....g	1.78	0.046	7		1		2.90		
Carbohydrate, by difference....g	17.51		0	NC	4		28.54		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	199	8.593	7		1		324		
Iron, Fe....mg	0.81	0.092	7		1		1.32		
Magnesium, Mg....mg	31	0.764	7		1		51		
Phosphorus, P....mg	82	4.756	7		1		134		
Potassium, K....mg	147	4.459	7		1		240		
Sodium, Na....mg	481	23.190	7		1		784		
Zinc, Zn....mg	1.54	0.309	7		1		2.51		
Copper, Cu....mg	0.159	0.079	5		1		0.259		
Manganese, Mn....mg	0.147	0.009	7		1		0.240		
Selenium, Se....µg	6.2		0	RK	4		10.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.202	7		1		1.0		
Thiamin....mg	0.050	0.021	7		1		0.082		
Riboflavin....mg	0.260	0.016	7		1		0.424		
Niacin....mg	1.170	0.068	7		1		1.907		
Pantothenic acid....mg	0.930	0.072	7		1		1.516		
Vitamin B-6....mg	0.240	0.103	7		1		0.391		
Folate, total....µg	40		0	RK	4		65		
Folic acid....µg	19		0	NC	4		31		
Folate, food....µg	21		0		4		34		
Folate, DFE....µg	53		0	NC	4		87		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.46	0.052	7		1		0.75		
Vitamin A, RAE....µg	61		0	NC	4		99		
Retinol....µg	30		0	NC	4		49		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	712	568.762	3		1		1161		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21074
Fast foods, enchilada, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.496		0		1		10.588		
4:0....g									
6:0....g									
8:0....g	0.925		2		1		1.508		
10:0....g	0.264		2		1		0.430		
12:0....g	0.311		2		1		0.507		
13:0....g									
14:0....g	0.996		2		1		1.623		
15:0....g									
16:0....g	2.547		2		1		4.152		
17:0....g									
18:0....g	1.454		2		1		2.370		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.872		0		1		6.311		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.872		2		1		6.311		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.501		0		1		0.817		
18:2 undifferentiated....g	0.449		2		1		0.732		
18:3 undifferentiated....g	0.051		2		1		0.083		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	27		2		1		44		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		1		0.099		
Threonine....g	0.199		0		1		0.324		
Isoleucine....g	0.283		0		1		0.461		
Leucine....g	0.539		0		1		0.879		
Lysine....g	0.350		0		1		0.571		
Methionine....g	0.126		0		1		0.205		
Cystine....g	0.051		0		1		0.083		
Phenylalanine....g	0.270		0		1		0.440		
Tyrosine....g	0.239		0		1		0.390		
Valine....g	0.323		0		1		0.526		
Arginine....g	0.233		0		1		0.380		
Histidine....g	0.176		0		1		0.287		
Alanine....g	0.234		0		1		0.381		
Aspartic acid....g	0.404		0		1		0.659		
Glutamic acid....g	1.335		0		1		2.176		
Glycine....g	0.138		0		1		0.225		
Proline....g	0.534		0		1		0.870		
Serine....g	0.290		0		1		0.473		
Hydroxyproline....g									

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

NDB No. 21074

Fast foods, enchilada, with cheese

Common Measures:

Measure 1 = 163g: 1 enchilada

Calories Factors: Protein 4.01 **Fat** 8.77 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

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

NDB No. 21075
Fast foods, enchilada, with cheese and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.89	1.493	8		1		128.43		
Energy....kcal	168		0		1		323		
Energy....kJ	703				1		1350		
Protein (N x 5.98)....g	6.21	0.401	8		1		11.92		
Total lipid (fat)....g	9.19	0.825	8		1		17.64		
Ash....g	1.85	0.087	8		1		3.55		
Carbohydrate, by difference....g	15.87		0	NC	4		30.47		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	119	7.431	7		1		228		
Iron, Fe....mg	1.60	0.460	8		1		3.07		
Magnesium, Mg....mg	43	9.685	8		1		83		
Phosphorus, P....mg	87	28.705	8		1		167		
Potassium, K....mg	299	93.283	8		1		574		
Sodium, Na....mg	687	179.305	8		1		1319		
Zinc, Zn....mg	1.40	0.157	8		1		2.69		
Copper, Cu....mg	0.270	0.107	8		1		0.518		
Manganese, Mn....mg	0.304	0.103	8		1		0.584		
Selenium, Se....µg	5.1		0	RK	4		9.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.484	7		1		1.3		
Thiamin....mg	0.050	0.013	8		1		0.096		
Riboflavin....mg	0.210	0.020	8		1		0.403		
Niacin....mg	1.310	0.043	7		1		2.515		
Pantothenic acid....mg	0.750	0.109	8		1		1.440		
Vitamin B-6....mg	0.140	0.012	8		1		0.269		
Folate, total....µg	35		0	RK	4		67		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	35		0	RK	4		67		
Folate, DFE....µg	35		0	NC	4		67		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.53	0.063	8		1		1.02		
Vitamin A, RAE....µg	51		0	NC	4		97		
Retinol....µg	25		0	NC	4		48		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	591	427.793	4		1		1135		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21075
Fast foods, enchilada, with cheese and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.712		0		1		9.047		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		2		1		0.058		
12:0....g	0.103		2		1		0.198		
13:0....g									
14:0....g	0.605		2		1		1.162		
15:0....g									
16:0....g	2.373		2		1		4.556		
17:0....g									
18:0....g	1.601		2		1		3.074		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.201		0		1		6.146		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.201		2		1		6.146		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.723		0		1		1.388		
18:2 undifferentiated....g	0.681		2		1		1.308		
18:3 undifferentiated....g	0.042		2		1		0.081		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21	9.737	3		1		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.132		
Threonine....g	0.239		0		1		0.459		
Isoleucine....g	0.275		0		1		0.528		
Leucine....g	0.563		0		1		1.081		
Lysine....g	0.409		0		1		0.785		
Methionine....g	0.136		0		1		0.261		
Cystine....g	0.069		0		1		0.132		
Phenylalanine....g	0.269		0		1		0.516		
Tyrosine....g	0.226		0		1		0.434		
Valine....g	0.319		0		1		0.612		
Arginine....g	0.349		0		1		0.670		
Histidine....g	0.194		0		1		0.372		
Alanine....g	0.355		0		1		0.682		
Aspartic acid....g	0.527		0		1		1.012		
Glutamic acid....g	1.308		0		1		2.511		
Glycine....g	0.304		0		1		0.584		
Proline....g	0.448		0		1		0.860		
Serine....g	0.279		0		1		0.536		
Hydroxyproline....g									

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

NDB No. 21075

Fast foods, enchilada, with cheese and beef

Common Measures:

Measure 1 = 192g: 1 enchilada

Calories Factors: Protein 3.73 **Fat** 8.79 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

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

NDB No. 21076
Fast foods, enchirito, with cheese, beef, and 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	62.67	0.562	15		1		120.95		
Energy....kcal	178		0		1		344		
Energy....kJ	745				1		1437		
Protein (N x 6.19)....g	9.27	0.309	15		1		17.89		
Total lipid (fat)....g	8.33	0.315	15		1		16.08		
Ash....g	2.22	0.057	15		1		4.28		
Carbohydrate, by difference....g	17.51		0	NC	4		33.79		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113	10.143	15		1		218		
Iron, Fe....mg	1.24	0.105	15		1		2.39		
Magnesium, Mg....mg	37	5.047	15		1		71		
Phosphorus, P....mg	116	3.569	15		1		224		
Potassium, K....mg	290	9.041	15		1		560		
Sodium, Na....mg	648	48.812	15		1		1251		
Zinc, Zn....mg	1.43	0.076	14		1		2.76		
Copper, Cu....mg	0.140	0.029	14		1		0.270		
Manganese, Mn....mg	0.199	0.002	15		1		0.384		
Selenium, Se....µg	4.2		0	RK	4		8.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4	0.693	5		1		4.6		
Thiamin....mg	0.090	0.034	5		1		0.174		
Riboflavin....mg	0.360	0.023	5		1		0.695		
Niacin....mg	1.550	0.042	4		1		2.992		
Pantothenic acid....mg	0.950	0.172	5		1		1.834		
Vitamin B-6....mg	0.110	0.005	5		1		0.212		
Folate, total....µg	49		0	RA	4		95		
Folic acid....µg	18		0	RA	4		35		
Folate, food....µg	31		0	NC	4		60		
Folate, DFE....µg	62		0	NC	4		119		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.84	0.081	5		1		1.62		
Vitamin A, RAE....µg	46		0	NC	4		89		
Retinol....µg	24		0	NC	4		46		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	526		2		1		1015		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21076
Fast foods, enchirito, with cheese, beef, and beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.118		0		1		7.948		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.057		1		1		0.110		
12:0....g	0.238		1		1		0.459		
13:0....g									
14:0....g									
15:0....g									
16:0....g	2.606		1		1		5.030		
17:0....g									
18:0....g	1.217		1		1		2.349		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.377		0		1		6.518		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.377		1		1		6.518		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0		1		0.328		
18:2 undifferentiated....g									
18:3 undifferentiated....g	0.170		1		1		0.328		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	26		2		1		50		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.102		0		1		0.197		
Threonine....g	0.349		0		1		0.674		
Isoleucine....g	0.407		0		1		0.786		
Leucine....g	0.803		0		1		1.550		
Lysine....g	0.613		0		1		1.183		
Methionine....g	0.195		0		1		0.376		
Cystine....g	0.094		0		1		0.181		
Phenylalanine....g	0.401		0		1		0.774		
Tyrosine....g	0.325		0		1		0.627		
Valine....g	0.469		0		1		0.905		
Arginine....g	0.506		0		1		0.977		
Histidine....g	0.280		0		1		0.540		
Alanine....g	0.488		0		1		0.942		
Aspartic acid....g	0.788		0		1		1.521		
Glutamic acid....g	1.849		0		1		3.569		
Glycine....g	0.425		0		1		0.820		
Proline....g	0.634		0		1		1.224		
Serine....g	0.418		0		1		0.807		
Hydroxyproline....g									

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

NDB No. 21076

Fast foods, enchirito, with cheese, beef, and beans

Common Measures:

Measure 1 = 193g: 1 enchirito

Calories Factors: Protein 3.98 **Fat** 8.81 **Carbohydrate** 3.88

Food Group: 21 Fast Foods

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

NDB No. 21019
Fast foods, english muffin, with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.63	1.440	3		1		20.56		
Energy	kcal	300		0	NC	4		189		
Energy	kJ	1255				4		791		
Protein (N x 5.72)	g	7.73		2		1		4.87		
Total lipid (fat)	g	9.14	0.476	3		1		5.76		
Ash	g	2.30		2		1		1.45		
Carbohydrate, by difference	g	48.19		0	NC	4		30.36		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	163		2		1		103		
Iron, Fe	mg	2.52		2		1		1.59		
Magnesium, Mg	mg	21		2		1		13		
Phosphorus, P	mg	135		2		1		85		
Potassium, K	mg	110		2		1		69		
Sodium, Na	mg	613		2		1		386		
Zinc, Zn	mg	0.67		2		1		0.42		
Copper, Cu	mg	0.102		2		1		0.064		
Manganese, Mn	mg	0.332		2		1		0.209		
Selenium, Se	µg	18.6		0	RK	4		11.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		2		1		0.8		
Thiamin	mg	0.400		2		1		0.252		
Riboflavin	mg	0.500		2		1		0.315		
Niacin	mg	4.150		1		1		2.615		
Pantothenic acid	mg	0.220		1		1		0.139		
Vitamin B-6	mg	0.060		2		1		0.038		
Folate, total	µg	90		0	RK	4		57		
Folic acid	µg	63		0	NC	4		40		
Folate, food	µg	27		1		1		17		
Folate, DFE	µg	134		0	NC	4		84		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.03		2		1		0.02		
Vitamin A, RAE	µg	50		0	NC	4		32		
Retinol	µg	47		0	NC	4		30		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	216		2		1		136		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21019
Fast foods, english muffin, with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.857		0		1		2.430		
4:0....g									
6:0....g	0.168		4		1		0.106		
8:0....g	0.067		4		1		0.042		
10:0....g	0.182		4		1		0.115		
12:0....g	0.675		5		1		0.425		
13:0....g									
14:0....g	0.711		4		1		0.448		
15:0....g									
16:0....g	1.387		6		1		0.874		
17:0....g									
18:0....g	0.478		6		1		0.301		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.432		0		1		1.532		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.222		4		1		0.140		
17:1....g									
18:1 undifferentiated....g	2.083		6		1		1.312		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.140		0		1		1.348		
18:2 undifferentiated....g	1.800		6		1		1.134		
18:3 undifferentiated....g	0.305		5		1		0.192		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		4		1		0.022		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	20	0.732	4		1		13		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.060		
Threonine....g	0.243		0		1		0.153		
Isoleucine....g	0.297		0		1		0.187		
Leucine....g	0.546		0		1		0.344		
Lysine....g	0.256		0		1		0.161		
Methionine....g	0.139		0		1		0.088		
Cystine....g	0.151		0		1		0.095		
Phenylalanine....g	0.384		0		1		0.242		
Tyrosine....g	0.249		0		1		0.157		
Valine....g	0.341		0		1		0.215		
Arginine....g	0.331		0		1		0.209		
Histidine....g	0.178		0		1		0.112		
Alanine....g	0.291		0		1		0.183		
Aspartic acid....g	0.406		0		1		0.256		
Glutamic acid....g	2.340		0		1		1.474		
Glycine....g	0.291		0		1		0.183		
Proline....g	0.798		0		1		0.503		
Serine....g	0.383		0		1		0.241		
Hydroxyproline....g									

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

NDB No. 21019

Fast foods, english muffin, with butter

Common Measures:

Measure 1 = 63g: 1 muffin

Calories Factors: Protein 3.8 **Fat** 8.76 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.93	0.563	4	A	1		40.96		
Energy....kcal	338		0	NC	4		365		
Energy....kJ	1415		0	NC	4		1528		
Protein (N x 6.13)....g	13.28	0.023	4	A	1		14.34		
Total lipid (fat)....g	20.67	0.335	4	A	1		22.33		
Ash....g	2.83	0.025	4	A	1		3.06		
Carbohydrate, by difference....g	25.28		0	NC	4		27.31		
Fiber, total dietary....g	0.5	0.353	3	A	1		0.5		
Sugars, total....g	1.98	0.050	4	A	1		2.14		
Sucrose....g	0.07	0.000	4	A	1		0.08		
Glucose (dextrose)....g	0.43	0.030	4	A	1		0.47		
Fructose....g	0.27	0.047	4	A	1		0.29		
Lactose....g	0.43	0.053	4	A	1		0.46		
Maltose....g	0.77	0.050	4	A	1		0.83		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	20.12	0.538	4	A	1		21.73		
Minerals:									
Calcium, Ca....mg	210	11.694	4	A	1		226		
Iron, Fe....mg	3.14	0.847	4	A	1		3.39		
Magnesium, Mg....mg	21	0.790	4	A	1		23		
Phosphorus, P....mg	168	8.261	4	A	1		181		
Potassium, K....mg	179	9.247	4	A	1		193		
Sodium, Na....mg	668	10.973	4	A	1		721		
Zinc, Zn....mg	1.19	0.031	4	A	1		1.28		
Copper, Cu....mg	0.252	0.031	4	A	1		0.272		
Manganese, Mn....mg	0.284	0.031	4	A	1		0.307		
Selenium, Se....µg	25.3	1.450	4	A	1		27.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.481	0.052	4	A	1		0.520		
Riboflavin....mg	0.197	0.029	4	A	1		0.212		
Niacin....mg	4.217	0.256	4	A	1		4.555		
Pantothenic acid....mg	0.696	0.046	4	A	1		0.752		
Vitamin B-6....mg	0.086	0.003	4	A	1		0.093		
Folate, total....µg	51	3.497	4	A	1		55		
Folic acid....µg	34	1.683	4	A	1		37		
Folate, food....µg	17		0	AS	1		18		
Folate, DFE....µg	75		0	NC	4		81		
Choline, total....mg	29.8		0	AS	1		32.2		
Betaine....mg	19.1		1	A	1		20.6		
Vitamin B-12....µg	0.79	0.027	4	A	1		0.86		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	56		0	NC	4		61		
Retinol....µg	55	11.413	3	A	1		59		
Carotene, beta....µg	22		0	FLA	4		24		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	219		0	NC	4		236		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	22		0	FLA	4		24		
Vitamin E (alpha-tocopherol)....mg	0.58	0.102	4	A	1		0.63		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.02	0.001	4	A	1		0.02		
Tocopherol, gamma....mg	0.43	0.070	4	A	1		0.47		
Tocopherol, delta....mg	0.10	0.037	4	A	1		0.11		
Tocotrienol, alpha....mg	0.01	0.015	4	A	1		0.02		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.4		0	FLA	4		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	17		0	FLA	4		18		
Vitamin K (phylloquinone)....µg	2.2	0.190	4	A	1		2.3		
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.152		0	NC	4		8.804		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.085	0.006	4	A	1		0.092		
10:0....g	0.107	0.005	4	A	1		0.116		
12:0....g	0.120	0.004	4	A	1		0.129		
13:0....g									
14:0....g	0.587	0.020	4	A	1		0.634		
15:0....g	0.047	0.003	4	A	1		0.051		
16:0....g	4.687	0.043	4	A	1		5.062		
17:0....g	0.075	0.003	4	A	1		0.081		
18:0....g	2.350	0.045	4	A	1		2.538		
20:0....g	0.080	0.000	4	A	1		0.086		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.012	0.005	4	A	1		0.013		
Fatty acids, total monounsaturated....g	7.905		0	NC	4		8.537		
14:1....g	0.060	0.004	4	A	1		0.065		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.452	0.003	4	A	1		0.489		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	7.272	0.038	4	A	1		7.854		
20:1....g	0.120	0.004	4	A	1		0.129		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.115		0	NC	4		3.364		
18:2 undifferentiated....g	2.465	0.081	4	A	1		2.662		
18:3 undifferentiated....g	0.157	0.005	4	A	1		0.170		
18:4....g	0.052	0.002	4	A	1		0.057		
20:2 n-6 c,c....g	0.305	0.019	4	A	1		0.329		
20:3 undifferentiated....g	0.047	0.003	4	A	1		0.051		
20:4 undifferentiated....g	0.052	0.002	4	A	1		0.057		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.035	0.012	4	A	1		0.038		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	43	1.123	4	A	1		47		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.157		
Threonine....g	0.477		0	A	1		0.516		
Isoleucine....g	0.497		0	A	1		0.537		
Leucine....g	0.930		0	A	1		1.004		
Lysine....g	0.688		0	A	1		0.743		
Methionine....g	0.235		0	A	1		0.254		
Cystine....g	0.185		0	A	1		0.200		
Phenylalanine....g	0.545		0	A	1		0.589		
Tyrosine....g	0.363		0	A	1		0.392		
Valine....g	0.592		0	A	1		0.640		
Arginine....g	0.585		0	A	1		0.632		
Histidine....g	0.338		0	A	1		0.365		
Alanine....g	0.547		0	A	1		0.591		

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.943		0	A	1		1.018		
Glutamic acid.....g	2.900		0	A	1		3.132		
Glycine.....g	0.600		0	A	1		0.648		
Proline.....g	1.033		0	A	1		1.115		
Serine.....g	0.590		0	A	1		0.637		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 108g: 1 item

Calories Factors: Protein 4.12 **Fat** 8.89 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

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

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.58	0.422	6	A	1		66.26		
Energy....kcal	228		0	NC	4		287		
Energy....kJ	955		0	NC	4		1203		
Protein....g	13.64	0.217	6	A	1		17.18		
Total lipid (fat)....g	9.66	0.215	6	A	1		12.17		
Ash....g	2.45	0.066	6	A	1		3.08		
Carbohydrate, by difference....g	21.67		0	NC	4		27.31		
Fiber, total dietary....g	0.4	0.215	4	A	1		0.5		
Sugars, total....g	2.13	0.233	3	A	1		2.69		
Sucrose....g	0.40	0.000	3	A	1		0.50		
Glucose (dextrose)....g	0.40	0.100	3	A	1		0.50		
Fructose....g	0.43	0.033	3	A	1		0.55		
Lactose....g	0.33	0.033	3	A	1		0.42		
Maltose....g	0.57	0.067	3	A	1		0.71		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	192	18.721	6	A	1		242		
Iron, Fe....mg	2.30	0.048	6	A	1		2.90		
Magnesium, Mg....mg	20	0.568	6	A	1		26		
Phosphorus, P....mg	200	3.468	6	A	1		252		
Potassium, K....mg	173	4.633	6	A	1		218		
Sodium, Na....mg	617	10.886	6	A	1		777		
Zinc, Zn....mg	1.29	0.036	6	A	1		1.62		
Copper, Cu....mg	0.084	0.002	6	A	1		0.106		
Manganese, Mn....mg	0.235	0.005	6	A	1		0.296		
Selenium, Se....µg	30.3	2.602	4	A	1		38.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.321	4	A	1		1.4		
Thiamin....mg	0.378	0.009	4	A	1		0.476		
Riboflavin....mg	0.293	0.070	4	A	1		0.369		
Niacin....mg	3.187	0.197	4	A	1		4.016		
Pantothenic acid....mg	0.806	0.029	4	A	1		1.016		
Vitamin B-6....mg	0.071	0.004	4	A	1		0.089		
Folate, total....µg	71	2.972	4	A	1		89		
Folic acid....µg	51	3.162	4	A	1		64		
Folate, food....µg	20		0	AS	1		25		
Folate, DFE....µg	107		0	NC	4		134		
Choline, total....mg	93.3		0	RKI	6		117.6		
Betaine....mg									
Vitamin B-12....µg	0.81	0.052	4	A	1		1.02		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	98		0	NC	4		124		
Retinol....µg	97	8.364	4	A	1		122		
Carotene, beta....µg	12		0	RKI	6		15		
Carotene, alpha....µg	0		0	RKI	6		0		
Cryptoxanthin, beta....µg	3		0	RKI	6		4		
Vitamin A, IU....IU	347		0	NC	4		437		
Lycopene....µg	0		0	RKI	6		0		
Lutein + zeaxanthin....µg	140		0	RKI	6		176		
Vitamin E (alpha-tocopherol)....mg	0.91	0.258	4	A	1		1.15		
Vitamin E, added....mg	0.00		0	RKI	6		0.00		
Tocopherol, beta....mg	0.02	0.000	4	A	1		0.03		
Tocopherol, gamma....mg	0.55	0.049	4	A	1		0.69		
Tocopherol, delta....mg	0.13	0.020	4	A	1		0.17		
Tocotrienol, alpha....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21021
Fast foods, english muffin, with egg, cheese, and canadian bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.6		0	RKI	6		0.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	26		0	RKI	6		33		
Vitamin K (phylloquinone)....µg	0.8	0.290	4	A	1		1.0		
Dihydrophylloquinone....µg	0.1	0.066	4	A	1		0.1		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.592		0	NC	4		4.526		
4:0....g	0.063	0.003	3	A	1		0.079		
6:0....g	0.054	0.004	3	A	1		0.068		
8:0....g	0.080	0.009	3	A	1		0.100		
10:0....g	0.107	0.005	3	A	1		0.135		
12:0....g	0.098	0.003	3	A	1		0.124		
13:0....g									
14:0....g	0.329	0.008	3	A	1		0.414		
15:0....g	0.037	0.001	3	A	1		0.047		
16:0....g	2.007	0.020	3	A	1		2.529		
17:0....g	0.031	0.001	3	A	1		0.039		
18:0....g	0.760	0.010	3	A	1		0.958		
20:0....g	0.012	0.001	3	A	1		0.015		
22:0....g	0.008	0.001	3	A	1		0.010		
24:0....g	0.005	0.001	3	A	1		0.006		
Fatty acids, total monounsaturated....g	2.721		0	NC	4		3.429		
14:1....g	0.033	0.001	3	A	1		0.042		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.153	0.007	3	AS	1		0.193		
16:1 c....g	0.140	0.007	3	A	1		0.177		
16:1 t....g	0.013	0.001	3	A	1		0.016		
17:1....g	0.012	0.001	3	A	1		0.015		
18:1 undifferentiated....g	2.490	0.051	3	AS	1		3.137		
18:1 c....g	2.427	0.077	3	A	1		3.058		
18:1 t....g	0.063	0.031	3	A	1		0.080		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.002	3	A	1		0.039		
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.002		
22:1 c....g	0.001	0.001	3	A	1		0.002		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.735		0	NC	4		2.186		
18:2 undifferentiated....g	1.471	0.103	3	AS	1		1.854		
18:2 n-6 c,c....g	1.416	0.105	3	A	1		1.784		
18:2 CLAs....g	0.022	0.002	3	A	1		0.028		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033	0.003	3	A	1		0.041		
18:3 undifferentiated....g	0.115	0.011	3	AS	1		0.145		
18:3 n-3 c,c,c (ALA)....g	0.114	0.011	3	A	1		0.144		
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.010	0.000	3	A	1		0.012		
20:3 undifferentiated....g	0.015	0.000	3	AS	1		0.018		
20:3 n-3....g	0.002	0.001	3	A	1		0.003		
20:3 n-6....g	0.012	0.000	3	A	1		0.016		
20:4 undifferentiated....g	0.088	0.003	3	A	1		0.111		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.002		
21:5....g									
22:4....g	0.008	0.001	3	A	1		0.010		
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.007		

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.021	0.000	3	A	1		0.026		
Fatty acids, total trans....g	0.109		0	NC	4		0.138		
Fatty acids, total trans-monoenoic....g	0.076		0	NC	4		0.096		
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.041		
Cholesterol....mg	168	2.858	4	A	1		212		
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 = 126g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21022
Fast foods, english muffin, with egg, cheese, and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.82	0.423	4	A	1		80.55		
Energy....kcal	286		0	NC	4		472		
Energy....kJ	1196		0	NC	4		1973		
Protein (N x 6.17)....g	13.38	0.278	4	A	1		22.08		
Total lipid (fat)....g	18.10	0.235	4	A	1		29.86		
Ash....g	2.26	0.026	4	A	1		3.74		
Carbohydrate, by difference....g	17.44		0	NC	4		28.77		
Fiber, total dietary....g	0.2	0.000	4	A	1		0.2		
Sugars, total....g	1.49	0.047	4	A	1		2.46		
Sucrose....g	0.07	0.000	4	A	1		0.12		
Glucose (dextrose)....g	0.38	0.025	4	A	1		0.63		
Fructose....g	0.19	0.033	4	A	1		0.32		
Lactose....g	0.31	0.032	4	A	1		0.50		
Maltose....g	0.53	0.029	4	A	1		0.88		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	13.49	0.431	4	A	1		22.26		
Minerals:									
Calcium, Ca....mg	168	8.888	3	A	1		277		
Iron, Fe....mg	2.63	0.421	4	A	1		4.34		
Magnesium, Mg....mg	17	0.427	4	A	1		29		
Phosphorus, P....mg	180	6.169	4	A	1		297		
Potassium, K....mg	147	5.822	4	A	1		243		
Sodium, Na....mg	548		0	LC	8		904		
Zinc, Zn....mg	1.00	0.078	4	A	1		1.64		
Copper, Cu....mg	0.211	0.037	4	A	1		0.349		
Manganese, Mn....mg	0.192	0.019	4	A	1		0.317		
Selenium, Se....µg	29.2	2.524	4	A	1		48.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.390	0.063	4	A	1		0.644		
Riboflavin....mg	0.270	0.021	4	A	1		0.445		
Niacin....mg	3.192	0.141	4	A	1		5.268		
Pantothenic acid....mg	1.080	0.006	4	A	1		1.782		
Vitamin B-6....mg	0.073	0.003	4	A	1		0.121		
Folate, total....µg	57	3.674	4	A	1		94		
Folic acid....µg	41	3.250	4	A	1		67		
Folate, food....µg	16		0	AS	1		27		
Folate, DFE....µg	86		0	NC	4		141		
Choline, total....mg	103.3		0	AS	1		170.4		
Betaine....mg	10.0		1	A	1		16.5		
Vitamin B-12....µg	0.95	0.027	4	A	1		1.57		
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE....µg	70		0	NC	4		115		
Retinol....µg	68	6.238	4	A	1		111		
Carotene, beta....µg	24		0	BFFN	4		39		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	7		0	BFFN	4		11		
Vitamin A, IU....IU	270		0	NC	4		446		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	280		0	BFFN	4		461		
Vitamin E (alpha-tocopherol)....mg	0.94	0.241	4	A	1		1.55		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma....mg	0.52	0.039	4	A	1		0.87		
Tocopherol, delta....mg	0.14	0.032	4	A	1		0.24		
Tocotrienol, alpha....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21022
Fast foods, english muffin, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.6		0	BFFN	4		0.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	22		0	BFFN	4		36		
Vitamin K (phylloquinone)....µg	1.5	0.092	4	A	1		2.4		
Dihydrophylloquinone....µg	0.2	0.094	4	A	1		0.3		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.928		0	NC	4		11.432		
4:0....g	0.214		0	BFFN	4		0.353		
6:0....g	0.073		0	BFFN	4		0.120		
8:0....g	0.060	0.004	4	A	1		0.099		
10:0....g	0.077	0.002	4	A	1		0.128		
12:0....g	0.087	0.003	4	A	1		0.144		
13:0....g									
14:0....g	0.420	0.011	4	A	1		0.693		
15:0....g	0.037	0.003	4	A	1		0.062		
16:0....g	3.985	0.068	4	A	1		6.575		
17:0....g	0.060	0.000	4	A	1		0.099		
18:0....g	1.895	0.017	4	A	1		3.127		
20:0....g	0.020	0.000	4	A	1		0.033		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	6.765		0	NC	4		11.162		
14:1....g	0.042	0.003	4	A	1		0.070		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.402	0.011	4	A	1		0.664		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	6.220	0.170	4	A	1		10.263		
20:1....g	0.100	0.004	4	A	1		0.165		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.772		0	NC	4		4.574		
18:2 undifferentiated....g	2.132	0.093	4	A	1		3.518		
18:3 undifferentiated....g	0.120	0.004	4	A	1		0.198		
18:4....g	0.045	0.005	4	A	1		0.074		
20:2 n-6 c,c....g	0.245	0.012	4	A	1		0.404		
20:3 undifferentiated....g	0.022	0.003	4	A	1		0.037		
20:4 undifferentiated....g	0.080	0.004	4	A	1		0.132		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.052	0.006	4	A	1		0.087		
22:6 n-3 (DHA)....g	0.070	0.004	4	A	1		0.115		
Fatty acids, total trans....g									
Cholesterol....mg	163	6.690	4	A	1		268		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.268		
Threonine....g	0.523		0	A	1		0.862		
Isoleucine....g	0.540		0	A	1		0.892		
Leucine....g	0.978		0	A	1		1.614		
Lysine....g	0.750		0	A	1		1.238		
Methionine....g	0.287		0	A	1		0.474		
Cystine....g	0.198		0	A	1		0.326		
Phenylalanine....g	0.588		0	A	1		0.970		
Tyrosine....g	0.405		0	A	1		0.669		
Valine....g	0.653		0	A	1		1.077		
Arginine....g	0.653		0	A	1		1.077		
Histidine....g	0.330		0	A	1		0.545		
Alanine....g	0.598		0	A	1		0.986		

NDB No. 21022

Fast foods, english muffin, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	1.063		0	A	1		1.754		
Glutamic acid.....g	2.497		0	A	1		4.119		
Glycine.....g	0.540		0	A	1		0.891		
Proline.....g	0.898		0	A	1		1.482		
Serine.....g	0.703		0	A	1		1.160		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

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

Common Measures:

Measure 1 = 165g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21105
Fast foods, fish sandwich, with tartar sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.44	0.547	6	A	1		106.56		
Energy....kcal	257		0	NC	4		565		
Energy....kJ	1074		0	NC	4		2363		
Protein (N x 6.07)....g	10.29	0.132	6	A	1		22.64		
Total lipid (fat)....g	12.45	0.704	6	A	1		27.40		
Ash....g	2.13	0.025	6	A	1		4.68		
Carbohydrate, by difference....g	26.69		0	NC	4		58.72		
Fiber, total dietary....g	1.0		0	FLA	4		2.1		
Sugars, total....g	3.53	0.033	3	A	1		7.77		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.20	0.000	3	A	1		2.64		
Fructose....g	1.47	0.033	3	A	1		3.23		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.87	0.033	3	A	1		1.91		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	37	0.690	6	A	1		82		
Iron, Fe....mg	1.50	0.038	6	A	1		3.29		
Magnesium, Mg....mg	25	0.307	6	A	1		55		
Phosphorus, P....mg	116	0.989	6	A	1		256		
Potassium, K....mg	206	2.937	6	A	1		454		
Sodium, Na....mg	602	8.784	6	A	1		1325		
Zinc, Zn....mg	0.49	0.006	6	A	1		1.08		
Copper, Cu....mg	0.075	0.002	6	A	1		0.165		
Manganese, Mn....mg	0.264	0.008	6	A	1		0.580		
Selenium, Se....µg	18.0		0	FLA	4		39.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		2		1		4.0		
Thiamin....mg	0.210	0.021	12		1		0.462		
Riboflavin....mg	0.140	0.015	12		1		0.308		
Niacin....mg	2.150	0.175	12		1		4.730		
Pantothenic acid....mg	0.370	0.182	3		1		0.814		
Vitamin B-6....mg	0.070	0.008	7		1		0.154		
Folate, total....µg	46		0	FLA	4		100		
Folic acid....µg	30		0	FLA	4		66		
Folate, food....µg	15		0	FLA	4		34		
Folate, DFE....µg	66		0	NC	4		146		
Choline, total....mg	28.9		0	AS	1		63.6		
Betaine....mg									
Vitamin B-12....µg	0.68	0.065	6		1		1.50		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	6		0	FLA	4		12		
Retinol....µg	1		0	FLA	4		3		
Carotene, beta....µg	44		0	FLA	4		96		
Carotene, alpha....µg	3		0	FLA	4		8		
Cryptoxanthin, beta....µg	7		0	FLA	4		16		
Vitamin A, IU....IU	87		0	NC	4		190		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	54		0	FLA	4		120		
Vitamin E (alpha-tocopherol)....mg	0.55		0		1		1.21		
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. 21105
Fast foods, fish sandwich, with tartar sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	FLA	4		0.5		
Vitamin D....IU	9		0	FLA	4		19		
Vitamin K (phylloquinone)....µg	13.6		0	FLA	4		29.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.949		0	NC	4		4.288		
4:0....g	0.001	0.001	3	A	1		0.001		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.002	0.001	3	A	1		0.005		
10:0....g	0.004	0.000	3	A	1		0.008		
12:0....g	0.001	0.000	3	A	1		0.003		
13:0....g									
14:0....g	0.022	0.001	3	A	1		0.049		
15:0....g	0.003	0.000	3	A	1		0.007		
16:0....g	1.435	0.102	3	A	1		3.157		
17:0....g	0.012	0.001	3	A	1		0.026		
18:0....g	0.389	0.045	3	A	1		0.856		
20:0....g	0.037	0.003	3	A	1		0.081		
22:0....g	0.029	0.005	3	A	1		0.064		
24:0....g	0.015	0.001	3	A	1		0.033		
Fatty acids, total monounsaturated....g	2.595		0	NC	4		5.708		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.028	0.002	3	AS	1		0.062		
16:1 c....g	0.028	0.002	3	A	1		0.061		
16:1 t....g	0.000	0.000	3	A	1		0.001		
17:1....g	0.006	0.001	3	A	1		0.013		
18:1 undifferentiated....g	2.498	0.232	3	AS	1		5.496		
18:1 c....g	2.471	0.229	3	A	1		5.436		
18:1 t....g	0.027	0.003	3	A	1		0.060		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.055	0.008	3	A	1		0.120		
22:1 undifferentiated....g	0.004	0.001	3	AS	1		0.010		
22:1 c....g	0.004	0.001	3	A	1		0.010		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.003	0.002	3	A	1		0.007		
Fatty acids, total polyunsaturated....g	6.257		0	NC	4		13.765		
18:2 undifferentiated....g	5.627	0.490	3	AS	1		12.379		
18:2 n-6 c,c....g	5.561	0.476	3	A	1		12.234		
18:2 CLAs....g	0.013	0.004	3	A	1		0.029		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053	0.012	3	A	1		0.116		
18:3 undifferentiated....g	0.512	0.094	3	AS	1		1.126		
18:3 n-3 c,c,c (ALA)....g	0.489	0.083	3	A	1		1.076		
18:3 n-6 c,c,c....g	0.023	0.011	3	A	1		0.050		
18:3i....g									
18:4....g	0.002	0.001	3	A	1		0.004		
20:2 n-6 c,c....g	0.005	0.001	3	A	1		0.011		
20:3 undifferentiated....g	0.003	0.001	3	AS	1		0.007		
20:3 n-3....g	0.001	0.001	3	A	1		0.002		
20:3 n-6....g	0.002	0.000	3	A	1		0.005		
20:4 undifferentiated....g	0.008	0.001	3	A	1		0.017		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.029	0.001	3	A	1		0.064		
21:5....g									
22:4....g	0.004	0.000	3	A	1		0.008		
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.007		
22:6 n-3 (DHA)....g	0.064	0.004	3	A	1		0.142		
Fatty acids, total trans....g	0.080		0	NC	4		0.177		
Fatty acids, total trans-monoenoic....g	0.028		0	NC	4		0.061		

NDB No. 21105
Fast foods, fish sandwich, with tartar sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.116		
Cholesterol.....mg	35	4.291	8		1		77		
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 = 220g: 1 sandwich

Calories Factors: Protein 4.11 **Fat** 8.79 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

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

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.76	0.187	6	A	1		61.31		
Energy....kcal	279		0	NC	4		374		
Energy....kJ	1168		0	NC	4		1565		
Protein (N x 6.11)....g	11.26	0.118	6	A	1		15.09		
Total lipid (fat)....g	14.64	0.267	6	A	1		19.62		
Ash....g	1.95	0.026	6	A	1		2.61		
Carbohydrate, by difference....g	26.39		0	NC	4		35.36		
Fiber, total dietary....g	0.8		0	RKI	6		1.1		
Sugars, total....g	3.67	0.067	3	A	1		4.91		
Sucrose....g	0.10	0.000	3	A	1		0.13		
Glucose (dextrose)....g	1.00	0.000	3	A	1		1.34		
Fructose....g	1.93	0.033	3	A	1		2.59		
Lactose....g	0.20	0.000	3	A	1		0.27		
Maltose....g	0.43	0.033	3	A	1		0.58		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	120	4.879	6	A	1		161		
Iron, Fe....mg	1.56	0.073	6	A	1		2.09		
Magnesium, Mg....mg	27	0.518	6	A	1		36		
Phosphorus, P....mg	137	2.574	6	A	1		184		
Potassium, K....mg	220	5.244	6	A	1		295		
Sodium, Na....mg	434	6.627	6	A	1		581		
Zinc, Zn....mg	0.58	0.013	6	A	1		0.78		
Copper, Cu....mg	0.066	0.001	6	A	1		0.089		
Manganese, Mn....mg	0.262	0.007	6	A	1		0.351		
Selenium, Se....µg	48.4		0	RK	4		64.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.405	6		1		2.0		
Thiamin....mg	0.250	0.044	12		1		0.335		
Riboflavin....mg	0.230	0.048	13		1		0.308		
Niacin....mg	2.310	0.236	12		1		3.095		
Pantothenic acid....mg	0.240	0.047	5		1		0.322		
Vitamin B-6....mg	0.060	0.010	5		1		0.080		
Folate, total....µg	44		0	RKI	6		58		
Folic acid....µg	31		0	RKI	6		42		
Folate, food....µg	12		0	RKI	6		16		
Folate, DFE....µg	65		0	NC	4		88		
Choline, total....mg	32.6		0	AS	1		43.7		
Betaine....mg	98.2		2	A	1		131.5		
Vitamin B-12....µg	0.59	0.056	5		1		0.79		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	22		0	RKI	6		29		
Retinol....µg	20		0	RKI	6		27		
Carotene, beta....µg	17		0	RKI	6		22		
Carotene, alpha....µg	2		0	RKI	6		3		
Cryptoxanthin, beta....µg	6		0	RKI	6		8		
Vitamin A, IU....IU	101		0	NC	4		135		
Lycopene....µg	0		0	RKI	6		0		
Lutein + zeaxanthin....µg	28		0	RKI	6		37		
Vitamin E (alpha-tocopherol)....mg	1.00		0		1		1.34		
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									

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	RKI	6		1.2		
Vitamin D....IU	37		0	RKI	6		50		
Vitamin K (phylloquinone)....µg	7.9		0	RKI	6		10.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.833		0	NC	4		3.796		
4:0....g	0.025	0.005	3	A	1		0.034		
6:0....g	0.024	0.001	3	A	1		0.032		
8:0....g	0.020	0.001	3	A	1		0.027		
10:0....g	0.045	0.003	3	A	1		0.060		
12:0....g	0.048	0.002	3	A	1		0.064		
13:0....g									
14:0....g	0.164	0.006	3	A	1		0.220		
15:0....g	0.019	0.001	3	A	1		0.026		
16:0....g	1.613	0.005	3	A	1		2.162		
17:0....g	0.021	0.000	3	A	1		0.028		
18:0....g	0.750	0.010	3	A	1		1.005		
20:0....g	0.048	0.001	3	A	1		0.064		
22:0....g	0.038	0.000	3	A	1		0.050		
24:0....g	0.017	0.000	3	A	1		0.023		
Fatty acids, total monounsaturated....g	4.005		0	NC	4		5.367		
14:1....g	0.015	0.001	3	A	1		0.020		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.049	0.001	3	AS	1		0.066		
16:1 c....g	0.044	0.001	3	A	1		0.059		
16:1 t....g	0.006	0.001	3	A	1		0.008		
17:1....g	0.009	0.000	3	A	1		0.012		
18:1 undifferentiated....g	3.849	0.033	3	AS	1		5.158		
18:1 c....g	3.788	0.031	3	A	1		5.076		
18:1 t....g	0.061	0.005	3	A	1		0.082		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.070	0.001	3	A	1		0.094		
22:1 undifferentiated....g	0.007	0.000	3	AS	1		0.010		
22:1 c....g	0.007	0.000	3	A	1		0.010		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.005	0.005	3	A	1		0.007		
Fatty acids, total polyunsaturated....g	5.952		0	NC	4		7.976		
18:2 undifferentiated....g	5.187	0.121	3	AS	1		6.951		
18:2 n-6 c,c....g	5.106	0.127	3	A	1		6.842		
18:2 CLAs....g	0.020	0.002	3	A	1		0.027		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.061	0.005	3	A	1		0.082		
18:3 undifferentiated....g	0.639	0.017	3	AS	1		0.856		
18:3 n-3 c,c,c (ALA)....g	0.614	0.025	3	A	1		0.823		
18:3 n-6 c,c,c....g	0.024	0.012	3	A	1		0.033		
18:3i....g									
18:4....g	0.002	0.001	3	A	1		0.003		
20:2 n-6 c,c....g	0.007	0.001	3	A	1		0.009		
20:3 undifferentiated....g	0.006	0.001	3	AS	1		0.008		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.006	0.001	3	A	1		0.008		
20:4 undifferentiated....g	0.011	0.001	3	A	1		0.015		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.030	0.000	3	A	1		0.040		
21:5....g									
22:4....g	0.005	0.001	3	A	1		0.007		
22:5 n-3 (DPA)....g	0.005	0.000	3	A	1		0.006		
22:6 n-3 (DHA)....g	0.061	0.002	3	A	1		0.081		
Fatty acids, total trans....g	0.128		0	NC	4		0.171		

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.067		0	NC	4		0.089		
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.082		
Cholesterol.....mg	37	3.179	11		1		50		
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 = 134g: 1 sandwich

Calories Factors: Protein 4.12 **Fat** 8.81 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

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

NDB No. 21024
Fast foods, french toast sticks

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.57	0.770	4	A	1		21.82	36.59	
Energy....kcal	340		0	NC	4		221	370	
Energy....kJ	1422		0	NC	4		924	1550	
Protein (N x 5.73)....g	6.00	0.185	4	A	1		3.90	6.54	
Total lipid (fat)....g	17.74	1.082	4	A	1		11.53	19.34	
Ash....g	1.47	0.123	4	A	1		0.96	1.60	
Carbohydrate, by difference....g	41.21		0	NC	4		26.79	44.92	
Fiber, total dietary....g	1.4	0.103	4	A	1		0.9	1.5	
Sugars, total....g	9.89	0.434	4	A	1		6.43	10.79	
Sucrose....g	7.14	0.392	4	A	1		4.64	7.78	
Glucose (dextrose)....g	1.03	0.033	4	A	1		0.67	1.12	
Fructose....g	0.75	0.027	4	A	1		0.49	0.82	
Lactose....g	0.15	0.009	4	A	1		0.10	0.17	
Maltose....g	0.82	0.100	4	A	1		0.53	0.89	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	26.60	0.816	4	A	1		17.29	28.99	
Minerals:									
Calcium, Ca....mg	53	3.762	4	A	1		34	57	
Iron, Fe....mg	1.92	0.101	4	A	1		1.25	2.10	
Magnesium, Mg....mg	19	1.007	4	A	1		12	21	
Phosphorus, P....mg	87	6.786	4	A	1		56	94	
Potassium, K....mg	111	3.136	4	A	1		72	121	
Sodium, Na....mg	400		0	LC	8		260	436	
Zinc, Zn....mg	0.51	0.031	4	A	1		0.33	0.56	
Copper, Cu....mg	0.085	0.004	4	A	1		0.055	0.092	
Manganese, Mn....mg	0.390	0.023	4	A	1		0.254	0.425	
Selenium, Se....µg	12.2	0.735	4	A	1		7.9	13.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.284	0.009	4	A	1		0.185	0.310	
Riboflavin....mg	0.175	0.010	4	A	1		0.114	0.191	
Niacin....mg	2.575	0.112	4	A	1		1.674	2.807	
Pantothenic acid....mg	0.336	0.012	4	A	1		0.219	0.366	
Vitamin B-6....mg	0.053	0.005	4	A	1		0.034	0.057	
Folate, total....µg	183		0	FLA	4		119	200	
Folic acid....µg	41		0	FLA	4		27	45	
Folate, food....µg	142		0	FLA	4		92	155	
Folate, DFE....µg	212		0	NC	4		138	231	
Choline, total....mg	13.9		0	AS	1		9.0	15.2	
Betaine....mg	20.0		1	A	1		13.0	21.8	
Vitamin B-12....µg	0.00	0.000	4	A	1		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	3		0	FLA	4		2	3	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		3	5	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol)....mg	0.88	0.055	4	A	1		0.57	0.96	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.07	0.005	4	A	1		0.04	0.07	
Tocopherol, gamma....mg	5.29	0.635	4	A	1		3.44	5.77	
Tocopherol, delta....mg	3.50	0.260	4	A	1		2.27	3.81	
Tocotrienol, alpha....mg	0.03	0.017	4	A	1		0.02	0.03	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	

NDB No. 21024
Fast foods, french toast sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.004	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	14.5	0.338	4	A	1		9.5	15.9	
Dihydrophylloquinone....µg	27.7	1.851	4	A	1		18.0	30.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.989		0	NC	4		2.593	4.348	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.007	0.007	4	A	1		0.004	0.007	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	1.961	0.122	4	A	1		1.275	2.138	
17:0....g	0.012	0.007	4	A	1		0.008	0.013	
18:0....g	1.892	0.129	4	A	1		1.230	2.063	
20:0....g	0.058	0.004	4	A	1		0.038	0.063	
22:0....g	0.059	0.005	4	A	1		0.038	0.064	
24:0....g									
Fatty acids, total monounsaturated....g	9.502		0	NC	4		6.177	10.358	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.031	0.002	4	A	1		0.020	0.034	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	9.406	0.806	4	A	1		6.114	10.253	
20:1....g	0.065	0.008	4	A	1		0.042	0.071	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.566		0	NC	4		1.668	2.797	
18:2 undifferentiated....g	2.421	0.154	4	A	1		1.574	2.639	
18:3 undifferentiated....g	0.145		0	AS	1		0.094	0.158	
18:3 n-3 c,c,c (ALA)....g	0.145	0.029	4	A	1		0.094	0.158	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4	A	1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

NDB No. 21024

Fast foods, french toast sticks

Common Measures:

Measure 1 = 65g: 3 pieces

Measure 2 = 109g: 5 pieces

Calories Factors: Protein 3.61 **Fat** 8.83 **Carbohydrate** 3.92

Food Group: 21 Fast Foods

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

NDB No. 21023
Fast foods, french toast with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.72	2.130	5		1		68.47		
Energy....kcal	264		0	NC	4		356		
Energy....kJ	1105		0		4		1491		
Protein (N x 6.02)....g	7.66	0.092	4		1		10.34		
Total lipid (fat)....g	13.90		1		1		18.77		
Ash....g	1.02		2		1		1.38		
Carbohydrate, by difference....g	26.70		0	NC	4		36.05		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54		2		1		73		
Iron, Fe....mg	1.40		2		1		1.89		
Magnesium, Mg....mg	12		2		1		16		
Phosphorus, P....mg	108		2		1		146		
Potassium, K....mg	131		1		1		177		
Sodium, Na....mg	380		2		1		513		
Zinc, Zn....mg	0.44		2		1		0.59		
Copper, Cu....mg	0.048		2		1		0.065		
Manganese, Mn....mg	0.155		2		1		0.209		
Selenium, Se....µg	15.5		0	BFZN	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1		4		0.1		
Thiamin....mg	0.430		1		1		0.581		
Riboflavin....mg	0.370		1		1		0.500		
Niacin....mg	2.900		1		1		3.915		
Pantothenic acid....mg	0.400	0.060	3		1		0.540		
Vitamin B-6....mg	0.040	0.013	3		1		0.054		
Folate, total....µg	54		0	BFZN	4		73		
Folic acid....µg	32		0	NC	4		43		
Folate, food....µg	22	9.018	3		1		30		
Folate, DFE....µg	76		0	NC	4		103		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.27		1		1		0.36		
Vitamin A, RAE....µg	101		0	NC	4		136		
Retinol....µg	100		0	NC	4		135		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	350		1		1		473		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21023
Fast foods, french toast with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.740		1		4		7.749		
Fatty acids, total monounsaturated....g	5.240		1		4		7.074		
Fatty acids, total polyunsaturated....g	1.810		1		4		2.444		
Fatty acids, total trans....g									
Cholesterol....mg	86		1		1		116		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		1		0.143		
Threonine....g	0.300		0		1		0.405		
Isoleucine....g	0.394		0		1		0.532		
Leucine....g	0.605		0		1		0.817		
Lysine....g	0.375		0		1		0.506		
Methionine....g	0.182		0		1		0.246		
Cystine....g	0.148		0		1		0.200		
Phenylalanine....g	0.397		0		1		0.536		
Tyrosine....g	0.256		0		1		0.346		
Valine....g	0.463		0		1		0.625		
Arginine....g	0.384		0		1		0.518		
Histidine....g	0.174		0		1		0.235		
Alanine....g	0.346		0		1		0.467		
Aspartic acid....g	0.571		0		1		0.771		
Glutamic acid....g	1.659		0		1		2.240		
Glycine....g	0.265		0		1		0.358		
Proline....g	0.572		0		1		0.772		
Serine....g	0.472		0		1		0.637		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 135g: 2 slices

Calories Factors: Protein 4.18 **Fat** 8.85 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

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

NDB No. 21077
Fast foods, frijoles with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.11	0.711	22		1		115.41		
Energy....kcal	135		0		1		225		
Energy....kJ	565				1		943		
Protein (N x 6.31)....g	6.81	0.181	22		1		11.37		
Total lipid (fat)....g	4.66	0.335	22		1		7.78		
Ash....g	2.23	0.054	22		1		3.72		
Carbohydrate, by difference....g	17.19		0	NC	4		28.71		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113	5.202	22		1		189		
Iron, Fe....mg	1.34	0.091	22		1		2.24		
Magnesium, Mg....mg	51	2.560	22		1		85		
Phosphorus, P....mg	105	10.060	22		1		175		
Potassium, K....mg	362	17.372	22		1		605		
Sodium, Na....mg	528	32.908	22		1		882		
Zinc, Zn....mg	1.04	0.048	21		1		1.74		
Copper, Cu....mg	0.204	0.006	21		1		0.341		
Manganese, Mn....mg	0.301	0.009	22		1		0.503		
Selenium, Se....µg	1.7		0	RK	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.363	12		1		1.5		
Thiamin....mg	0.080	0.016	11		1		0.134		
Riboflavin....mg	0.200	0.020	12		1		0.334		
Niacin....mg	0.890	0.105	12		1		1.486		
Pantothenic acid....mg	0.660	0.054	12		1		1.102		
Vitamin B-6....mg	0.120	0.012	12		1		0.200		
Folate, total....µg	67		1		4		112		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	67		1		4		112		
Folate, DFE....µg	67		0	NC	4		112		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.41	0.043	12		1		0.68		
Vitamin A, RAE....µg	21		0	NC	4		35		
Retinol....µg	9		0	NC	4		15		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	273	94.743	5		1		456		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21077
Fast foods, frijoles with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.440		0		1		4.075		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.027		3		1		0.045		
12:0....g	0.065		3		1		0.109		
13:0....g									
14:0....g	0.241		3		1		0.402		
15:0....g									
16:0....g	1.387		3		1		2.316		
17:0....g									
18:0....g	0.721		3		1		1.204		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.567		0		1		2.617		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.567		3		1		2.617		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.417		0		1		0.696		
18:2 undifferentiated....g	0.344		3		1		0.574		
18:3 undifferentiated....g	0.073		3		1		0.122		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	22	6.341	3		1		37		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.130		
Threonine....g	0.258		0		1		0.431		
Isoleucine....g	0.307		0		1		0.513		
Leucine....g	0.523		0		1		0.873		
Lysine....g	0.455		0		1		0.760		
Methionine....g	0.111		0		1		0.185		
Cystine....g	0.061		0		1		0.102		
Phenylalanine....g	0.337		0		1		0.563		
Tyrosine....g	0.210		0		1		0.351		
Valine....g	0.351		0		1		0.586		
Arginine....g	0.359		0		1		0.600		
Histidine....g	0.189		0		1		0.316		
Alanine....g	0.250		0		1		0.418		
Aspartic acid....g	0.711		0		1		1.187		
Glutamic acid....g	1.283		0		1		2.143		
Glycine....g	0.214		0		1		0.357		
Proline....g	0.379		0		1		0.633		
Serine....g	0.349		0		1		0.583		
Hydroxyproline....g									

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

NDB No. 21077
Fast foods, frijoles with cheese

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 3.8 **Fat** 8.76 **Carbohydrate** 3.99

Food Group: 21 Fast Foods

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

NDB No. 21307

Fast foods, griddle cake sandwich, egg, cheese, and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.85		0	RKA	1		79.78		
Energy....kcal	272		0	RKI	6		473		
Energy....kJ	1137		0	RKI	6		1978		
Protein....g	12.03		0	RKA	1		20.94		
Total lipid (fat)....g	13.19		0	RKA	1		22.96		
Ash....g	2.73		0	RKA	1		4.75		
Carbohydrate, by difference....g	26.19		0	RKI	6		45.58		
Fiber, total dietary....g	0.8		0	RKA	1		1.3		
Sugars, total....g	9.56		0	RKA	1		16.64		
Sucrose....g	5.22		0	RKA	1		9.08		
Glucose (dextrose)....g	3.13		0	RKA	1		5.44		
Fructose....g	0.11		0	RKA	1		0.19		
Lactose....g	0.73		0	RKA	1		1.27		
Maltose....g	0.38		0	RKA	1		0.66		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	109		0	RKA	1		189		
Iron, Fe....mg	1.65		0	RKA	1		2.87		
Magnesium, Mg....mg	21		0	FLA	4		37		
Phosphorus, P....mg	184		0	FLA	4		320		
Potassium, K....mg	158		0	FLA	4		275		
Sodium, Na....mg	718		0	LC	8		1249		
Zinc, Zn....mg	1.37		0	FLA	4		2.39		
Copper, Cu....mg	0.092		0	FLA	4		0.161		
Manganese, Mn....mg									
Selenium, Se....µg	24.9		0	FLA	4		43.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0	RKA	1		3.2		
Thiamin....mg	0.126		0	RKA	1		0.220		
Riboflavin....mg	0.300		0	RKA	1		0.523		
Niacin....mg	1.319		0	RKA	1		2.294		
Pantothenic acid....mg	0.522		0	RKA	1		0.908		
Vitamin B-6....mg	0.083		0	RKA	1		0.144		
Folate, total....µg	61		0	NR	4		106		
Folic acid....µg	30		0	FLA	4		52		
Folate, food....µg	31		0	FLA	4		54		
Folate, DFE....µg	82		0	NC	4		142		
Choline, total....mg	76.3		0	FLA	4		132.8		
Betaine....mg									
Vitamin B-12....µg	0.40		0	FLA	4		0.69		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	63		0	FLA	4		109		
Retinol....µg	61		0	FLA	4		106		
Carotene, beta....µg	16		0	FLA	4		28		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	2		0	FLA	4		3		
Vitamin A, IU....IU	232		0	NC	4		404		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	94		0	FLA	4		164		
Vitamin E (alpha-tocopherol)....mg	0.53		0	FLA	4		0.92		
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. 21307
Fast foods, griddle cake sandwich, egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	NR	4		0.6		
Vitamin D....IU	13		0	FLA	4		23		
Vitamin K (phylloquinone)....µg	2.0		0	FLA	4		3.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.121		0	NC	4		7.170		
4:0....g	0.088		0	FLA	4		0.153		
6:0....g	0.034		0	FLA	4		0.059		
8:0....g	0.053		0	FLA	4		0.093		
10:0....g	0.070		0	FLA	4		0.122		
12:0....g	0.194		0	FLA	4		0.337		
13:0....g									
14:0....g	0.381		0	FLA	4		0.663		
15:0....g									
16:0....g	2.230		0	FLA	4		3.881		
17:0....g									
18:0....g	1.071		0	FLA	4		1.863		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.635		0	NC	4		8.065		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.315		0	FLA	4		0.547		
17:1....g									
18:1 undifferentiated....g	4.280		0	FLA	4		7.448		
20:1....g	0.040		0	FLA	4		0.069		
22:1 undifferentiated....g	0.001		0	FLA	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.331		0	NC	4		2.317		
18:2 undifferentiated....g	1.130		0	FLA	4		1.965		
18:3 undifferentiated....g	0.128		0	FLA	4		0.224		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.061		0	FLA	4		0.106		
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.002		
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	0.012		0	FLA	4		0.020		
Fatty acids, total trans....g	0.903		0	RKI	6		1.571		
Cholesterol....mg	147		0	RKA	1		255		
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 = 174g: 1 item 6.1 oz

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

NDB No. 21307

Fast foods, griddle cake sandwich, egg, cheese, and bacon

Food Group: 21 Fast Foods

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

NDB No. 21305

Fast foods, griddle cake sandwich, egg, cheese, and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.03		0	RKA	1		93.58		
Energy....kcal	291		0	RKI	6		579		
Energy....kJ	1217		0	RKI	6		2421		
Protein....g	10.77		0	RKA	1		21.43		
Total lipid (fat)....g	17.73		0	RKA	1		35.27		
Ash....g	2.44		0	RKA	1		4.85		
Carbohydrate, by difference....g	22.04		0	RKI	6		43.86		
Fiber, total dietary....g	0.6		0	RKA	1		1.3		
Sugars, total....g	7.90		0	RKA	1		15.72		
Sucrose....g	4.16		0	RKA	1		8.28		
Glucose (dextrose)....g	2.71		0	RKA	1		5.39		
Fructose....g	0.09		0	RKA	1		0.18		
Lactose....g	0.61		0	RKA	1		1.22		
Maltose....g	0.32		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		0	RKA	1		191		
Iron, Fe....mg	1.51		0	RKA	1		3.00		
Magnesium, Mg....mg	14		0	RKA	1		29		
Phosphorus, P....mg	307		0	RKA	1		612		
Potassium, K....mg	146		0	RKA	1		291		
Sodium, Na....mg	652		0	RKA	1		1298		
Zinc, Zn....mg	1.03		0	RKA	1		2.06		
Copper, Cu....mg	0.079		0	RKA	1		0.156		
Manganese, Mn....mg	0.143		0	RKA	1		0.285		
Selenium, Se....µg	17.1		0	FLA	4		33.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.170		0	RKA	1		0.338		
Riboflavin....mg	0.290		0	RKA	1		0.577		
Niacin....mg	2.111		0	RKA	1		4.202		
Pantothenic acid....mg	0.590		0	RKA	1		1.173		
Vitamin B-6....mg	0.128		0	FLA	4		0.255		
Folate, total....µg	52		0	FLA	4		103		
Folic acid....µg	25		0	FLA	4		50		
Folate, food....µg	27		0	FLA	4		54		
Folate, DFE....µg	70		0	NC	4		138		
Choline, total....mg	70.4		0	FLA	4		140.1		
Betaine....mg									
Vitamin B-12....µg	0.53		0	RKA	1		1.06		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	59		0	FLA	4		117		
Retinol....µg	57		0	FLA	4		114		
Carotene, beta....µg	15		0	FLA	4		29		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	2		0	FLA	4		3		
Vitamin A, IU....IU	217		0	NC	4		432		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	81		0	FLA	4		160		
Vitamin E (alpha-tocopherol)....mg	0.55		0	FLA	4		1.10		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 21305

Fast foods, griddle cake sandwich, egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	FLA	4		1.0		
Vitamin D....IU	19		0	FLA	4		39		
Vitamin K (phylloquinone)....µg	1.8		0	FLA	4		3.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.649		0	RKI	6		11.242		
4:0....g	0.101		0	FLA	4		0.202		
6:0....g	0.038		0	FLA	4		0.077		
8:0....g	0.058		0	FLA	4		0.116		
10:0....g	0.078		0	FLA	4		0.156		
12:0....g	0.201		0	FLA	4		0.400		
13:0....g									
14:0....g	0.463		0	FLA	4		0.922		
15:0....g									
16:0....g	3.103		0	FLA	4		6.175		
17:0....g									
18:0....g	1.498		0	FLA	4		2.982		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.718		0	RKI	6		13.369		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.444		0	FLA	4		0.884		
17:1....g									
18:1 undifferentiated....g	6.119		0	FLA	4		12.177		
20:1....g	0.105		0	FLA	4		0.208		
22:1 undifferentiated....g	0.001		0	FLA	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.260		0	RKI	6		4.497		
18:2 undifferentiated....g	1.980		0	FLA	4		3.941		
18:3 undifferentiated....g	0.101		0	FLA	4		0.201		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.072		0	FLA	4		0.143		
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.002		
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	0.010		0	FLA	4		0.021		
Fatty acids, total trans....g	0.822		0	RKI	6		1.636		
Cholesterol....mg	132		0	RKA	1		262		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 199g: 1 item 7.017 oz

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

NDB No. 21305

Fast foods, griddle cake sandwich, egg, cheese, and sausage

Food Group: 21 Fast Foods

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

NDB No. 21306
Fast foods, griddle cake sandwich, sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.11		0	RKA	1		54.15		
Energy....kcal	318		0	RKI	6		430		
Energy....kJ	1332		0	RKI	6		1799		
Protein....g	8.41		0	RKA	1		11.35		
Total lipid (fat)....g	17.76		0	RKA	1		23.97		
Ash....g	2.47		0	RKA	1		3.34		
Carbohydrate, by difference....g	31.25		0	RKI	6		42.19		
Fiber, total dietary....g	1.0		0	RKA	1		1.3		
Sugars, total....g	11.23		0	RKA	1		15.16		
Sucrose....g	6.16		0	RKA	1		8.32		
Glucose (dextrose)....g	3.91		0	RKA	1		5.28		
Fructose....g	0.14		0	RKA	1		0.18		
Lactose....g	0.54		0	RKA	1		0.73		
Maltose....g	0.48		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	63		0	RKA	1		85		
Iron, Fe....mg	1.42		0	RKA	1		1.92		
Magnesium, Mg....mg	14		0	RKA	1		19		
Phosphorus, P....mg	316		0	RKA	1		426		
Potassium, K....mg	145		0	RKA	1		196		
Sodium, Na....mg	737		0	RKA	1		995		
Zinc, Zn....mg	0.76		0	RKA	1		1.02		
Copper, Cu....mg	0.079		0	RKA	1		0.106		
Manganese, Mn....mg	0.198		0	RKA	1		0.267		
Selenium, Se....µg	15.2		0	FLA	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.209		0	RKA	1		0.282		
Riboflavin....mg	0.156		0	RKA	1		0.210		
Niacin....mg	3.082		0	RKA	1		4.161		
Pantothenic acid....mg	0.384		0	RKA	1		0.518		
Vitamin B-6....mg	0.108		0	RKA	1		0.145		
Folate, total....µg	74		0	FLA	4		100		
Folic acid....µg	37		0	FLA	4		50		
Folate, food....µg	37		0	RKA	1		49		
Folate, DFE....µg	100		0	NC	4		134		
Choline, total....mg	30.7		0	FLA	4		41.4		
Betaine....mg									
Vitamin B-12....µg	0.27		0	RKA	1		0.36		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	0		0	RKA	1		0		
Retinol....µg	0		0	RKA	1		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	RKA	1		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	28		0	FLA	4		38		
Vitamin E (alpha-tocopherol)....mg	0.00		0	RKA	1		0.00		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 21306
Fast foods, griddle cake sandwich, sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	FLA	4		0.3		
Vitamin D....IU	9		0	FLA	4		12		
Vitamin K (phylloquinone)....µg	1.0		0	FLA	4		1.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.363		0	NC	4		7.239		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.002		0	FLA	4		0.003		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.089		0	FLA	4		0.120		
13:0....g									
14:0....g	0.206		0	FLA	4		0.278		
15:0....g									
16:0....g	3.259		0	FLA	4		4.400		
17:0....g									
18:0....g	1.806		0	FLA	4		2.438		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.531		0	NC	4		10.167		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.445		0	FLA	4		0.601		
17:1....g									
18:1 undifferentiated....g	6.904		0	FLA	4		9.320		
20:1....g	0.183		0	FLA	4		0.247		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.414		0	NC	4		3.259		
18:2 undifferentiated....g	2.300		0	FLA	4		3.104		
18:3 undifferentiated....g	0.056		0	FLA	4		0.075		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.059		0	FLA	4		0.079		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
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	0.956		0	RKI	6		1.291		
Cholesterol....mg	24		0	RKA	1		32		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 135g: 1 item 4.744 oz

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

NDB No. 21306

Fast foods, griddle cake sandwich, sausage

Food Group: 21 Fast Foods

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

NDB No. 21461

Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.52		0	RKI	6		140.74		
Energy....kcal	220		0	RKI	6		591		
Energy....kJ	922		0	RKI	6		2471		
Protein....g	17.19		0	RKI	6		46.07		
Total lipid (fat)....g	8.05		0	RKI	6		21.57		
Ash....g	2.38		0	RKA	1		6.37		
Carbohydrate, by difference....g	19.87		0	RKI	6		53.25		
Fiber, total dietary....g	1.2		0	RKI	6		3.3		
Sugars, total....g	4.68		0	RKI	6		12.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	95		0	RKA	1		256		
Iron, Fe....mg	1.37		0	RKA	1		3.67		
Magnesium, Mg....mg	32		0	RKI	6		86		
Phosphorus, P....mg	215		0	RKI	6		577		
Potassium, K....mg	226		0	RKI	6		606		
Sodium, Na....mg	630		0	RKA	1		1688		
Zinc, Zn....mg	1.34		0	RKI	6		3.60		
Copper, Cu....mg	0.089		0	RKI	6		0.238		
Manganese, Mn....mg									
Selenium, Se....µg	24.8		0	RKI	6		66.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.4		0	RKA	1		11.9		
Thiamin....mg	0.172		0	RKA	1		0.462		
Riboflavin....mg	0.186		0	RKA	1		0.498		
Niacin....mg	5.575		0	RKA	1		14.941		
Pantothenic acid....mg	0.826		0	RKA	1		2.213		
Vitamin B-6....mg	0.296		0	RKI	6		0.792		
Folate, total....µg	31		0	RKI	6		84		
Folic acid....µg	6		0	RKI	6		17		
Folate, food....µg	25		0	RKI	6		67		
Folate, DFE....µg	36		0	NC	4		96		
Choline, total....mg	47.8		0	RKI	6		128.0		
Betaine....mg									
Vitamin B-12....µg	0.47		0	RKI	6		1.25		
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg	35		0	NC	4		95		
Retinol....µg	21		0	RKI	6		56		
Carotene, beta....µg	169		0	RKI	6		454		
Carotene, alpha....µg	9		0	RKI	6		25		
Cryptoxanthin, beta....µg	0		0	RKI	6		0		
Vitamin A, IU....IU	359		0	NC	4		963		
Lycopene....µg	240		0	RKI	6		643		
Lutein + zeaxanthin....µg	73		0	RKI	6		194		
Vitamin E (alpha-tocopherol)....mg	0.61		0	RKI	6		1.65		
Vitamin E, added....mg	0.00		0	RKI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.3		
Vitamin D....IU	5		0	RKI	6		14		
Vitamin K (phylloquinone)....µg	8.7		0	RKI	6		23.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21461

Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.109		0	NC	4		8.333		
4:0....g	0.086		0	RKI	6		0.231		
6:0....g	0.038		0	RKI	6		0.102		
8:0....g	0.023		0	RKI	6		0.061		
10:0....g	0.049		0	RKI	6		0.132		
12:0....g	0.044		0	RKI	6		0.119		
13:0....g									
14:0....g	0.288		0	RKI	6		0.773		
15:0....g									
16:0....g	1.764		0	RKI	6		4.728		
17:0....g									
18:0....g	0.816		0	RKI	6		2.187		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.949		0	NC	4		7.905		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0	RKI	6		0.563		
17:1....g									
18:1 undifferentiated....g	2.702		0	RKI	6		7.242		
20:1....g	0.037		0	RKI	6		0.099		
22:1 undifferentiated....g	0.000		0	RKI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.880		0	NC	4		5.040		
18:2 undifferentiated....g	1.623		0	RKI	6		4.350		
18:3 undifferentiated....g	0.211		0	RKI	6		0.565		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	RKI	6		0.086		
20:5 n-3 (EPA)....g	0.004		0	RKI	6		0.010		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		0	RKI	6		0.010		
22:6 n-3 (DHA)....g	0.007		0	RKI	6		0.019		
Fatty acids, total trans....g	0.071		0	RKI	6		0.190		
Cholesterol....mg	46		0	RKI	6		122		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

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

Common Measures:

Measure 1 = 268g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21116
Fast foods, ham and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.80	2.667	4		1		74.17		
Energy....kcal	241		0		1		352		
Energy....kJ	1008				1		1472		
Protein (N x 6.13)....g	14.17	1.044	7		1		20.69		
Total lipid (fat)....g	10.60	0.713	6		1		15.48		
Ash....g	1.59		2		1		2.32		
Carbohydrate, by difference....g	22.84		0	NC	4		33.35		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	89	18.245	4		1		130		
Iron, Fe....mg	2.22	0.309	4		1		3.24		
Magnesium, Mg....mg	11		2		1		16		
Phosphorus, P....mg	104		2		1		152		
Potassium, K....mg	199		2		1		291		
Sodium, Na....mg	528	97.337	4		1		771		
Zinc, Zn....mg	0.94		2		1		1.37		
Copper, Cu....mg	0.125		2		1		0.183		
Manganese, Mn....mg	0.095		2		1		0.139		
Selenium, Se....µg	15.8		0	RK	4		23.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	1.097	4		1		2.8		
Thiamin....mg	0.210	0.111	3		1		0.307		
Riboflavin....mg	0.330	0.093	3		1		0.482		
Niacin....mg	1.840	0.330	4		1		2.686		
Pantothenic acid....mg	0.710		2		1		1.037		
Vitamin B-6....mg	0.140		2		1		0.204		
Folate, total....µg	52		0	RK	4		76		
Folic acid....µg	3		0	NC	4		4		
Folate, food....µg	49		2		1		72		
Folate, DFE....µg	54		0	NC	4		79		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.37		2		1		0.54		
Vitamin A, RAE....µg	66		0	NC	4		96		
Retinol....µg	66		0	NC	4		96		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	219		2		1		320		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.29		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21116
Fast foods, ham and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.409		0		1		6.437		
4:0....g									
6:0....g									
8:0....g	0.077		2		1		0.112		
10:0....g	0.095		2		1		0.139		
12:0....g	0.085		2		1		0.124		
13:0....g									
14:0....g	0.443		2		1		0.647		
15:0....g									
16:0....g	2.662		2		1		3.887		
17:0....g									
18:0....g	1.048		2		1		1.530		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.615		0		1		6.738		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.516		2		1		0.753		
17:1....g									
18:1 undifferentiated....g	4.099		2		1		5.985		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.942		0		1		1.375		
18:2 undifferentiated....g	0.890		2		1		1.299		
18:3 undifferentiated....g	0.052		2		1		0.076		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	40	3.930	4		1		58		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0		1		0.270		
Threonine....g	0.506		0		1		0.739		
Isoleucine....g	0.624		0		1		0.911		
Leucine....g	1.142		0		1		1.667		
Lysine....g	1.077		0		1		1.572		
Methionine....g	0.333		0		1		0.486		
Cystine....g	0.171		0		1		0.250		
Phenylalanine....g	0.680		0		1		0.993		
Tyrosine....g	0.562		0		1		0.821		
Valine....g	0.735		0		1		1.073		
Arginine....g	0.696		0		1		1.016		
Histidine....g	0.483		0		1		0.705		
Alanine....g	0.552		0		1		0.806		
Aspartic acid....g	0.994		0		1		1.451		
Glutamic acid....g	3.104		0		1		4.532		
Glycine....g	0.481		0		1		0.702		
Proline....g	1.184		0		1		1.729		
Serine....g	0.659		0		1		0.962		
Hydroxyproline....g									

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

NDB No. 21116

Fast foods, ham and cheese sandwich

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.13 **Fat** 8.75 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21117
Fast foods, ham, egg, and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.15		2		1		73.14		
Energy....kcal	243		0		1		347		
Energy....kJ	1017				1		1454		
Protein (N x 6.17)....g	13.46	0.735	3		1		19.25		
Total lipid (fat)....g	11.40	1.026	3		1		16.30		
Ash....g	2.35		2		1		3.36		
Carbohydrate, by difference....g	21.64		0	NC	4		30.95		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	148		2		1		212		
Iron, Fe....mg	2.17		2		1		3.10		
Magnesium, Mg....mg	18		2		1		26		
Phosphorus, P....mg	242		2		1		346		
Potassium, K....mg	147		2		1		210		
Sodium, Na....mg	703	85.935	3		1		1005		
Zinc, Zn....mg	1.39		2		1		1.99		
Copper, Cu....mg	0.085		2		1		0.122		
Manganese, Mn....mg	0.170		2		1		0.243		
Selenium, Se....µg	22.7		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		2		1		2.7		
Thiamin....mg	0.300		2		1		0.429		
Riboflavin....mg	0.390		2		1		0.558		
Niacin....mg	2.940		2		1		4.204		
Pantothenic acid....mg	0.660		2		1		0.944		
Vitamin B-6....mg	0.110		2		1		0.157		
Folate, total....µg	53		0	RK	4		76		
Folic acid....µg	23		0	NC	4		33		
Folate, food....µg	30		2		1		43		
Folate, DFE....µg	69		0	NC	4		99		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.86		2		1		1.23		
Vitamin A, RAE....µg	116		0	NC	4		165		
Retinol....µg	115		0	NC	4		164		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	393		2		1		562		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21117
Fast foods, ham, egg, and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.175		1		1		7.400		
Fatty acids, total monounsaturated.....g	4.017		1		1		5.744		
Fatty acids, total polyunsaturated.....g	1.182		1		1		1.690		
Fatty acids, total trans.....g									
Cholesterol.....mg	172	16.476	3		1		246		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.265		
Threonine.....g	0.526		0		1		0.752		
Isoleucine.....g	0.654		0		1		0.935		
Leucine.....g	1.099		0		1		1.572		
Lysine.....g	0.982		0		1		1.404		
Methionine.....g	0.345		0		1		0.493		
Cystine.....g	0.203		0		1		0.290		
Phenylalanine.....g	0.670		0		1		0.958		
Tyrosine.....g	0.534		0		1		0.764		
Valine.....g	0.763		0		1		1.091		
Arginine.....g	0.709		0		1		1.014		
Histidine.....g	0.419		0		1		0.599		
Alanine.....g	0.591		0		1		0.845		
Aspartic acid.....g	1.040		0		1		1.487		
Glutamic acid.....g	2.585		0		1		3.697		
Glycine.....g	0.452		0		1		0.646		
Proline.....g	0.953		0		1		1.363		
Serine.....g	0.726		0		1		1.038		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 sandwich

Calories Factors: Protein 4.21 **Fat** 8.89 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21202
Fast foods, hamburger, large, single patty, with condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.81		1	A	1		83.47		
Energy....kcal	256		0	NC	4		437		
Energy....kJ	1070		0	NC	4		1829		
Protein....g	15.68		1	A	1		26.81		
Total lipid (fat)....g	11.60		1	A	1		19.84		
Ash....g	1.77		1	A	1		3.03		
Carbohydrate, by difference....g	22.14		0	NC	4		37.86		
Fiber, total dietary....g	1.1		1	A	1		1.9		
Sugars, total....g	3.67		0	NR	4		6.28		
Sucrose....g	0.15		1	A	1		0.25		
Glucose (dextrose)....g	1.14		1	A	1		1.95		
Fructose....g	1.86		1	A	1		3.18		
Lactose....g	0.15		1	A	1		0.25		
Maltose....g	0.37		1	A	1		0.63		
Galactose....g									
Starch....g	14.90		1	A	1		25.48		
Minerals:									
Calcium, Ca....mg	87		1	A	1		148		
Iron, Fe....mg	1.73		1	A	1		2.96		
Magnesium, Mg....mg	24		1	A	1		41		
Phosphorus, P....mg	121		1	A	1		207		
Potassium, K....mg	225		1	A	1		385		
Sodium, Na....mg	374		1	A	1		640		
Zinc, Zn....mg	3.04		1	A	1		5.20		
Copper, Cu....mg	0.101		1	A	1		0.173		
Manganese, Mn....mg	0.193		1	A	1		0.330		
Selenium, Se....µg	24.8		1	A	1		42.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		0.6		
Thiamin....mg	0.160		1	A	1		0.273		
Riboflavin....mg	0.201		1	A	1		0.344		
Niacin....mg	4.650		1	A	1		7.952		
Pantothenic acid....mg	0.394		1	A	1		0.674		
Vitamin B-6....mg	0.148		1	A	1		0.253		
Folate, total....µg	22		1	A	1		38		
Folic acid....µg	13		1	A	1		22		
Folate, food....µg	9		1	AS	1		15		
Folate, DFE....µg	31		0	NC	4		53		
Choline, total....mg	33.3		0	AS	1		57.0		
Betaine....mg	21.8		3	A	1		37.3		
Vitamin B-12....µg	1.66		1	A	1		2.84		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	2		0	FLA	4		4		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	26		0	FLA	4		44		
Carotene, alpha....µg	1		0	FLA	4		1		
Cryptoxanthin, beta....µg	2		0	FLA	4		3		
Vitamin A, IU....IU	45		0	NC	4		77		
Lycopene....µg	668		0	FLA	4		1143		
Lutein + zeaxanthin....µg	21		0	FLA	4		36		
Vitamin E (alpha-tocopherol)....mg	0.06		1	A	1		0.10		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	1.12		1	A	1		1.92		
Tocopherol, gamma....mg	0.13		1	A	1		0.22		
Tocopherol, delta....mg	0.02		1	A	1		0.03		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg	0.00		1	A	1		0.00		

NDB No. 21202
Fast foods, hamburger, large, single patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	FLA	4		6		
Vitamin K (phylloquinone)....µg	5.0		1	A	1		8.6		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.785		0	NC	4		8.183		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.352		1	A	1		0.602		
15:0....g	0.048		1	A	1		0.081		
16:0....g	2.740		1	A	1		4.685		
17:0....g	0.114		1	A	1		0.195		
18:0....g	1.513		1	A	1		2.587		
20:0....g	0.019		1	A	1		0.032		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	5.404		0	NC	4		9.240		
14:1....g	0.095		1	A	1		0.163		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.438		1	A	1		0.748		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.833		1	A	1		8.264		
20:1....g	0.038		1	A	1		0.065		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.179		0	NC	4		2.017		
18:2 undifferentiated....g	0.999		1	A	1		1.708		
18:3 undifferentiated....g	0.105		1	A	1		0.179		
18:4....g	0.057		1	A	1		0.097		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.019		1	A	1		0.032		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	40		1	A	1		69		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 171g: 1 item

NDB No. 21202

Fast foods, hamburger, large, single patty, with condiments

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

Food Group: 21 Fast Foods

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

NDB No. 21115
Fast foods, hamburger, large, triple patty, with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.37		2		1		135.64		
Energy	kcal	267		0		1		692		
Energy	kJ	1117				1		2893		
Protein (N x 6.2)	g	19.30	1.138	3		1		49.99		
Total lipid (fat)	g	16.01	0.884	3		1		41.47		
Ash	g	1.28		2		1		3.32		
Carbohydrate, by difference	g	11.04		0	NC	4		28.59		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		2		1		65		
Iron, Fe	mg	3.21		2		1		8.31		
Magnesium, Mg	mg	21		1		1		54		
Phosphorus, P	mg	152		2		1		394		
Potassium, K	mg	303		2		1		785		
Sodium, Na	mg	275	31.971	3		1		712		
Zinc, Zn	mg	4.15		2		1		10.75		
Copper, Cu	mg	0.076		1		1		0.197		
Manganese, Mn	mg	0.090		1		1		0.233		
Selenium, Se	µg	21.5		0	RK	4		55.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		1		1.3		
Thiamin	mg	0.120		2		1		0.311		
Riboflavin	mg	0.210		2		1		0.544		
Niacin	mg	4.230		2		1		10.956		
Pantothenic acid	mg	0.260		1		1		0.673		
Vitamin B-6	mg	0.240		1		1		0.622		
Folate, total	µg	29		0	RK	4		75		
Folic acid	µg	17		0	NC	4		44		
Folate, food	µg	12		1		1		31		
Folate, DFE	µg	41		0	NC	4		106		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.90		1		1		4.92		
Vitamin A, RAE	µg	3		0	NC	4		8		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	61		1		1		158		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 21115
Fast foods, hamburger, large, triple patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.147		1		1		15.921		
Fatty acids, total monounsaturated.....g	7.040		1		1		18.234		
Fatty acids, total polyunsaturated.....g	1.059		1		1		2.743		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	5.100	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.614		
Threonine.....g	0.778		0		1		2.015		
Isoleucine.....g	0.822		0		1		2.129		
Leucine.....g	1.522		0		1		3.942		
Lysine.....g	1.482		0		1		3.838		
Methionine.....g	0.433		0		1		1.121		
Cystine.....g	0.202		0		1		0.523		
Phenylalanine.....g	0.756		0		1		1.958		
Tyrosine.....g	0.585		0		1		1.515		
Valine.....g	0.937		0		1		2.427		
Arginine.....g	1.242		0		1		3.217		
Histidine.....g	0.588		0		1		1.523		
Alanine.....g	1.192		0		1		3.087		
Aspartic acid.....g	1.672		0		1		4.330		
Glutamic acid.....g	3.384		0		1		8.765		
Glycine.....g	1.351		0		1		3.499		
Proline.....g	1.108		0		1		2.870		
Serine.....g	0.775		0		1		2.007		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 259g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21114

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.74	0.980	10		1		121.45		
Energy....kcal	239		0		1		540		
Energy....kJ	1000		0		1		2260		
Protein (N x 6.2)....g	15.17	0.768	10		1		34.28		
Total lipid (fat)....g	11.75	1.554	10		1		26.56		
Ash....g	1.52	0.080	10		1		3.44		
Carbohydrate, by difference....g	17.82		0	NC	4		40.27		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45	5.859	10		1		102		
Iron, Fe....mg	2.59	0.220	10		1		5.85		
Magnesium, Mg....mg	22	1.104	9		1		50		
Phosphorus, P....mg	139	6.750	10		1		314		
Potassium, K....mg	252	9.099	10		1		570		
Sodium, Na....mg	350	17.140	10		1		791		
Zinc, Zn....mg	2.51	0.221	10		1		5.67		
Copper, Cu....mg	0.097	0.006	9		1		0.219		
Manganese, Mn....mg	0.110		1		1		0.249		
Selenium, Se....µg	11.3		0	RK	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1		1		1.1		
Thiamin....mg	0.160	0.015	10		1		0.362		
Riboflavin....mg	0.170	0.009	10		1		0.384		
Niacin....mg	3.350	0.247	10		1		7.571		
Pantothenic acid....mg	0.240		1		1		0.542		
Vitamin B-6....mg	0.240		1		1		0.542		
Folate, total....µg	34		0	RK	4		77		
Folic acid....µg	22		0	NC	4		50		
Folate, food....µg	12		1		1		27		
Folate, DFE....µg	49		0	NC	4		112		
Choline, total....mg	40.5		0	AS	1		91.6		
Betaine....mg	46.4		2	A	1		104.9		
Vitamin B-12....µg	1.80		1		1		4.07		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	45		1		1		102		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21114

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.654		1		1		10.518		
Fatty acids, total monounsaturated.....g	4.570		1		1		10.328		
Fatty acids, total polyunsaturated.....g	1.237		1		1		2.796		
Fatty acids, total trans.....g									
Cholesterol.....mg	54		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.414		
Threonine.....g	0.599		0		1		1.354		
Isoleucine.....g	0.638		0		1		1.442		
Leucine.....g	1.172		0		1		2.649		
Lysine.....g	1.108		0		1		2.504		
Methionine.....g	0.330		0		1		0.746		
Cystine.....g	0.164		0		1		0.371		
Phenylalanine.....g	0.599		0		1		1.354		
Tyrosine.....g	0.448		0		1		1.012		
Valine.....g	0.729		0		1		1.648		
Arginine.....g	0.944		0		1		2.133		
Histidine.....g	0.450		0		1		1.017		
Alanine.....g	0.903		0		1		2.041		
Aspartic acid.....g	1.289		0		1		2.913		
Glutamic acid.....g	2.803		0		1		6.335		
Glycine.....g	1.020		0		1		2.305		
Proline.....g	0.898		0		1		2.029		
Serine.....g	0.612		0		1		1.383		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 226g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.29		1	A	1		206.78		
Energy ... kcal	252		0	NC	4		941		
Energy ... kJ	1053		0	NC	4		3938		
Protein (N x 6.25) ... g	13.94		1	A	1		52.13		
Total lipid (fat) ... g	15.66		1	A	1		58.57		
Ash ... g	1.37		1	A	1		5.12		
Carbohydrate, by difference ... g	13.74		0	NC	4		51.39		
Fiber, total dietary ... g	1.4		1	A	1		5.1		
Sugars, total ... g	3.52		1	A	1		13.18		
Sucrose ... g	1.45		1	A	1		5.42		
Glucose (dextrose) ... g	0.00		1	A	1		0.00		
Fructose ... g	1.43		1	A	1		5.35		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.57		1	A	1		2.13		
Galactose ... g	0.07		1	A	1		0.28		
Starch ... g	10.30		1	A	1		38.52		
Minerals:									
Calcium, Ca ... mg	35		1	A	1		129		
Iron, Fe ... mg	2.80		1	A	1		10.47		
Magnesium, Mg ... mg	18		1	A	1		67		
Phosphorus, P ... mg	111		1	A	1		415		
Potassium, K ... mg	192		1	A	1		718		
Sodium, Na ... mg	289		1	A	1		1081		
Zinc, Zn ... mg	3.00		1	A	1		11.22		
Copper, Cu ... mg	0.120		1	A	1		0.448		
Manganese, Mn ... mg	0.200		1	A	1		0.748		
Selenium, Se ... µg	20.1		1	A	1		75.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		1	A	1		0.6		
Thiamin ... mg	0.193		1	A	1		0.722		
Riboflavin ... mg	0.190		1	A	1		0.710		
Niacin ... mg	3.230		1	A	1		12.080		
Pantothenic acid ... mg	0.190		1	A	1		0.710		
Vitamin B-6 ... mg	0.114		1	A	1		0.426		
Folate, total ... µg	45		1	A	1		168		
Folic acid ... µg	22		1	A	1		82		
Folate, food ... µg	23		0	AS	1		86		
Folate, DFE ... µg	60		0	NC	4		226		
Choline, total ... mg	42.3		0	FLA	4		158.2		
Betaine ... mg									
Vitamin B-12 ... µg	1.37		0	FLA	4		5.14		
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE ... µg	6		0	FLA	4		21		
Retinol ... µg	0		0	FLA	4		0		
Carotene, beta ... µg	62		0	FLA	4		233		
Carotene, alpha ... µg	6		0	FLA	4		22		
Cryptoxanthin, beta ... µg	2		0	FLA	4		8		
Vitamin A, IU ... IU	111		0	NC	4		414		
Lycopene ... µg	806		0	FLA	4		3014		
Lutein + zeaxanthin ... µg	31		0	FLA	4		117		
Vitamin E (alpha-tocopherol) ... mg	0.67		0	FLA	4		2.52		
Vitamin E, added ... mg	0.00		0	FLA	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.4		
Vitamin D....IU	4		0	FLA	4		15		
Vitamin K (phylloquinone)....µg	14.1		1	A	1		52.7		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.773		0	NC	4		21.593		
4:0....g	0.005		1	A	1		0.019		
6:0....g	0.005		1	A	1		0.019		
8:0....g	0.013		1	A	1		0.048		
10:0....g	0.013		1	A	1		0.049		
12:0....g	0.061		1	A	1		0.230		
13:0....g									
14:0....g	0.372		1	A	1		1.390		
15:0....g	0.055		1	A	1		0.205		
16:0....g	3.249		1	A	1		12.149		
17:0....g	0.146		1	A	1		0.546		
18:0....g	1.795		1	A	1		6.714		
20:0....g	0.028		1	A	1		0.106		
22:0....g	0.020		1	A	1		0.073		
24:0....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated....g	6.117		0	NC	4		22.879		
14:1....g	0.096		1	A	1		0.358		
15:1....g									
16:1 undifferentiated....g	0.461		0	AS	1		1.726		
16:1 c....g	0.430		1	A	1		1.609		
16:1 t....g	0.031		1	A	1		0.116		
17:1....g	0.095		1	A	1		0.356		
18:1 undifferentiated....g	5.442		0	AS	1		20.355		
18:1 c....g	5.128		1	A	1		19.178		
18:1 t....g	0.315		1	A	1		1.177		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023		1	A	1		0.084		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.016		0	NC	4		11.281		
18:2 undifferentiated....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c....g	2.606		1	A	1		9.745		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.057		1	A	1		0.212		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		1.176		
18:3 n-3 c,c,c (ALA)....g	0.315		1	A	1		1.176		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.021		
20:3 undifferentiated....g	0.009		1	A	1		0.033		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025		1	A	1		0.095		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.402		0	NC	4		1.505		
Fatty acids, total trans-monoenoic....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.212		
Cholesterol....mg	46		1	A	1		172		

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

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

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

Common Measures:

Measure 1 = 374g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21111
Fast foods, hamburger; double, regular patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.51	0.866	8		1		108.60		
Energy	kcal	268		0		1		576		
Energy	kJ	1121		0		1		2411		
Protein (N x 6.2)	g	14.80	0.578	8		1		31.82		
Total lipid (fat)	g	15.10	0.381	8		1		32.47		
Ash	g	1.57	0.054	8		1		3.38		
Carbohydrate, by difference	g	18.02		0	NC	4		38.74		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43	8.076	8		1		92		
Iron, Fe	mg	2.58	0.165	8		1		5.55		
Magnesium, Mg	mg	21	0.711	8		1		45		
Phosphorus, P	mg	132	5.744	8		1		284		
Potassium, K	mg	245	7.994	8		1		527		
Sodium, Na	mg	345	12.797	8		1		742		
Zinc, Zn	mg	2.70	0.133	8		1		5.81		
Copper, Cu	mg	0.090	0.005	8		1		0.194		
Manganese, Mn	mg	0.151		1		4		0.325		
Selenium, Se	µg	20.9		0	RK	4		44.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		4		1.1		
Thiamin	mg	0.160	0.009	8		1		0.344		
Riboflavin	mg	0.190	0.010	8		1		0.409		
Niacin	mg	3.130	0.150	8		1		6.730		
Pantothenic acid	mg	0.360		1		4		0.774		
Vitamin B-6	mg	0.170		1		4		0.366		
Folate, total	µg	39		0	RK	4		84		
Folic acid	µg	18		0	NC	4		39		
Folate, food	µg	21		0		4		45		
Folate, DFE	µg	52		0	NC	4		111		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.55		1		4		3.33		
Vitamin A, RAE	µg									
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	25		1		4		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									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 21111
Fast foods, hamburger; double, regular patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.582		1		1		12.001		
Fatty acids, total monounsaturated.....g	6.571		1		1		14.128		
Fatty acids, total polyunsaturated.....g	1.286		1		1		2.765		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1		4		103		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0		1		0.385		
Threonine.....g	0.580		0		1		1.247		
Isoleucine.....g	0.623		0		1		1.339		
Leucine.....g	1.143		0		1		2.457		
Lysine.....g	1.062		0		1		2.283		
Methionine.....g	0.320		0		1		0.688		
Cystine.....g	0.162		0		1		0.348		
Phenylalanine.....g	0.589		0		1		1.266		
Tyrosine.....g	0.437		0		1		0.940		
Valine.....g	0.714		0		1		1.535		
Arginine.....g	0.914		0		1		1.965		
Histidine.....g	0.437		0		1		0.940		
Alanine.....g	0.873		0		1		1.877		
Aspartic acid.....g	1.231		0		1		2.647		
Glutamic acid.....g	2.759		0		1		5.932		
Glycine.....g	0.988		0		1		2.124		
Proline.....g	0.904		0		1		1.944		
Serine.....g	0.601		0		1		1.292		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 215g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21110
Fast foods, hamburger; double, regular, patty; plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.67		0	RA	4		51.20		
Energy....kcal	295		0	NC	4		354		
Energy....kJ	1234		0	NC	4		1481		
Protein (N x 6.2)....g	17.08		0	RA	4		20.49		
Total lipid (fat)....g	14.36		0	RA	4		17.23		
Ash....g	1.80		0	RA	4		2.16		
Carbohydrate, by difference....g	24.10		0	NC	4		28.92		
Fiber, total dietary....g	0.9		0	RA	4		1.0		
Sugars, total....g	4.15		0	RA	4		4.98		
Sucrose....g	0.22		0	RA	4		0.27		
Glucose (dextrose)....g	1.16		0	RA	4		1.40		
Fructose....g	2.03		0	RA	4		2.43		
Lactose....g	0.13		0	RA	4		0.16		
Maltose....g	0.60		0	RA	4		0.72		
Galactose....g	0.00		0	RA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	102		0	RA	4		122		
Iron, Fe....mg	2.88		0	RA	4		3.45		
Magnesium, Mg....mg	20		0	RA	4		24		
Phosphorus, P....mg	136		0	RA	4		163		
Potassium, K....mg	226		0	RA	4		271		
Sodium, Na....mg	414		0	RA	4		497		
Zinc, Zn....mg	2.87		0	RA	4		3.44		
Copper, Cu....mg	0.091		0	RA	4		0.109		
Manganese, Mn....mg	0.217		0	RA	4		0.261		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.217		0	RA	4		0.261		
Riboflavin....mg	0.250		0	RA	4		0.300		
Niacin....mg	5.365		0	RA	4		6.438		
Pantothenic acid....mg	0.310		0	RA	4		0.372		
Vitamin B-6....mg	0.203		0	RA	4		0.244		
Folate, total....µg	56		0	RA	4		67		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.44		0	RA	4		1.73		
Vitamin A, RAE....µg	0		0	AS	1		0		
Vitamin A, IU....IU	0		0	AS	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. 21110
Fast foods, hamburger; double, regular, patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.096		0	RA	4		6.115		
Fatty acids, total monounsaturated.....g	5.495		0	RA	4		6.594		
Fatty acids, total polyunsaturated.....g	0.380		0	RA	4		0.456		
Fatty acids, total trans.....g	0.814		0	RA	4		0.977		
Cholesterol.....mg	47		0	RA	4		57		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.247		
Threonine.....g	0.666		0		1		0.799		
Isoleucine.....g	0.716		0		1		0.859		
Leucine.....g	1.319		0		1		1.583		
Lysine.....g	1.226		0		1		1.471		
Methionine.....g	0.370		0		1		0.444		
Cystine.....g	0.186		0		1		0.223		
Phenylalanine.....g	0.677		0		1		0.812		
Tyrosine.....g	0.502		0		1		0.602		
Valine.....g	0.823		0		1		0.988		
Arginine.....g	1.053		0		1		1.264		
Histidine.....g	0.505		0		1		0.606		
Alanine.....g	1.006		0		1		1.207		
Aspartic acid.....g	1.415		0		1		1.698		
Glutamic acid.....g	3.156		0		1		3.787		
Glycine.....g	1.141		0		1		1.369		
Proline.....g	1.039		0		1		1.247		
Serine.....g	0.694		0		1		0.833		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 120g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21112
Fast foods, hamburger; single, large patty; plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.10	1.069	3		1		57.68		
Energy	kcal	311		0		1		426		
Energy	kJ	1301		0		1		1783		
Protein (N x 6.2)	g	16.51		1		1		22.62		
Total lipid (fat)	g	16.73	1.026	4		1		22.92		
Ash	g	1.50		1		1		2.06		
Carbohydrate, by difference	g	23.16		0	NC	4		31.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0		4		74		
Iron, Fe	mg	2.61		0		4		3.58		
Magnesium, Mg	mg	20		0		4		27		
Phosphorus, P	mg	128		0		4		175		
Potassium, K	mg	195		0		4		267		
Sodium, Na	mg	346		1		1		474		
Zinc, Zn	mg	3.00		0		4		4.11		
Copper, Cu	mg	0.095		0		4		0.130		
Manganese, Mn	mg	0.178		0		4		0.244		
Selenium, Se	µg	19.8	1.150	18	A	1		27.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.210		0		4		0.288		
Riboflavin	mg	0.210		0		4		0.288		
Niacin	mg	4.560		0		4		6.247		
Pantothenic acid	mg	0.390		0		4		0.534		
Vitamin B-6	mg	0.170		0		4		0.233		
Folate, total	µg	44		0	RK	4		60		
Folic acid	µg	21		0	NC	4		29		
Folate, food	µg	23		0		4		32		
Folate, DFE	µg	59		0	NC	4		80		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.50		0		4		2.06		
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		0		4		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 21112
Fast foods, hamburger; single, large patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.120		0		1		8.384		
Fatty acids, total monounsaturated.....g	7.210		0		1		9.878		
Fatty acids, total polyunsaturated.....g	1.560		0		1		2.137		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	2.694	5		1		71		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.274		
Threonine.....g	0.639		0		1		0.875		
Isoleucine.....g	0.692		0		1		0.948		
Leucine.....g	1.270		0		1		1.740		
Lysine.....g	1.153		0		1		1.580		
Methionine.....g	0.354		0		1		0.485		
Cystine.....g	0.186		0		1		0.255		
Phenylalanine.....g	0.663		0		1		0.908		
Tyrosine.....g	0.482		0		1		0.660		
Valine.....g	0.799		0		1		1.095		
Arginine.....g	1.004		0		1		1.375		
Histidine.....g	0.482		0		1		0.660		
Alanine.....g	0.956		0		1		1.310		
Aspartic acid.....g	1.347		0		1		1.845		
Glutamic acid.....g	3.150		0		1		4.316		
Glycine.....g	1.081		0		1		1.481		
Proline.....g	1.041		0		1		1.426		
Serine.....g	0.679		0		1		0.930		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 137g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21113

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.70	0.771	33		1		121.43		
Energy....kcal	235		0		1		512		
Energy....kJ	983		0		1		2143		
Protein (N x 6.2)....g	11.85	0.601	26		1		25.83		
Total lipid (fat)....g	12.55	0.390	26		1		27.36		
Ash....g	1.56	0.039	22		1		3.40		
Carbohydrate, by difference....g	18.35		0	NC	4		40.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44	2.355	28		1		96		
Iron, Fe....mg	2.26	0.105	29		1		4.93		
Magnesium, Mg....mg	20	0.753	27		1		44		
Phosphorus, P....mg	107	3.401	27		1		233		
Potassium, K....mg	220	4.541	27		1		480		
Sodium, Na....mg	378	13.038	30		1		824		
Zinc, Zn....mg	2.24	0.136	28		1		4.88		
Copper, Cu....mg	0.091	0.003	21		1		0.198		
Manganese, Mn....mg	0.160	0.008	16		1		0.349		
Selenium, Se....µg	15.4	0.692	28	A	1		33.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.366	10		1		2.6		
Thiamin....mg	0.190	0.012	19		1		0.414		
Riboflavin....mg	0.170	0.009	18		1		0.371		
Niacin....mg	3.340	0.228	19		1		7.281		
Pantothenic acid....mg	0.330	0.040	6		1		0.719		
Vitamin B-6....mg	0.150	0.008	12		1		0.327		
Folate, total....µg	38		0	RK	4		83		
Folic acid....µg	21		0	NC	4		46		
Folate, food....µg	17	1.013	19		1		37		
Folate, DFE....µg	53		0	NC	4		115		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.09	0.076	12		1		2.38		
Vitamin A, RAE....µg									
Retinol....µg	4		0	NC	4		9		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	143	17.771	12		1		312		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21113

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.780		0		1		10.420		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		5		1		0.044		
12:0....g	0.010		5		1		0.022		
13:0....g									
14:0....g	0.300		5		1		0.654		
15:0....g									
16:0....g	2.760		5		1		6.017		
17:0....g									
18:0....g	1.440		5		1		3.139		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.240		0		1		11.423		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.430		5		1		0.937		
17:1....g									
18:1 undifferentiated....g	4.650		5		1		10.137		
20:1....g	0.040		5		1		0.087		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.010		0		1		2.202		
18:2 undifferentiated....g	0.880		5		1		1.918		
18:3 undifferentiated....g	0.110		5		1		0.240		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		5		1		0.044		
20:5 n-3 (EPA)....g									
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	40	2.788	8		1		87		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0		1		0.307		
Threonine....g	0.455		0		1		0.992		
Isoleucine....g	0.491		0		1		1.070		
Leucine....g	0.896		0		1		1.953		
Lysine....g	0.814		0		1		1.775		
Methionine....g	0.248		0		1		0.541		
Cystine....g	0.134		0		1		0.292		
Phenylalanine....g	0.472		0		1		1.029		
Tyrosine....g	0.340		0		1		0.741		
Valine....g	0.566		0		1		1.234		
Arginine....g	0.709		0		1		1.546		
Histidine....g	0.340		0		1		0.741		
Alanine....g	0.676		0		1		1.474		
Aspartic acid....g	0.982		0		1		2.141		
Glutamic acid....g	2.317		0		1		5.051		
Glycine....g	0.760		0		1		1.657		
Proline....g	0.732		0		1		1.596		
Serine....g	0.481		0		1		1.049		
Hydroxyproline....g									

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

NDB No. 21113

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

Common Measures:

Measure 1 = 218g: 1 sandwich

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21390

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	57.52	0.577	8	JO	11		142.06		
Energy ... kcal	226		0	NC	4		558		
Energy ... kJ	946		0	NC	4		2336		
Protein ... g	11.34	0.646	8	JO	11		28.01		
Total lipid (fat) ... g	12.37	0.919	8	JO	11		30.56		
Ash ... g	1.45	0.050	8	JO	11		3.57		
Carbohydrate, by difference ... g	17.33		0	NC	4		42.80		
Fiber, total dietary ... g	1.5	0.167	7	JO	11		3.7		
Sugars, total ... g	4.00	0.216	4	JO	11		9.89		
Sucrose ... g	0.65	0.532	8	JO	11		1.59		
Glucose (dextrose) ... g	0.83	0.419	8	JO	11		2.05		
Fructose ... g	1.59	0.134	8	JO	11		3.92		
Lactose ... g	0.02	0.017	8	JO	11		0.04		
Maltose ... g	0.45	0.130	8	JO	11		1.12		
Galactose ... g	0.06	0.056	4	JO	11		0.14		
Starch ... g	12.53	1.004	7	A	1		30.95		
Minerals:									
Calcium, Ca ... mg	46	9.594	7	JO	11		115		
Iron, Fe ... mg	2.99	0.730	7	JO	11		7.39		
Magnesium, Mg ... mg	18	0.173	7	JO	11		45		
Phosphorus, P ... mg	97	3.888	7	JO	11		239		
Potassium, K ... mg	188	9.448	7	JO	11		465		
Sodium, Na ... mg	342	26.727	7	JO	11		844		
Zinc, Zn ... mg	2.46	0.222	7	JO	11		6.07		
Copper, Cu ... mg	0.081	0.037	7	JO	11		0.200		
Manganese, Mn ... mg	0.183	0.002	7	JO	11		0.453		
Selenium, Se ... µg	18.2	0.013	8	A	1		45.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9	0.521	8	JA	6		2.1		
Thiamin ... mg	0.211	0.038	8	JO	11		0.522		
Riboflavin ... mg	0.213	0.025	8	JO	11		0.527		
Niacin ... mg	3.141	0.137	8	JO	11		7.758		
Pantothenic acid ... mg	0.254	0.082	8	A	1		0.628		
Vitamin B-6 ... mg	0.103	0.011	8	A	1		0.253		
Folate, total ... µg	64	0.412	4	JA	6		158		
Folic acid ... µg	33	3.189	4	A	1		82		
Folate, food ... µg	31		0	JA	6		76		
Folate, DFE ... µg	87		0	NC	4		214		
Choline, total ... mg	32.9		0	FLA	4		81.3		
Betaine ... mg									
Vitamin B-12 ... µg	1.21	0.239	4	JO	11		3.00		
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE ... µg	9		0	NC	4		23		
Retinol ... µg	0		0	FLA	4		0		
Carotene, beta ... µg	103		0	FLA	4		254		
Carotene, alpha ... µg	15		0	FLA	4		38		
Cryptoxanthin, beta ... µg	2		0	FLA	4		5		
Vitamin A, IU ... IU	186		0	NC	4		460		
Lycopene ... µg	1068		0	FLA	4		2639		
Lutein + zeaxanthin ... µg	45		0	FLA	4		110		
Vitamin E (alpha-tocopherol) ... mg	0.15		1	A	1		0.37		
Vitamin E, added ... mg	0.00		0	FLA	4		0.00		
Tocopherol, beta ... mg	1.95		1	A	1		4.82		
Tocopherol, gamma ... mg	0.45		1	A	1		1.11		
Tocopherol, delta ... mg	0.39		1	A	1		0.96		
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg	0.00		1	A	1		0.00		

NDB No. 21390

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	FLA	4		7		
Vitamin K (phylloquinone)....µg	14.3	5.262	8	A	1		35.3		
Dihydrophylloquinone....µg	0.2	0.175	8	A	1		0.4		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.972		0	NC	4		9.811		
4:0....g	0.002	0.001	4	A	1		0.005		
6:0....g	0.002	0.001	4	A	1		0.005		
8:0....g	0.003	0.003	8	A	1		0.007		
10:0....g	0.003	0.003	8	A	1		0.007		
12:0....g	0.019	0.019	8	A	1		0.046		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.247	0.002	8	A	1		0.610		
15:0....g	0.040	0.000	8	A	1		0.098		
16:0....g	2.272	0.162	8	A	1		5.612		
17:0....g	0.104	0.001	8	A	1		0.256		
18:0....g	1.254	0.089	8	A	1		3.096		
20:0....g	0.014	0.001	8	A	1		0.034		
22:0....g	0.005	0.005	8	A	1		0.012		
24:0....g	0.008	0.001	8	A	1		0.021		
Fatty acids, total monounsaturated....g	4.670		0	NC	4		11.536		
14:1....g	0.074	0.001	8	A	1		0.182		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.328		0	AS	1		0.811		
16:1 c....g	0.303		2	A	1		0.750		
16:1 t....g	0.025		2	A	1		0.061		
17:1....g	0.035	0.035	8	A	1		0.085		
18:1 undifferentiated....g	4.203		0	AS	1		10.381		
18:1 c....g	3.791	0.087	4	A	1		9.364		
18:1 t....g	0.411	0.024	4	A	1		1.016		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.014	8	A	1		0.065		
22:1 undifferentiated....g	0.005	0.005	8	A	1		0.012		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.144		0	NC	4		7.765		
18:2 undifferentiated....g	2.828		0	AS	1		6.986		
18:2 n-6 c,c....g	2.757		2	A	1		6.810		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.071		2	A	1		0.176		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.275		0	AS	1		0.679		
18:3 n-3 c,c,c (ALA)....g	0.275	0.085	4	A	1		0.679		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.025	0.025	6	A	1		0.062		
20:2 n-6 c,c....g	0.001	0.001	8	A	1		0.003		
20:3 undifferentiated....g	0.002	0.002	8	A	1		0.004		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.013	0.007	8	A	1		0.032		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	8	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total trans....g									

NDB No. 21390

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	33	1.570	8	JO	11		81		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.247		
Threonine....g	0.415		0	A	1		1.026		
Isoleucine....g	0.400		0	A	1		0.988		
Leucine....g	0.797		0	A	1		1.969		
Lysine....g									
Methionine....g	0.224		0	A	1		0.554		
Cystine....g	0.120		0	A	1		0.295		
Phenylalanine....g	0.464		0	A	1		1.146		
Tyrosine....g	0.262		0	A	1		0.647		
Valine....g	0.468		0	A	1		1.157		
Arginine....g	0.621		0	A	1		1.533		
Histidine....g	0.277		0	A	1		0.684		
Alanine....g	0.601		0	A	1		1.485		
Aspartic acid....g	0.872		0	A	1		2.153		
Glutamic acid....g	2.250		0	A	1		5.557		
Glycine....g	0.784		0	A	1		1.936		
Proline....g	0.887		0	A	1		2.191		
Serine....g	0.478		0	A	1		1.181		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 247g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21393

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.30		1	A	1		103.11		
Energy....kcal	259		0	NC	4		531		
Energy....kJ	1084		0	NC	4		2223		
Protein (N x 6.25)....g	12.17		1	A	1		24.95		
Total lipid (fat)....g	13.30		1	A	1		27.27		
Ash....g	1.54		1	A	1		3.16		
Carbohydrate, by difference....g	22.69		0	NC	4		46.51		
Fiber, total dietary....g	1.4		1	A	1		2.9		
Sugars, total....g									
Sucrose....g	0.15		1	A	1		0.31		
Glucose (dextrose)....g	1.26		1	A	1		2.58		
Fructose....g	1.43		1	A	1		2.93		
Lactose....g	0.15		1	A	1		0.31		
Maltose....g	0.39		1	A	1		0.80		
Galactose....g									
Starch....g	16.10		1	A	1		33.01		
Minerals:									
Calcium, Ca....mg	103		1	A	1		211		
Iron, Fe....mg	2.07		1	A	1		4.24		
Magnesium, Mg....mg	24		1	A	1		49		
Phosphorus, P....mg	112		1	A	1		230		
Potassium, K....mg	194		1	A	1		398		
Sodium, Na....mg	386		1	A	1		791		
Zinc, Zn....mg	2.38		1	A	1		4.88		
Copper, Cu....mg	0.101		1	A	1		0.207		
Manganese, Mn....mg	0.235		1	A	1		0.482		
Selenium, Se....µg	25.3		1	A	1		51.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		0.7		
Thiamin....mg	0.231		1	A	1		0.474		
Riboflavin....mg	0.227		1	A	1		0.465		
Niacin....mg	3.940		1	A	1		8.077		
Pantothenic acid....mg	0.463		1	A	1		0.949		
Vitamin B-6....mg	0.076		1	A	1		0.155		
Folate, total....µg	22		1	A	1		45		
Folic acid....µg	17		1	A	1		35		
Folate, food....µg	5		1	AS	1		10		
Folate, DFE....µg	34		0	NC	4		69		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.23		1	A	1		2.52		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.09		1	A	1		0.18		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	1.60		1	A	1		3.28		
Tocopherol, delta....mg	0.83		1	A	1		1.70		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 21393

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	23.4		1	A	1		48.0		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.240		0	NC	4		8.691		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.240		1	A	1		0.492		
15:0....g	0.040		1	A	1		0.082		
16:0....g	2.490		1	A	1		5.105		
17:0....g	0.090		1	A	1		0.185		
18:0....g	1.320		1	A	1		2.706		
20:0....g	0.030		1	A	1		0.061		
22:0....g	0.030		1	A	1		0.061		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	4.780		0	NC	4		9.799		
14:1....g	0.060		1	A	1		0.123		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g									
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.650		1	A	1		9.533		
20:1....g	0.050		1	A	1		0.103		
22:1 undifferentiated....g	0.020		1	A	1		0.041		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.100		0	NC	4		8.404		
18:2 undifferentiated....g	3.560		1	A	1		7.298		
18:3 undifferentiated....g	0.480		1	A	1		0.984		
18:4....g	0.040		1	A	1		0.082		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		1	A	1		0.041		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	32		1	A	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.225		
Threonine....g	0.390		0	A	1		0.799		
Isoleucine....g	0.430		0	A	1		0.882		
Leucine....g	0.770		0	A	1		1.578		
Lysine....g	0.640		0	A	1		1.312		
Methionine....g	0.210		0	A	1		0.430		
Cystine....g	0.150		0	A	1		0.308		
Phenylalanine....g	0.440		0	A	1		0.902		
Tyrosine....g	0.220		0	A	1		0.451		
Valine....g	0.500		0	A	1		1.025		
Arginine....g	0.590		0	A	1		1.209		
Histidine....g	0.280		0	A	1		0.574		
Alanine....g	0.640		0	A	1		1.312		
Aspartic acid....g	0.740		0	A	1		1.517		
Glutamic acid....g	2.400		0	A	1		4.920		
Glycine....g	0.750		0	A	1		1.538		

NDB No. 21393

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.810		0	A	1		1.661		
Serine.....g	0.420		0	A	1		0.861		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 205g: 1 item

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

Food Group: 21 Fast Foods

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

NDB No. 21107
Fast foods, hamburger; single, regular patty; plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	38.45	0.345	6	A	1		29.99		
Energy ... kcal	297		0	NC	4		232		
Energy ... kJ	1245		0	NC	4		971		
Protein (N x 6.03) ... g	16.52	0.268	6	A	1		12.89		
Total lipid (fat) ... g	12.01	0.315	6	A	1		9.37		
Ash ... g	1.52	0.011	6	A	1		1.19		
Carbohydrate, by difference ... g	31.50		0	NC	4		24.57		
Fiber, total dietary ... g	1.7		1	A	1		1.3		
Sugars, total ... g	4.88	0.141	3	A	1		3.81		
Sucrose ... g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) ... g	2.05	0.010	3	A	1		1.60		
Fructose ... g	2.27	0.038	3	A	1		1.77		
Lactose ... g	0.00	0.000	3	A	1		0.00		
Maltose ... g	0.57	0.170	3	A	1		0.44		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	22.87	0.578	3	A	1		17.84		
Minerals:									
Calcium, Ca ... mg	62	5.532	6	A	1		48		
Iron, Fe ... mg	3.06	0.102	6	A	1		2.39		
Magnesium, Mg ... mg	27	0.937	6	A	1		21		
Phosphorus, P ... mg	134	1.721	6	A	1		105		
Potassium, K ... mg	197	1.145	6	A	1		153		
Sodium, Na ... mg	331	3.851	6	A	1		258		
Zinc, Zn ... mg	2.52	0.047	6	A	1		1.96		
Copper, Cu ... mg	0.121	0.005	6	A	1		0.095		
Manganese, Mn ... mg	0.357	0.006	6	A	1		0.279		
Selenium, Se ... µg	20.3	0.751	3	A	1		15.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RA	4		0.0		
Thiamin ... mg	0.317	0.020	3	A	1		0.247		
Riboflavin ... mg	0.363	0.003	3	A	1		0.283		
Niacin ... mg	5.617	0.242	3	A	1		4.381		
Pantothenic acid ... mg	0.530		2	A	1		0.413		
Vitamin B-6 ... mg	0.212	0.009	3	A	1		0.165		
Folate, total ... µg	80	6.381	3	A	1		62		
Folic acid ... µg	29		0	BFZN	4		22		
Folate, food ... µg	51		0	NC	4		40		
Folate, DFE ... µg	100		0	NC	4		78		
Choline, total ... mg	34.4		0	AS	1		26.8		
Betaine ... mg									
Vitamin B-12 ... µg	0.89	0.107	3	A	1		0.69		
Vitamin B-12, added ... µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE ... µg	9		0	AS	1		7		
Retinol ... µg	8		1	A	1		6		
Carotene, beta ... µg	15		1	A	1		12		
Carotene, alpha ... µg	0		1	A	1		0		
Cryptoxanthin, beta ... µg	1		1	A	1		1		
Vitamin A, IU ... IU	51		0	AS	1		40		
Lycopene ... µg	5		1	A	1		4		
Lutein + zeaxanthin ... µg	38		1	A	1		30		
Vitamin E (alpha-tocopherol) ... mg	0.38		1	A	1		0.30		
Vitamin E, added ... mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta ... mg	0.08		1	A	1		0.06		
Tocopherol, gamma ... mg	0.91		1	A	1		0.71		
Tocopherol, delta ... mg	0.19		1	A	1		0.15		
Tocotrienol, alpha ... mg	0.03		1	A	1		0.02		
Tocotrienol, beta ... mg	0.61		1	A	1		0.48		

NDB No. 21107
Fast foods, hamburger; single, regular patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	BFZN	4		2		
Vitamin K (phylloquinone)....µg	4.9		0	BFZN	4		3.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.493		0	NC	4		3.504		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.008	0.001	3	A	1		0.006		
12:0....g	0.007	0.001	3	A	1		0.006		
13:0....g									
14:0....g	0.279	0.019	3	A	1		0.217		
15:0....g	0.048	0.004	3	A	1		0.038		
16:0....g	2.432	0.101	3	A	1		1.897		
17:0....g	0.119	0.011	3	A	1		0.093		
18:0....g	1.564	0.107	3	A	1		1.220		
20:0....g	0.021	0.001	3	A	1		0.016		
22:0....g	0.009	0.000	3	A	1		0.007		
24:0....g	0.006	0.000	3	A	1		0.005		
Fatty acids, total monounsaturated....g	4.835		0	NC	4		3.771		
14:1....g	0.080	0.003	3	A	1		0.063		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.318	0.016	3	AS	1		0.248		
16:1 c....g	0.284	0.014	3	A	1		0.221		
16:1 t....g	0.034	0.002	3	A	1		0.026		
17:1....g	0.077	0.007	3	A	1		0.060		
18:1 undifferentiated....g	4.325	0.146	3	AS	1		3.373		
18:1 c....g	3.905	0.150	3	A	1		3.046		
18:1 t....g	0.420	0.019	3	A	1		0.327		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.035	0.003	3	A	1		0.028		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.680		0	NC	4		1.310		
18:2 undifferentiated....g	1.502	0.056	3	AS	1		1.172		
18:2 n-6 c,c....g	1.391	0.060	3	A	1		1.085		
18:2 CLAs....g	0.051	0.003	3	A	1		0.040		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.003	3	A	1		0.047		
18:3 undifferentiated....g	0.126	0.004	3	AS	1		0.098		
18:3 n-3 c,c,c (ALA)....g	0.121	0.005	3	A	1		0.094		
18:3 n-6 c,c,c....g	0.004	0.001	3	A	1		0.003		
18:3i....g	0.001	0.000	3	A	1		0.001		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.003	0.000	3	A	1		0.002		
20:3 undifferentiated....g	0.010	0.001	3	AS	1		0.007		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.009	0.001	3	A	1		0.007		
20:4 undifferentiated....g	0.021	0.001	3	A	1		0.016		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	3	A	1		0.004		
21:5....g									
22:4....g	0.004	0.000	3	A	1		0.003		
22:5 n-3 (DPA)....g	0.009	0.000	3	A	1		0.007		

NDB No. 21107
Fast foods, hamburger; single, regular patty; plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans....g	0.514		0	NC	4		0.401		
Fatty acids, total trans-monoenoic....g	0.454		0	NC	4		0.354		
Fatty acids, total trans-polyenoic....g	0.061		0	NC	4		0.047		
Cholesterol....mg	33	0.549	3	A	1		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	A	1		0.112		
Threonine....g	0.460		0	A	1		0.359		
Isoleucine....g	0.642		0	A	1		0.501		
Leucine....g	1.130		0	A	1		0.881		
Lysine....g	0.785		0	A	1		0.613		
Methionine....g	0.306		0	A	1		0.239		
Cystine....g									
Phenylalanine....g	0.670		0	A	1		0.523		
Tyrosine....g	0.373		0	A	1		0.291		
Valine....g	0.728		0	A	1		0.568		
Arginine....g	0.852		0	A	1		0.665		
Histidine....g	0.402		0	A	1		0.314		
Alanine....g	0.785		0	A	1		0.613		
Aspartic acid....g	1.054		0	A	1		0.822		
Glutamic acid....g	3.639		0	A	1		2.839		
Glycine....g	0.891		0	A	1		0.695		
Proline....g	1.666		0	A	1		1.300		
Serine....g	0.632		0	A	1		0.493		
Hydroxyproline....g	0.240		1	A	1		0.187		
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 78g: 1 sandwich

Calories Factors: Protein 4.07 **Fat** 8.81 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21108
Fast foods, hamburger; single, regular patty; with condiments

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.82	0.838	12	A	1		43.48		
Energy	kcal	263		0	NC	4		255		
Energy	kJ	1101		0	NC	4		1068		
Protein	g	13.30	1.130	12	A	1		12.90		
Total lipid (fat)	g	10.18	0.269	12	A	1		9.88		
Ash	g	2.12	0.186	12	A	1		2.06		
Carbohydrate, by difference	g	29.57		0	NC	4		28.69		
Fiber, total dietary	g	1.8	0.106	12	A	1		1.7		
Sugars, total	g	5.95	0.253	6	A	1		5.77		
Sucrose	g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)	g	2.13	0.097	6	A	1		2.07		
Fructose	g	3.19	0.330	6	A	1		3.09		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose	g	0.63	0.019	6	A	1		0.61		
Galactose	g	0.00	0.000	6	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	116	29.592	12	A	1		113		
Iron, Fe	mg	2.87	0.004	12	A	1		2.79		
Magnesium, Mg	mg	22	2.430	12	A	1		21		
Phosphorus, P	mg	110	11.565	12	A	1		107		
Potassium, K	mg	197	14.675	12	A	1		191		
Sodium, Na	mg	487	18.853	12	A	1		473		
Zinc, Zn	mg	2.03	0.252	12	A	1		1.97		
Copper, Cu	mg	0.101	0.015	12	A	1		0.098		
Manganese, Mn	mg	0.323	0.003	12	A	1		0.313		
Selenium, Se	µg	24.7	1.696	12	A	1		24.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.038	12	A	1		0.3		
Thiamin	mg	0.349	0.018	12	A	1		0.339		
Riboflavin	mg	0.186	0.025	11	A	1		0.181		
Niacin	mg	4.061	0.085	12	A	1		3.939		
Pantothenic acid	mg	0.370	0.039	12	A	1		0.359		
Vitamin B-6	mg	0.108	0.010	12	A	1		0.105		
Folate, total	µg	46	2.245	8	A	1		44		
Folic acid	µg	29	2.070	8	A	1		28		
Folate, food	µg	17		0	NC	4		16		
Folate, DFE	µg	66		0	NC	4		64		
Choline, total	mg	29.8		0	FLA	4		28.9		
Betaine	mg									
Vitamin B-12	µg	1.20	0.041	7	A	1		1.17		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	µg	3		0	FLA	4		3		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	34		0	FLA	4		33		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	57		0	NC	4		55		
Lycopene	µg	1003		0	FLA	4		972		
Lutein + zeaxanthin	µg	27		0	FLA	4		26		
Vitamin E (alpha-tocopherol)	mg	0.07	0.007	7	A	1		0.07		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.62	0.608	7	A	1		0.60		
Tocopherol, gamma	mg	1.65	0.734	7	A	1		1.60		
Tocopherol, delta	mg	0.08	0.021	7	A	1		0.08		
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg	0.00	0.000	7	A	1		0.00		

NDB No. 21108
Fast foods, hamburger; single, regular patty; with condiments

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	7	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	7	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	FLA	4		2		
Vitamin K (phylloquinone)....µg	4.9	0.446	12	A	1		4.8		
Dihydrophylloquinone....µg	0.2	0.138	12	A	1		0.2		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.567		0	NC	4		3.460		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.010	0.001	6	A	1		0.009		
12:0....g	0.008	0.000	6	A	1		0.008		
13:0....g									
14:0....g	0.222	0.012	6	A	1		0.216		
15:0....g	0.039	0.003	6	A	1		0.037		
16:0....g	1.952	0.071	6	A	1		1.893		
17:0....g	0.097	0.007	6	A	1		0.094		
18:0....g	1.210	0.089	6	A	1		1.173		
20:0....g	0.015	0.002	6	A	1		0.015		
22:0....g	0.009	0.000	6	A	1		0.009		
24:0....g	0.005	0.000	6	A	1		0.005		
Fatty acids, total monounsaturated....g	3.864		0	NC	4		3.748		
14:1....g	0.067	0.003	6	A	1		0.065		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.262	0.009	6	AS	1		0.255		
16:1 c....g	0.235	0.007	6	A	1		0.228		
16:1 t....g	0.028	0.002	6	A	1		0.027		
17:1....g	0.065	0.003	6	A	1		0.063		
18:1 undifferentiated....g	3.419	0.244	6	AS	1		3.316		
18:1 c....g	3.067	0.229	6	A	1		2.975		
18:1 t....g	0.351	0.015	6	A	1		0.341		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.007	6	A	1		0.036		
22:1 undifferentiated....g	0.010	0.011	6	AS	1		0.010		
22:1 c....g	0.010	0.011	6	A	1		0.010		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.004	0.002	12	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.385		0	NC	4		1.343		
18:2 undifferentiated....g	1.203	0.089	6	AS	1		1.167		
18:2 n-6 c,c....g	1.101	0.098	6	A	1		1.068		
18:2 CLAs....g	0.046	0.003	6	A	1		0.044		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.057	0.006	6	A	1		0.055		
18:3 undifferentiated....g	0.132	0.018	6	AS	1		0.128		
18:3 n-3 c,c,c (ALA)....g	0.128	0.016	6	A	1		0.125		
18:3 n-6 c,c,c....g	0.003	0.001	12	A	1		0.003		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.003		
20:3 undifferentiated....g	0.013	0.001	6	AS	1		0.013		
20:3 n-3....g	0.002	0.000	9	A	1		0.002		
20:3 n-6....g	0.011	0.000	6	A	1		0.011		
20:4 undifferentiated....g	0.017	0.000	6	A	1		0.017		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	A	1		0.002		
21:5....g									
22:4....g	0.007	0.001	6	A	1		0.007		
22:5 n-3 (DPA)....g	0.007	0.002	6	A	1		0.007		

NDB No. 21108

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans....g	0.436		0	NC	4		0.423		
Fatty acids, total trans-monoenoic....g	0.379		0	NC	4		0.368		
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.055		
Cholesterol....mg	29	0.488	12	A	1		29		
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 = 97g: 1 sandwich

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

Food Group: 21 Fast Foods

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

NDB No. 21109

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.41	1.288	10		1		54.35		
Energy....kcal	254		0		1		279		
Energy....kJ	1063		0		1		1169		
Protein (N x 6.03)....g	11.74	0.456	11		1		12.91		
Total lipid (fat)....g	12.25	0.577	11		1		13.48		
Ash....g	1.78	0.064	10		1		1.96		
Carbohydrate, by difference....g	24.81		0	NC	4		27.29		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57	8.146	10		1		63		
Iron, Fe....mg	2.39	0.127	10		1		2.63		
Magnesium, Mg....mg	20	0.811	10		1		22		
Phosphorus, P....mg	113	5.418	10		1		124		
Potassium, K....mg	206	9.018	10		1		227		
Sodium, Na....mg	458	21.438	11		1		504		
Zinc, Zn....mg	1.87	0.113	10		1		2.06		
Copper, Cu....mg	0.093	0.005	10		1		0.102		
Manganese, Mn....mg	0.230		2		1		0.253		
Selenium, Se....µg	18.7		0	RK	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		2		1		1.7		
Thiamin....mg	0.210	0.012	10		1		0.231		
Riboflavin....mg	0.180	0.036	10		1		0.198		
Niacin....mg	3.350	0.343	10		1		3.685		
Pantothenic acid....mg	0.270		2		1		0.297		
Vitamin B-6....mg	0.110		2		1		0.121		
Folate, total....µg	47		0	RK	4		52		
Folic acid....µg	30		0	NC	4		33		
Folate, food....µg	17		2		1		19		
Folate, DFE....µg	68		0	NC	4		75		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.80		2		1		0.88		
Vitamin A, RAE....µg									
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	75		2		1		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:									

NDB No. 21109

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.755		1		1		4.131		
Fatty acids, total monounsaturated.....g	4.809		1		1		5.290		
Fatty acids, total polyunsaturated.....g	2.343		1		1		2.577		
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.528	3		1		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.156		
Threonine.....g	0.438		0		1		0.482		
Isoleucine.....g	0.495		0		1		0.545		
Leucine.....g	0.892		0		1		0.981		
Lysine.....g	0.726		0		1		0.799		
Methionine.....g	0.240		0		1		0.264		
Cystine.....g	0.148		0		1		0.163		
Phenylalanine.....g	0.499		0		1		0.549		
Tyrosine.....g	0.333		0		1		0.366		
Valine.....g	0.576		0		1		0.634		
Arginine.....g	0.672		0		1		0.739		
Histidine.....g	0.325		0		1		0.358		
Alanine.....g	0.633		0		1		0.696		
Aspartic acid.....g	0.917		0		1		1.009		
Glutamic acid.....g	2.579		0		1		2.837		
Glycine.....g	0.711		0		1		0.782		
Proline.....g	0.841		0		1		0.925		
Serine.....g	0.510		0		1		0.561		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 110g: 1 item

Calories Factors: Protein 4.07 **Fat** 8.81 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21118
Fast foods, hotdog, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.96	2.617	6		1		52.88		
Energy....kcal	247		0		1		242		
Energy....kJ	1033				1		1013		
Protein (N x 5.97)....g	10.60	0.537	12		1		10.39		
Total lipid (fat)....g	14.84	1.301	8		1		14.54		
Ash....g	2.20		2		1		2.16		
Carbohydrate, by difference....g	18.40		0	NC	4		18.03		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	4.226	9		1		24		
Iron, Fe....mg	2.36	0.272	10		1		2.31		
Magnesium, Mg....mg	13	0.569	9		1		13		
Phosphorus, P....mg	99	2.352	5		1		97		
Potassium, K....mg	146	16.773	7		1		143		
Sodium, Na....mg	684	42.471	14		1		670		
Zinc, Zn....mg	2.02	0.336	9		1		1.98		
Copper, Cu....mg	0.078	0.017	8		1		0.076		
Manganese, Mn....mg	0.093	0.026	9		1		0.091		
Selenium, Se....µg	26.5		0	RK	4		26.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.133	3		1		0.1		
Thiamin....mg	0.240		1		1		0.235		
Riboflavin....mg	0.280	0.050	3		1		0.274		
Niacin....mg	3.720	0.282	3		1		3.646		
Pantothenic acid....mg	0.520	0.111	3		1		0.510		
Vitamin B-6....mg	0.050	0.003	3		1		0.049		
Folate, total....µg	49		0	RK	4		48		
Folic acid....µg	19		0	NC	4		19		
Folate, food....µg	30	3.930	3		1		29		
Folate, DFE....µg	62		0	NC	4		61		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.52	0.228	3		1		0.51		
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. 21118
Fast foods, hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.213		0		1		5.109		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.487		1		1		0.477		
15:0....g									
16:0....g	3.028		1		1		2.967		
17:0....g									
18:0....g	1.497		1		1		1.467		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.993		0		1		6.853		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.660		1		1		0.647		
17:1....g									
18:1 undifferentiated....g	6.333		1		1		6.206		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.741		0		1		1.706		
18:2 undifferentiated....g	1.310		1		1		1.284		
18:3 undifferentiated....g	0.432		1		1		0.423		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	45	2.739	5		1		44		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.096		
Threonine....g	0.360		0		1		0.353		
Isoleucine....g	0.453		0		1		0.444		
Leucine....g	0.769		0		1		0.754		
Lysine....g	0.641		0		1		0.628		
Methionine....g	0.199		0		1		0.195		
Cystine....g	0.147		0		1		0.144		
Phenylalanine....g	0.417		0		1		0.409		
Tyrosine....g	0.282		0		1		0.276		
Valine....g	0.483		0		1		0.473		
Arginine....g	0.666		0		1		0.653		
Histidine....g	0.295		0		1		0.289		
Alanine....g	0.598		0		1		0.586		
Aspartic acid....g	0.872		0		1		0.855		
Glutamic acid....g	2.385		0		1		2.337		
Glycine....g	0.646		0		1		0.633		
Proline....g	0.765		0		1		0.750		
Serine....g	0.481		0		1		0.471		
Hydroxyproline....g									

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

NDB No. 21118
Fast foods, hotdog, plain

Common Measures:

Measure 1 = 98g: 1 sandwich

Calories Factors: Protein 4.02 **Fat** 8.89 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21119
Fast foods, hotdog, with chili

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.80	2.600	3		1		54.49		
Energy....kcal	260		0		1		296		
Energy....kJ	1088				1		1240		
Protein (N x 6.1)....g	11.85	1.449	5		1		13.51		
Total lipid (fat)....g	11.79	1.762	3		1		13.44		
Ash....g	1.10		1		1		1.25		
Carbohydrate, by difference....g	27.45		0	NC	4		31.29		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		2		1		19		
Iron, Fe....mg	2.88		2		1		3.28		
Magnesium, Mg....mg	9		2		1		10		
Phosphorus, P....mg	168		2		1		192		
Potassium, K....mg	146		1		4		166		
Sodium, Na....mg	421	170.382	3		1		480		
Zinc, Zn....mg	0.68		2		1		0.78		
Copper, Cu....mg	0.090		2		1		0.103		
Manganese, Mn....mg	0.100		2		1		0.114		
Selenium, Se....µg	11.4		0	RK	4		13.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		1		1		2.7		
Thiamin....mg	0.190		1		4		0.217		
Riboflavin....mg	0.350		2		1		0.399		
Niacin....mg	3.280		2		1		3.739		
Pantothenic acid....mg	0.480		2		1		0.547		
Vitamin B-6....mg	0.040		2		1		0.046		
Folate, total....µg	64		0	RK	4		73		
Folic acid....µg	20		0	NC	4		23		
Folate, food....µg	44		2		1		50		
Folate, DFE....µg	78		0	NC	4		89		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.26		2		1		0.30		
Vitamin A, RAE....µg	3		0	NC	4		3		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	51		1		4		58		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21119
Fast foods, hotdog, with chili

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.258		0		1		4.854		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.091		2		1		0.104		
12:0....g	0.025		2		1		0.029		
13:0....g									
14:0....g	0.235		2		1		0.268		
15:0....g									
16:0....g	2.486		2		1		2.834		
17:0....g									
18:0....g	1.322		2		1		1.507		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.785		0		1		6.595		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.409		2		1		0.466		
17:1....g									
18:1 undifferentiated....g	5.376		2		1		6.129		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.042		0		1		1.188		
18:2 undifferentiated....g	0.918		2		1		1.047		
18:3 undifferentiated....g	0.124		2		1		0.141		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	45		1		1		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0		1		0.129		
Threonine....g	0.408		0		1		0.465		
Isoleucine....g	0.497		0		1		0.567		
Leucine....g	0.853		0		1		0.972		
Lysine....g	0.729		0		1		0.831		
Methionine....g	0.222		0		1		0.253		
Cystine....g	0.157		0		1		0.179		
Phenylalanine....g	0.463		0		1		0.528		
Tyrosine....g	0.315		0		1		0.359		
Valine....g	0.534		0		1		0.609		
Arginine....g	0.733		0		1		0.836		
Histidine....g	0.326		0		1		0.372		
Alanine....g	0.657		0		1		0.749		
Aspartic acid....g	0.995		0		1		1.134		
Glutamic acid....g	2.542		0		1		2.898		
Glycine....g	0.709		0		1		0.808		
Proline....g	0.797		0		1		0.909		
Serine....g	0.525		0		1		0.599		
Hydroxyproline....g									

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

NDB No. 21119
Fast foods, hotdog, with chili

Common Measures:

Measure 1 = 114g: 1 sandwich

Calories Factors: Protein 3.9 **Fat** 8.92 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

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

NDB No. 21120
Fast foods, hotdog, with corn flour coating (corndog)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.70		1		1		81.73		
Energy	kcal	263		0		1		460		
Energy	kJ	1100				1		1926		
Protein (N x 6.06)	g	9.60		1		1		16.80		
Total lipid (fat)	g	10.80		1		1		18.90		
Ash	g	1.02		1		1		1.79		
Carbohydrate, by difference	g	31.88		0	NC	4		55.79		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	58		1		1		102		
Iron, Fe	mg	3.53		1		1		6.18		
Magnesium, Mg	mg	10		1		1		18		
Phosphorus, P	mg	95		1		1		166		
Potassium, K	mg	150		1		4		263		
Sodium, Na	mg	556		1		1		973		
Zinc, Zn	mg	0.75		1		1		1.31		
Copper, Cu	mg	0.140		1		1		0.245		
Manganese, Mn	mg	0.110		1		1		0.193		
Selenium, Se	µg	12.7		0	RK	4		22.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.160		1		1		0.280		
Riboflavin	mg	0.400		1		1		0.700		
Niacin	mg	2.380		1		1		4.165		
Pantothenic acid	mg	0.770		1		1		1.348		
Vitamin B-6	mg	0.050		1		1		0.088		
Folate, total	µg	59		0	RK	4		103		
Folic acid	µg	25		0	NC	4		44		
Folate, food	µg	34		1		1		60		
Folate, DFE	µg	77		0	NC	4		134		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.25		1		1		0.44		
Vitamin A, RAE	µg	34		0	NC	4		59		
Retinol	µg	33		0	NC	4		58		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	118		1		4		207		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21120
Fast foods, hotdog, with corn flour coating (corndog)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.949		0		1		5.161		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.474		1		1		0.830		
15:0....g									
16:0....g	1.913		1		1		3.348		
17:0....g									
18:0....g	0.562		1		1		0.984		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.205		0		1		9.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.506		1		1		0.886		
17:1....g									
18:1 undifferentiated....g	4.699		1		1		8.223		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.998		0		1		3.497		
18:2 undifferentiated....g	1.581		1		1		2.767		
18:3 undifferentiated....g	0.417		1		1		0.730		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	45		1		4		79		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0		1		0.151		
Threonine....g	0.363		0		1		0.635		
Isoleucine....g	0.429		0		1		0.751		
Leucine....g	0.808		0		1		1.414		
Lysine....g	0.657		0		1		1.150		
Methionine....g	0.208		0		1		0.364		
Cystine....g	0.135		0		1		0.236		
Phenylalanine....g	0.377		0		1		0.660		
Tyrosine....g	0.317		0		1		0.555		
Valine....g	0.458		0		1		0.802		
Arginine....g	0.637		0		1		1.115		
Histidine....g	0.290		0		1		0.508		
Alanine....g	0.618		0		1		1.082		
Aspartic acid....g	0.865		0		1		1.514		
Glutamic acid....g	1.787		0		1		3.127		
Glycine....g	0.578		0		1		1.012		
Proline....g	0.610		0		1		1.068		
Serine....g	0.448		0		1		0.784		
Hydroxyproline....g									

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

NDB No. 21120

Fast foods, hotdog, with corn flour coating (corndog)

Common Measures:

Measure 1 = 175g: 1 sandwich

Calories Factors: Protein 4.03 **Fat** 8.92 **Carbohydrate** 4.01

Food Group: 21 Fast Foods

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

NDB No. 21129
Fast foods, hush puppies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.58	0.773	6	A	1		8.05		
Energy....kcal	296		0	NC	4		65		
Energy....kJ	1238		0	NC	4		272		
Protein (N x 6.25)....g	6.16	0.099	6	A	1		1.36		
Total lipid (fat)....g	13.25	0.606	6	A	1		2.91		
Ash....g	3.80	0.085	6	A	1		0.84		
Carbohydrate, by difference....g	40.21		0	NC	4		8.85		
Fiber, total dietary....g	2.9	0.285	3	A	1		0.6		
Sugars, total....g	3.80	0.115	3	A	1		0.84		
Sucrose....g	3.17	0.186	3	A	1		0.70		
Glucose (dextrose)....g	0.23	0.033	3	A	1		0.05		
Fructose....g	0.17	0.033	3	A	1		0.04		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.23	0.033	3	A	1		0.05		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	30.32	0.644	6	A	1		6.67		
Minerals:									
Calcium, Ca....mg	100	1.650	6	A	1		22		
Iron, Fe....mg	2.55	0.264	6	A	1		0.56		
Magnesium, Mg....mg	40	1.105	6	A	1		9		
Phosphorus, P....mg	410	6.954	6	A	1		90		
Potassium, K....mg	256	7.769	6	A	1		56		
Sodium, Na....mg	813		0	LC	8		179		
Zinc, Zn....mg	0.73	0.022	6	A	1		0.16		
Copper, Cu....mg	0.145	0.003	6	A	1		0.032		
Manganese, Mn....mg	0.411	0.015	6	A	1		0.091		
Selenium, Se....µg	26.2		0	FLA	4		5.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.170		1	A	1		0.037		
Riboflavin....mg	0.070		1	A	1		0.015		
Niacin....mg	2.130		1	A	1		0.469		
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1	A	1		0.024		
Folate, total....µg	143		0	FLA	4		32		
Folic acid....µg	114		0	FLA	4		25		
Folate, food....µg	29		0	FLA	4		6		
Folate, DFE....µg	223		0	NC	4		49		
Choline, total....mg	11.6		0	FLA	4		2.5		
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	NC	4		0		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	1		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	1		0	NC	4		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	14		0	FLA	4		3		
Vitamin E (alpha-tocopherol)....mg	1.06		0	FLA	4		0.23		
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. 21129
Fast foods, hush puppies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0		
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....µg	3.4		0	FLA	4		0.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.621		0	NC	4		0.577		
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	0.016		0	FLA	4		0.004		
15:0....g									
16:0....g	1.774		0	FLA	4		0.390		
17:0....g									
18:0....g	0.830		0	FLA	4		0.183		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.806		0	NC	4		1.717		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0	FLA	4		0.016		
17:1....g									
18:1 undifferentiated....g	7.730	0.385	6	AS	1		1.701		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.762		0	NC	4		0.388		
18:2 undifferentiated....g	1.626	0.230	6	AS	1		0.358		
18:3 undifferentiated....g	0.120		0	FLA	4		0.027		
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	A	1		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 = 22g: 1 piece

Calories Factors: Protein 2.73 **Fat** 8.84 **Carbohydrate** 4.03

NDB No. 21129
Fast foods, hush puppies

Food Group: 21 Fast Foods

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

NDB No. 21388
Fast foods, miniature cinnamon 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	19.62	0.416	4	A	1		4.91		
Energy....kcal	403		0	NC	4		101		
Energy....kJ	1687		0	NC	4		422		
Protein....g	7.02	0.082	4	A	1		1.76		
Total lipid (fat)....g	17.95	0.337	4	A	1		4.49		
Ash....g	2.02	0.060	4	A	1		0.51		
Carbohydrate, by difference....g	53.38		0	NC	4		13.34		
Fiber, total dietary....g	2.2	0.132	4	A	1		0.5		
Sugars, total....g	17.98	0.419	4	A	1		4.49		
Sucrose....g	5.50	0.637	4	A	1		1.37		
Glucose (dextrose)....g	6.94	0.370	4	A	1		1.74		
Fructose....g	3.76	0.372	4	A	1		0.94		
Lactose....g	0.93	0.011	4	A	1		0.23		
Maltose....g	0.84	0.040	4	A	1		0.21		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	29.05	0.617	4	A	1		7.26		
Minerals:									
Calcium, Ca....mg	54	0.665	4	A	1		13		
Iron, Fe....mg	2.55	0.063	4	A	1		0.64		
Magnesium, Mg....mg	13	0.091	4	A	1		3		
Phosphorus, P....mg	180	2.121	4	A	1		45		
Potassium, K....mg	131	1.936	4	A	1		33		
Sodium, Na....mg	554	9.525	4	A	1		138		
Zinc, Zn....mg	0.54	0.009	4	A	1		0.14		
Copper, Cu....mg	0.070	0.001	4	A	1		0.018		
Manganese, Mn....mg	0.561	0.017	4	A	1		0.140		
Selenium, Se....µg	11.7	0.149	4	A	1		2.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0		
Thiamin....mg	0.254	0.025	4	A	1		0.063		
Riboflavin....mg	0.303	0.005	4	A	1		0.076		
Niacin....mg	3.160	0.115	4	A	1		0.790		
Pantothenic acid....mg	0.507	0.029	4	A	1		0.127		
Vitamin B-6....mg	0.044	0.001	4	A	1		0.011		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	27.3		0	AS	1		6.8		
Betaine....mg	12.3		1	A	1		3.1		
Vitamin B-12....µg	0.11	0.011	4	A	1		0.03		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.11	0.056	4	A	1		0.28		
Tocopherol, beta....mg	0.08	0.006	4	A	1		0.02		
Tocopherol, gamma....mg	7.61	0.462	4	A	1		1.90		
Tocopherol, delta....mg	3.01	0.171	4	A	1		0.75		
Tocotrienol, alpha....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	13.9	0.462	4	A	1		3.5		
Dihydrophylloquinone....µg	22.8	1.191	4	A	1		5.7		
Menaquinone-4....µg									

NDB No. 21388
Fast foods, miniature cinnamon rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.701		0	NC	4		1.175		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.031	0.001	4	A	1		0.008		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	2.317	0.035	4	A	1		0.579		
17:0....g	0.021	0.001	4	A	1		0.005		
18:0....g	2.224	0.034	4	A	1		0.556		
20:0....g	0.055	0.002	4	A	1		0.014		
22:0....g	0.054	0.002	4	A	1		0.013		
24:0....g									
Fatty acids, total monounsaturated....g	9.221		0	NC	4		2.305		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.040	0.000	4	A	1		0.010		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	9.127	0.075	4	A	1		2.282		
20:1....g	0.053	0.002	4	A	1		0.013		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.415		0	NC	4		0.604		
18:2 undifferentiated....g	2.287	0.225	4	A	1		0.572		
18:3 undifferentiated....g	0.128		0	AS	1		0.032		
18:3 n-3 c,c,c (ALA)....g	0.128	0.018	4	A	1		0.032		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21	0.873	4	A	1		5		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0	A	1		0.013		
Threonine....g	0.218		0	A	1		0.055		
Isoleucine....g	0.276		0	A	1		0.069		
Leucine....g	0.510		0	A	1		0.128		
Lysine....g	0.181		0	A	1		0.045		
Methionine....g	0.110		0	A	1		0.028		
Cystine....g	0.158		0	A	1		0.039		
Phenylalanine....g	0.334		0	A	1		0.084		
Tyrosine....g	0.213		0	A	1		0.053		
Valine....g	0.334		0	A	1		0.083		
Arginine....g	0.259		0	A	1		0.065		
Histidine....g	0.162		0	A	1		0.041		
Alanine....g	0.250		0	A	1		0.062		
Aspartic acid....g	0.365		0	A	1		0.091		
Glutamic acid....g	2.247		0	A	1		0.562		
Glycine....g	0.251		0	A	1		0.063		

NDB No. 21388
Fast foods, miniature cinnamon rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.708		0	A	1		0.177		
Serine.....g	0.368		0	A	1		0.092		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 25g: 1 each

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

Food Group: 21 Fast Foods

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

NDB No. 21078
Fast foods, nachos, with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.40	0.834	5	A	1		29.92		
Energy....kcal	343		0	NC	4		275		
Energy....kJ	1436		0	NC	4		1149		
Protein (N x 6.3)....g	4.32	0.079	6	A	1		3.46		
Total lipid (fat)....g	21.50	0.452	6	A	1		17.20		
Ash....g	1.87	0.033	6	A	1		1.50		
Carbohydrate, by difference....g	34.91		0	NC	4		27.93		
Fiber, total dietary....g	3.2		2	A	1		2.6		
Sugars, total....g	2.17	0.120	3	A	1		1.73		
Sucrose....g	0.53	0.033	3	A	1		0.43		
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	1.63	0.145	3	A	1		1.31		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	28.33	1.035	3	A	1		22.67		
Minerals:									
Calcium, Ca....mg	63	1.297	6	A	1		51		
Iron, Fe....mg	0.75	0.027	6	A	1		0.60		
Magnesium, Mg....mg	42	1.075	6	A	1		33		
Phosphorus, P....mg	198	1.400	6	A	1		159		
Potassium, K....mg	362	6.962	6	A	1		290		
Sodium, Na....mg	313	8.861	6	A	1		251		
Zinc, Zn....mg	0.86	0.023	6	A	1		0.69		
Copper, Cu....mg	0.064	0.003	6	A	1		0.051		
Manganese, Mn....mg	0.187	0.007	6	A	1		0.149		
Selenium, Se....µg	8.6	0.649	3	A	1		6.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.361	8		1		0.9		
Thiamin....mg	0.123	0.003	3	A	1		0.099		
Riboflavin....mg	0.133	0.007	3	A	1		0.107		
Niacin....mg	0.630	0.012	3	A	1		0.504		
Pantothenic acid....mg	0.380		2	A	1		0.304		
Vitamin B-6....mg	0.215	0.003	3	A	1		0.172		
Folate, total....µg	10	0.608	3	A	1		8		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	10	0.608	3	A	1		8		
Folate, DFE....µg	10		0	NC	4		8		
Choline, total....mg	26.4		0	AS	1		21.1		
Betaine....mg									
Vitamin B-12....µg	0.07	0.027	3	A	1		0.05		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	5		0	AS	1		4		
Retinol....µg	5		1	A	1		4		
Carotene, beta....µg	2		1	A	1		2		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	2		1	A	1		1		
Vitamin A, IU....IU	21		0	AS	1		17		
Lycopene....µg	1		1	A	1		1		
Lutein + zeaxanthin....µg	9		1	A	1		7		
Vitamin E (alpha-tocopherol)....mg	4.08		2	A	1		3.27		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.08		2	A	1		0.06		
Tocopherol, gamma....mg	6.46		2	A	1		5.17		
Tocopherol, delta....mg	0.22		2	A	1		0.17		
Tocotrienol, alpha....mg	0.23		2	A	1		0.19		
Tocotrienol, beta....mg	0.42		2	A	1		0.34		

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Fast foods, nachos, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.41		2	A	1		0.33		
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....µg	19.3		0	FLA	4		15.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.173		0	NC	4		1.738		
4:0....g	0.011	0.001	3	A	1		0.009		
6:0....g	0.008	0.000	3	A	1		0.006		
8:0....g	0.008	0.001	3	A	1		0.007		
10:0....g	0.019	0.002	3	A	1		0.015		
12:0....g	0.019	0.002	3	A	1		0.015		
13:0....g									
14:0....g	0.068	0.007	3	A	1		0.054		
15:0....g	0.010	0.001	3	A	1		0.008		
16:0....g	1.286	0.070	3	A	1		1.029		
17:0....g	0.014	0.000	3	A	1		0.011		
18:0....g	0.494	0.031	3	A	1		0.395		
20:0....g	0.129	0.009	3	A	1		0.103		
22:0....g	0.068	0.005	3	A	1		0.054		
24:0....g	0.039	0.003	3	A	1		0.031		
Fatty acids, total monounsaturated....g	14.020		0	NC	4		11.216		
14:1....g	0.005	0.001	3	A	1		0.004		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.057	0.003	3	AS	1		0.046		
16:1 c....g	0.055	0.003	3	A	1		0.044		
16:1 t....g	0.002	0.000	3	A	1		0.002		
17:1....g	0.016	0.001	3	A	1		0.013		
18:1 undifferentiated....g	13.650	0.965	3	AS	1		10.920		
18:1 c....g	13.619	0.967	3	A	1		10.895		
18:1 t....g	0.032	0.005	3	A	1		0.025		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.281	0.011	3	A	1		0.224		
22:1 undifferentiated....g	0.011	0.002	3	AS	1		0.009		
22:1 c....g	0.011	0.002	3	A	1		0.009		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	5.040		0	NC	4		4.032		
18:2 undifferentiated....g	4.372	0.322	3	AS	1		3.498		
18:2 n-6 c,c....g	4.343	0.321	3	A	1		3.474		
18:2 CLAs....g	0.005	0.001	3	A	1		0.004		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.002	3	A	1		0.019		
18:3 undifferentiated....g	0.649	0.122	3	AS	1		0.519		
18:3 n-3 c,c,c (ALA)....g	0.617	0.113	3	A	1		0.493		
18:3 n-6 c,c,c....g	0.032	0.009	3	A	1		0.026		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.011	0.000	3	A	1		0.009		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.007	0.000	3	A	1		0.006		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		

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Fast foods, nachos, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.058		0	NC	4		0.046		
Fatty acids, total trans-monoenoic....g	0.034		0	NC	4		0.027		
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.019		
Cholesterol....mg	3	0.285	3	A	1		2		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0	A	1		0.033		
Threonine....g	0.156		0	A	1		0.125		
Isoleucine....g	0.187		0	A	1		0.150		
Leucine....g	0.521		0	A	1		0.417		
Lysine....g	0.156		0	A	1		0.125		
Methionine....g	0.094		0	A	1		0.075		
Cystine....g									
Phenylalanine....g	0.229		0	A	1		0.183		
Tyrosine....g	0.135		0	A	1		0.108		
Valine....g	0.250		0	A	1		0.200		
Arginine....g	0.208		0	A	1		0.167		
Histidine....g	0.135		0	A	1		0.108		
Alanine....g	0.292		0	A	1		0.233		
Aspartic acid....g	0.344		0	A	1		0.275		
Glutamic acid....g	0.916		0	A	1		0.733		
Glycine....g	0.146		0	A	1		0.117		
Proline....g	0.531		0	A	1		0.425		
Serine....g	0.219		0	A	1		0.175		
Hydroxyproline....g	0.000		1	A	1		0.000		
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 = 80g: 1 serving

Calories Factors: Protein 3.73 **Fat** 8.48 **Carbohydrate** 4.15

Food Group: 21 Fast Foods

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

NDB No. 21080
Fast foods, nachos, with cheese, beans, ground beef, and tomatoes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.15	0.671	6	A	1		129.09		
Energy....kcal	219		0	NC	4		485		
Energy....kJ	915		0	NC	4		2031		
Protein (N x 6.37)....g	6.21	0.314	6	A	1		13.78		
Total lipid (fat)....g	12.48	0.168	6	A	1		27.71		
Ash....g	1.76	0.027	6	A	1		3.92		
Carbohydrate, by difference....g	21.39		0	NC	4		47.49		
Fiber, total dietary....g	3.7		2	A	1		8.1		
Sugars, total....g	1.63	0.033	3	A	1		3.63		
Sucrose....g	0.27	0.067	3	A	1		0.59		
Glucose (dextrose)....g	0.23	0.033	3	A	1		0.52		
Fructose....g	0.27	0.033	3	A	1		0.59		
Lactose....g	0.87	0.033	3	A	1		1.92		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	14.97	0.841	3	A	1		33.23		
Minerals:									
Calcium, Ca....mg	47	1.255	6	A	1		105		
Iron, Fe....mg	1.01	0.021	6	A	1		2.23		
Magnesium, Mg....mg	33	0.610	6	A	1		72		
Phosphorus, P....mg	153	2.849	6	A	1		339		
Potassium, K....mg	298	7.392	6	A	1		662		
Sodium, Na....mg	348	5.833	6	A	1		772		
Zinc, Zn....mg	1.05	0.033	6	A	1		2.33		
Copper, Cu....mg	0.104	0.002	6	A	1		0.230		
Manganese, Mn....mg	0.202	0.004	6	A	1		0.448		
Selenium, Se....µg	8.1	0.617	3	A	1		17.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.073	0.003	3	A	1		0.163		
Riboflavin....mg	0.137	0.003	3	A	1		0.303		
Niacin....mg	1.010	0.071	3	A	1		2.242		
Pantothenic acid....mg	0.330		2	A	1		0.733		
Vitamin B-6....mg	0.158	0.009	3	A	1		0.351		
Folate, total....µg	14	0.924	3	A	1		30		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	14	0.924	3	A	1		30		
Folate, DFE....µg	14		0	NC	4		30		
Choline, total....mg	28.1		0	AS	1		62.3		
Betaine....mg									
Vitamin B-12....µg	0.31	0.030	3	A	1		0.68		
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....µg	42		0	AS	1		93		
Retinol....µg	36		1	A	1		79		
Carotene, beta....µg	64		1	A	1		142		
Carotene, alpha....µg	1		1	A	1		2		
Cryptoxanthin, beta....µg	19		1	A	1		41		
Vitamin A, IU....IU	242		0	AS	1		536		
Lycopene....µg	252		1	A	1		559		
Lutein + zeaxanthin....µg	46		1	A	1		102		
Vitamin E (alpha-tocopherol)....mg	1.75		2	A	1		3.89		
Vitamin E, added....mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta....mg	0.04		2	A	1		0.10		
Tocopherol, gamma....mg	2.96		2	A	1		6.56		
Tocopherol, delta....mg	0.24		2	A	1		0.54		
Tocotrienol, alpha....mg	0.11		2	A	1		0.25		
Tocotrienol, beta....mg	0.17		2	A	1		0.37		

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Fast foods, nachos, with cheese, beans, ground beef, and tomatoes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.12		2	A	1		0.27		
Vitamin D (D2 + D3)....µg	0.1		0	BFPN	4		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	BFPN	4		5		
Vitamin K (phylloquinone)....µg	5.4		0	BFPN	4		12.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.549		0	NC	4		5.660		
4:0....g	0.021	0.002	3	A	1		0.047		
6:0....g	0.015	0.001	3	A	1		0.034		
8:0....g	0.011	0.001	3	A	1		0.025		
10:0....g	0.029	0.002	3	A	1		0.064		
12:0....g	0.033	0.002	3	A	1		0.072		
13:0....g									
14:0....g	0.174	0.005	3	A	1		0.386		
15:0....g	0.024	0.000	3	A	1		0.054		
16:0....g	1.373	0.025	3	A	1		3.048		
17:0....g	0.041	0.003	3	A	1		0.092		
18:0....g	0.724	0.024	3	A	1		1.607		
20:0....g	0.055	0.001	3	A	1		0.123		
22:0....g	0.030	0.001	3	A	1		0.067		
24:0....g	0.018	0.000	3	A	1		0.040		
Fatty acids, total monounsaturated....g	6.661		0	NC	4		14.787		
14:1....g	0.030	0.001	3	A	1		0.067		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.109	0.002	3	AS	1		0.242		
16:1 c....g	0.102	0.002	3	A	1		0.226		
16:1 t....g	0.008	0.003	3	A	1		0.017		
17:1....g	0.028	0.001	3	A	1		0.062		
18:1 undifferentiated....g	6.378	0.179	3	AS	1		14.159		
18:1 c....g	6.245	0.175	3	A	1		13.864		
18:1 t....g	0.133	0.011	3	A	1		0.294		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.112	0.004	3	A	1		0.248		
22:1 undifferentiated....g	0.004	0.001	3	AS	1		0.010		
22:1 c....g	0.004	0.001	3	A	1		0.010		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.496		0	NC	4		5.540		
18:2 undifferentiated....g	2.142	0.086	3	AS	1		4.754		
18:2 n-6 c,c....g	2.098	0.085	3	A	1		4.658		
18:2 CLAs....g	0.017	0.000	3	A	1		0.037		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.001	3	A	1		0.059		
18:3 undifferentiated....g	0.327	0.023	3	AS	1		0.726		
18:3 n-3 c,c,c (ALA)....g	0.315	0.021	3	A	1		0.699		
18:3 n-6 c,c,c....g	0.012	0.002	3	A	1		0.027		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.012		
20:3 undifferentiated....g	0.004	0.000	3	AS	1		0.010		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.004	0.000	3	A	1		0.010		
20:4 undifferentiated....g	0.011	0.001	3	A	1		0.024		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	A	1		0.002		
21:5....g									
22:4....g	0.002	0.000	3	A	1		0.005		
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.006		

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Fast foods, nachos, with cheese, beans, ground beef, and tomatoes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
Fatty acids, total trans....g	0.167		0	NC	4		0.370		
Fatty acids, total trans-monoenoic....g	0.140		0	NC	4		0.311		
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.059		
Cholesterol....mg	14	0.577	3	A	1		30		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0	A	1		0.131		
Threonine....g	0.216		0	A	1		0.480		
Isoleucine....g	0.275		0	A	1		0.612		
Leucine....g	0.541		0	A	1		1.201		
Lysine....g	0.344		0	A	1		0.764		
Methionine....g	0.118		0	A	1		0.262		
Cystine....g									
Phenylalanine....g	0.285		0	A	1		0.633		
Tyrosine....g	0.167		0	A	1		0.371		
Valine....g	0.325		0	A	1		0.721		
Arginine....g	0.354		0	A	1		0.786		
Histidine....g	0.187		0	A	1		0.415		
Alanine....g	0.354		0	A	1		0.786		
Aspartic acid....g	0.590		0	A	1		1.310		
Glutamic acid....g	1.053		0	A	1		2.337		
Glycine....g	0.325		0	A	1		0.721		
Proline....g	0.511		0	A	1		1.136		
Serine....g	0.285		0	A	1		0.633		
Hydroxyproline....g	0.090		1	A	1		0.200		
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

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

Common Measures:

Measure 1 = 222g: 1 serving

Calories Factors: Protein 3.83 **Fat** 8.53 **Carbohydrate** 4.13

Food Group: 21 Fast Foods

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

NDB No. 21130
Fast foods, onion rings, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.52	0.995	6	A	1		28.68		
Energy....kcal	411		0	NC	4		480		
Energy....kJ	1718		0	NC	4		2010		
Protein (N x 6.07)....g	3.86	0.147	6	A	1		4.51		
Total lipid (fat)....g	25.23	0.517	6	A	1		29.52		
Ash....g	2.82	0.084	6	A	1		3.30		
Carbohydrate, by difference....g	43.58		0	NC	4		50.98		
Fiber, total dietary....g	2.7	0.165	3	A	1		3.2		
Sugars, total....g	5.43	0.256	3	A	1		6.36		
Sucrose....g	3.56	0.261	3	A	1		4.16		
Glucose (dextrose)....g	0.44	0.015	3	A	1		0.52		
Fructose....g	0.98	0.062	3	A	1		1.15		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.45	0.057	3	A	1		0.53		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	26.50	1.850	3	A	1		31.00		
Minerals:									
Calcium, Ca....mg	115	15.434	6	A	1		135		
Iron, Fe....mg	0.78	0.027	6	A	1		0.91		
Magnesium, Mg....mg	19	0.368	6	A	1		22		
Phosphorus, P....mg	158	1.862	6	A	1		185		
Potassium, K....mg	167	4.494	6	A	1		195		
Sodium, Na....mg	776	13.893	6	A	1		908		
Zinc, Zn....mg	0.51	0.017	6	A	1		0.60		
Copper, Cu....mg	0.075	0.004	6	A	1		0.088		
Manganese, Mn....mg	0.342	0.008	6	A	1		0.400		
Selenium, Se....µg	5.7	0.291	3	A	1		6.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4	0.395	3	A	1		1.6		
Thiamin....mg	0.110	0.000	3	A	1		0.129		
Riboflavin....mg	0.063	0.003	3	A	1		0.074		
Niacin....mg	0.673	0.027	3	A	1		0.788		
Pantothenic acid....mg	0.325		2	A	1		0.380		
Vitamin B-6....mg	0.133	0.003	3	A	1		0.156		
Folate, total....µg	42		0	BFNN	4		50		
Folic acid....µg	0		0	BFNN	4		0		
Folate, food....µg	42		0	BFNN	4		50		
Folate, DFE....µg	42		0	NC	4		50		
Choline, total....mg	8.4		0	AS	1		9.8		
Betaine....mg	16.6		1	A	1		19.4		
Vitamin B-12....µg	0.00		0	BFNN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	2		1	A	1		3		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	3		1	A	1		3		
Vitamin A, IU....IU	6		0	AS	1		7		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	38		1	A	1		45		
Vitamin E (alpha-tocopherol)....mg	4.92	0.231	3	A	1		5.75		
Vitamin E, added....mg	0.00		0	BFNN	4		0.00		
Tocopherol, beta....mg	0.18	0.027	3	A	1		0.21		
Tocopherol, gamma....mg	11.02	0.692	3	A	1		12.90		
Tocopherol, delta....mg	1.22	0.119	3	A	1		1.42		
Tocotrienol, alpha....mg	0.15	0.018	3	A	1		0.18		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		

NDB No. 21130
Fast foods, onion rings, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.10	0.012	3	A	1		0.12		
Tocotrienol, delta....mg	0.06	0.057	3	A	1		0.07		
Vitamin D (D2 + D3)....µg	0.0		0	BFNN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	NR	4		0		
Vitamin K (phylloquinone)....µg	55.8		0	BFFN	4		65.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.194		0	NC	4		4.907		
4:0....g	0.004	0.001	6	A	1		0.005		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.015	0.001	6	A	1		0.017		
10:0....g	0.012	0.001	6	A	1		0.015		
12:0....g	0.006	0.001	6	A	1		0.007		
13:0....g									
14:0....g	0.058	0.004	6	A	1		0.067		
15:0....g	0.006	0.000	6	A	1		0.007		
16:0....g	3.242	0.127	6	A	1		3.793		
17:0....g	0.020	0.001	6	A	1		0.024		
18:0....g	0.655	0.026	6	A	1		0.767		
20:0....g	0.087	0.003	6	A	1		0.102		
22:0....g	0.052	0.002	6	A	1		0.060		
24:0....g	0.036	0.001	6	A	1		0.042		
Fatty acids, total monounsaturated....g	6.885		0	NC	4		8.056		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.053	0.003	6	AS	1		0.062		
16:1 c....g	0.053	0.003	6	A	1		0.062		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g	0.011	0.000	6	A	1		0.013		
18:1 undifferentiated....g	6.729	0.240	6	AS	1		7.873		
18:1 c....g	6.700	0.238	6	A	1		7.839		
18:1 t....g	0.029	0.005	6	A	1		0.034		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.081	0.005	6	A	1		0.094		
22:1 undifferentiated....g	0.005	0.000	6	AS	1		0.005		
22:1 c....g	0.003	0.000	6	A	1		0.003		
22:1 t....g	0.002	0.000	6	A	1		0.002		
24:1 c....g	0.007	0.001	6	A	1		0.008		
Fatty acids, total polyunsaturated....g	12.149		0	NC	4		14.214		
18:2 undifferentiated....g	11.507	0.328	6	AS	1		13.464		
18:2 n-6 c,c....g	11.338	0.323	6	A	1		13.266		
18:2 CLAs....g	0.037	0.003	6	A	1		0.043		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.133	0.006	6	A	1		0.155		
18:3 undifferentiated....g	0.619	0.040	6	AS	1		0.724		
18:3 n-3 c,c,c (ALA)....g	0.577	0.037	6	A	1		0.675		
18:3 n-6 c,c,c....g	0.042	0.004	6	A	1		0.049		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.009	0.001	6	A	1		0.011		
20:3 undifferentiated....g	0.004	0.000	6	AS	1		0.004		
20:3 n-3....g	0.004	0.000	6	A	1		0.004		
20:3 n-6....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated....g	0.007	0.000	6	A	1		0.009		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.001		
21:5....g									
22:4....g	0.001	0.000	6	A	1		0.001		
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000		

NDB No. 21130
Fast foods, onion rings, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.164		0	NC	4		0.192		
Fatty acids, total trans-monoenoic....g	0.031		0	NC	4		0.036		
Fatty acids, total trans-polyenoic....g	0.133		0	NC	4		0.155		
Cholesterol....mg	0		0	BFNN	4		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 = 117g: 1 package (18 onion rings)

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 21 Fast Foods

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

NDB No. 21048
Fast foods, oysters, battered or breaded, and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.97	4.368	3		1		66.68		
Energy....kcal	265		0	NC	4		368		
Energy....kJ	1109				4		1541		
Protein (N x 6.17)....g	9.02	0.957	6		1		12.54		
Total lipid (fat)....g	12.90	0.491	3		1		17.93		
Ash....g	1.41		2		1		1.96		
Carbohydrate, by difference....g	28.69		0	NC	4		39.88		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.134	4		1		28		
Iron, Fe....mg	3.21	0.201	4		1		4.46		
Magnesium, Mg....mg	17	3.177	4		1		24		
Phosphorus, P....mg	141	6.566	4		1		196		
Potassium, K....mg	131		2		1		182		
Sodium, Na....mg	487	185.100	4		1		677		
Zinc, Zn....mg	11.25	4.014	4		1		15.64		
Copper, Cu....mg	0.573	0.162	3		1		0.796		
Manganese, Mn....mg	0.305	0.070	4		1		0.424		
Selenium, Se....µg	66.3		0	RK	4		92.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		1		4		4.2		
Thiamin....mg	0.220		1		4		0.306		
Riboflavin....mg	0.250		1		4		0.348		
Niacin....mg	3.180		1		4		4.420		
Pantothenic acid....mg	0.760		1		1		1.056		
Vitamin B-6....mg	0.020		1		1		0.028		
Folate, total....µg	22		0	RK	4		31		
Folic acid....µg	13		0	NC	4		18		
Folate, food....µg	9		1		1		13		
Folate, DFE....µg	31		0	NC	4		43		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.73		1		1		1.01		
Vitamin A, RAE....µg	78		0	NC	4		108		
Retinol....µg	78		0	NC	4		108		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	261		1		4		363		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21048
Fast foods, oysters, battered or breaded, and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.294		1		1		4.579		
Fatty acids, total monounsaturated.....g	4.979		1		1		6.921		
Fatty acids, total polyunsaturated.....g	3.337		1		1		4.638		
Fatty acids, total trans.....g									
Cholesterol.....mg	78		1		4		108		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.149		
Threonine.....g	0.338		0		1		0.470		
Isoleucine.....g	0.380		0		1		0.528		
Leucine.....g	0.633		0		1		0.880		
Lysine.....g	0.490		0		1		0.681		
Methionine.....g	0.192		0		1		0.267		
Cystine.....g	0.148		0		1		0.206		
Phenylalanine.....g	0.382		0		1		0.531		
Tyrosine.....g	0.279		0		1		0.388		
Valine.....g	0.412		0		1		0.573		
Arginine.....g	0.532		0		1		0.739		
Histidine.....g	0.184		0		1		0.256		
Alanine.....g	0.445		0		1		0.619		
Aspartic acid.....g	0.692		0		1		0.962		
Glutamic acid.....g	1.803		0		1		2.506		
Glycine.....g	0.442		0		1		0.614		
Proline.....g	0.588		0		1		0.817		
Serine.....g	0.443		0		1		0.616		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 139g: 6 pieces

Calories Factors: Protein 4.18 **Fat** 8.94 **Carbohydrate** 3.9

Food Group: 21 Fast Foods

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

NDB No. 21131
Fast foods, potato, baked and topped with cheese sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.75		1		4		194.62		
Energy....kcal	168		0	NC	4		497		
Energy....kJ	703		0	NC	4		2081		
Protein (N x 6.35)....g	4.94		1		1		14.62		
Total lipid (fat)....g	9.71		1		1		28.74		
Ash....g	1.72		1		4		5.09		
Carbohydrate, by difference....g	17.88		0	NC	4		52.92		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	105		1		4		311		
Iron, Fe....mg	1.02		1		4		3.02		
Magnesium, Mg....mg	22		1		4		65		
Phosphorus, P....mg	108		1		4		320		
Potassium, K....mg	394		1		1		1166		
Sodium, Na....mg	129		1		1		382		
Zinc, Zn....mg	0.64		1		4		1.89		
Copper, Cu....mg	0.213		1		4		0.630		
Manganese, Mn....mg	0.174		1		4		0.515		
Selenium, Se....µg	2.6		0	RK	4		7.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		1		4		26.0		
Thiamin....mg	0.080		1		4		0.237		
Riboflavin....mg	0.070		1		4		0.207		
Niacin....mg	1.130		1		4		3.345		
Pantothenic acid....mg	0.440		1		4		1.302		
Vitamin B-6....mg	0.240		1		4		0.710		
Folate, total....µg	9		1		4		27		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		1		4		27		
Folate, DFE....µg	9		0	NC	4		27		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.06		1		4		0.18		
Vitamin A, RAE....µg	85		0	NC	4		252		
Retinol....µg	85		0	NC	4		252		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	283		0	NR	4		838		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21131

Fast foods, potato, baked and topped with cheese sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.567		1		1		10.558		
Fatty acids, total monounsaturated....g	3.615		1		1		10.700		
Fatty acids, total polyunsaturated....g	2.042		1		1		6.044		
Fatty acids, total trans....g									
Cholesterol....mg	6		1		1		18		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		1		0.189		
Threonine....g	0.167		0		1		0.494		
Isoleucine....g	0.256		0		1		0.758		
Leucine....g	0.391		0		1		1.157		
Lysine....g	0.353		0		1		1.045		
Methionine....g	0.106		0		1		0.314		
Cystine....g	0.035		0		1		0.104		
Phenylalanine....g	0.233		0		1		0.690		
Tyrosine....g	0.208		0		1		0.616		
Valine....g	0.295		0		1		0.873		
Arginine....g	0.189		0		1		0.559		
Histidine....g	0.143		0		1		0.423		
Alanine....g	0.136		0		1		0.403		
Aspartic acid....g	0.579		0		1		1.714		
Glutamic acid....g	1.020		0		1		3.019		
Glycine....g	0.100		0		1		0.296		
Proline....g	0.406		0		1		1.202		
Serine....g	0.249		0		1		0.737		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 296g: 1 piece

Calories Factors: Protein 3.97 **Fat** 8.82 **Carbohydrate** 3.51

Food Group: 21 Fast Foods

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

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.02		1		4		194.41		
Energy	kcal	163		0	NC	4		488		
Energy	kJ	683		0	NC	4		2042		
Protein (N x 6.24)	g	6.16		2		1		18.42		
Total lipid (fat)	g	8.66		2		1		25.89		
Ash	g	1.72		1		4		5.14		
Carbohydrate, by difference	g	18.44		0	NC	4		55.14		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		1		4		308		
Iron, Fe	mg	1.05		1		4		3.14		
Magnesium, Mg	mg	23		1		4		69		
Phosphorus, P	mg	116		1		4		347		
Potassium, K	mg	394		1		1		1178		
Sodium, Na	mg	325		2		1		972		
Zinc, Zn	mg	0.72		1		4		2.15		
Copper, Cu	mg	0.216		1		4		0.646		
Manganese, Mn	mg	0.169		1		4		0.505		
Selenium, Se	µg	3.2		0	RK	4		9.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.6		1		4		28.7		
Thiamin	mg	0.090		1		4		0.269		
Riboflavin	mg	0.080		1		4		0.239		
Niacin	mg	1.330		1		4		3.977		
Pantothenic acid	mg	0.430		1		4		1.286		
Vitamin B-6	mg	0.250		1		4		0.748		
Folate, total	µg	10		1		4		30		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	10		1		4		30		
Folate, DFE	µg	10		0	NC	4		30		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.11		1		4		0.33		
Vitamin A, RAE	µg	63		0	NC	4		188		
Retinol	µg	63		0	NC	4		188		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	210		1		4		628		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.389		1		1		10.133		
Fatty acids, total monounsaturated.....g	3.249		1		1		9.715		
Fatty acids, total polyunsaturated.....g	1.589		1		1		4.751		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		2		1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.233		
Threonine.....g	0.216		0		1		0.646		
Isoleucine.....g	0.314		0		1		0.939		
Leucine.....g	0.486		0		1		1.453		
Lysine.....g	0.450		0		1		1.346		
Methionine.....g	0.135		0		1		0.404		
Cystine.....g	0.047		0		1		0.141		
Phenylalanine.....g	0.286		0		1		0.855		
Tyrosine.....g	0.251		0		1		0.750		
Valine.....g	0.363		0		1		1.085		
Arginine.....g	0.260		0		1		0.777		
Histidine.....g	0.181		0		1		0.541		
Alanine.....g	0.198		0		1		0.592		
Aspartic acid.....g	0.701		0		1		2.096		
Glutamic acid.....g	1.227		0		1		3.669		
Glycine.....g	0.174		0		1		0.520		
Proline.....g	0.487		0		1		1.456		
Serine.....g	0.304		0		1		0.909		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 299g: 1 piece

Calories Factors: Protein 3.77 **Fat** 8.75 **Carbohydrate** 3.49

Food Group: 21 Fast Foods

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

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.04		1		4		237.44		
Energy	kcal	133		0	NC	4		452		
Energy	kJ	558		0	NC	4		1892		
Protein (N x 6.33)	g	4.03		2		1		13.66		
Total lipid (fat)	g	6.32		2		1		21.42		
Ash	g	1.61		1		4		5.46		
Carbohydrate, by difference	g	18.00		0	NC	4		61.02		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		1		4		336		
Iron, Fe	mg	0.98		1		4		3.32		
Magnesium, Mg	mg	23		1		4		78		
Phosphorus, P	mg	102		1		4		346		
Potassium, K	mg	425		1		1		1441		
Sodium, Na	mg	143		2		1		485		
Zinc, Zn	mg	0.60		1		4		2.03		
Copper, Cu	mg	0.191		1		4		0.647		
Manganese, Mn	mg	0.237		1		4		0.803		
Selenium, Se	µg	1.7		0	RK	4		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.3		1		4		48.5		
Thiamin	mg	0.080		1		4		0.271		
Riboflavin	mg	0.080		1		4		0.271		
Niacin	mg	1.060		1		4		3.593		
Pantothenic acid	mg	0.420		1		4		1.424		
Vitamin B-6	mg	0.230		1		4		0.780		
Folate, total	µg	18		1		4		61		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	18		1		4		61		
Folate, DFE	µg	18		0	NC	4		61		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.10		1		4		0.34		
Vitamin A, RAE	µg	79		0	NC	4		268		
Retinol	µg	65		0	NC	4		220		
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									
Lipids:										

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.511		1		1		8.512		
Fatty acids, total monounsaturated....g	2.265		1		1		7.678		
Fatty acids, total polyunsaturated....g	1.232		1		1		4.176		
Fatty acids, total trans....g									
Cholesterol....mg	6		1		1		20		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.051		0		1		0.173		
Threonine....g	0.136		0		1		0.461		
Isoleucine....g	0.203		0		1		0.688		
Leucine....g	0.305		0		1		1.034		
Lysine....g	0.279		0		1		0.946		
Methionine....g	0.083		0		1		0.281		
Cystine....g	0.029		0		1		0.098		
Phenylalanine....g	0.183		0		1		0.620		
Tyrosine....g	0.161		0		1		0.546		
Valine....g	0.235		0		1		0.797		
Arginine....g	0.160		0		1		0.542		
Histidine....g	0.112		0		1		0.380		
Alanine....g	0.117		0		1		0.397		
Aspartic acid....g	0.456		0		1		1.546		
Glutamic acid....g	0.801		0		1		2.715		
Glycine....g	0.087		0		1		0.295		
Proline....g	0.314		0		1		1.064		
Serine....g	0.197		0		1		0.668		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 339g: 1 piece

Calories Factors: Protein 3.69 **Fat** 8.82 **Carbohydrate** 3.49

Food Group: 21 Fast Foods

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

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.08		1		4		276.82		
Energy....kcal	131		0	NC	4		516		
Energy....kJ	547		0	NC	4		2161		
Protein (N x 6.35)....g	5.88		2		1		23.23		
Total lipid (fat)....g	5.53		2		1		21.84		
Ash....g	1.79		1		4		7.07		
Carbohydrate, by difference....g	16.72		0	NC	4		66.04		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	104		1		4		411		
Iron, Fe....mg	1.55		1		4		6.12		
Magnesium, Mg....mg	28		1		4		111		
Phosphorus, P....mg	126		1		4		498		
Potassium, K....mg	398		1		1		1572		
Sodium, Na....mg	177		2		1		699		
Zinc, Zn....mg	0.96		1		4		3.79		
Copper, Cu....mg	0.209		1		4		0.826		
Manganese, Mn....mg	0.171		1		4		0.675		
Selenium, Se....µg	1.4		0	RK	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		1		4		31.6		
Thiamin....mg	0.070		1		4		0.277		
Riboflavin....mg	0.090		1		4		0.356		
Niacin....mg	1.060		1		4		4.187		
Pantothenic acid....mg	0.650		1		4		2.568		
Vitamin B-6....mg	0.240		1		4		0.948		
Folate, total....µg	12		0	RK	4		47		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	12		0	RK	4		47		
Folate, DFE....µg	12		0	NC	4		47		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.06		1		4		0.24		
Vitamin A, RAE....µg	47		0	NC	4		186		
Retinol....µg	45		0	NC	4		178		
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									
Lipids:									

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.300		1		1		13.035		
Fatty acids, total monounsaturated.....g	1.731		1		1		6.837		
Fatty acids, total polyunsaturated.....g	0.227		1		1		0.897		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.292		
Threonine.....g	0.205		0		1		0.810		
Isoleucine.....g	0.292		0		1		1.153		
Leucine.....g	0.461		0		1		1.821		
Lysine.....g	0.423		0		1		1.671		
Methionine.....g	0.124		0		1		0.490		
Cystine.....g	0.045		0		1		0.178		
Phenylalanine.....g	0.269		0		1		1.063		
Tyrosine.....g	0.231		0		1		0.912		
Valine.....g	0.336		0		1		1.327		
Arginine.....g	0.252		0		1		0.995		
Histidine.....g	0.170		0		1		0.672		
Alanine.....g	0.193		0		1		0.762		
Aspartic acid.....g	0.663		0		1		2.619		
Glutamic acid.....g	1.177		0		1		4.649		
Glycine.....g	0.163		0		1		0.644		
Proline.....g	0.442		0		1		1.746		
Serine.....g	0.286		0		1		1.130		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 395g: 1 piece

Calories Factors: Protein 3.97 **Fat** 8.81 **Carbohydrate** 3.51

Food Group: 21 Fast Foods

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

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	69.45		1		4		209.74		
Energy ... kcal	141		0	NC	4		425		
Energy ... kJ	589		0	NC	4		1779		
Protein (N x 6.29) ... g	2.21		2		1		6.67		
Total lipid (fat) ... g	7.39		2		1		22.32		
Ash ... g	1.42		1		4		4.29		
Carbohydrate, by difference ... g	19.53		0	NC	4		58.98		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		1		4		106		
Iron, Fe ... mg	1.03		1		4		3.11		
Magnesium, Mg ... mg	23		1		4		69		
Phosphorus, P ... mg	61		1		4		184		
Potassium, K ... mg	458		1		1		1383		
Sodium, Na ... mg	60		2		1		181		
Zinc, Zn ... mg	0.30		1		4		0.91		
Copper, Cu ... mg	0.227		1		4		0.686		
Manganese, Mn ... mg	0.192		1		4		0.580		
Selenium, Se ... µg	1.1		0	RK	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	11.2		1		4		33.8		
Thiamin ... mg	0.090		1		4		0.272		
Riboflavin ... mg	0.060		1		4		0.181		
Niacin ... mg	1.230		1		4		3.715		
Pantothenic acid ... mg	0.490		1		4		1.480		
Vitamin B-6 ... mg	0.260		1		4		0.785		
Folate, total ... µg	11		1		4		33		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	11		1		4		33		
Folate, DFE ... µg	11		0	NC	4		33		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.07		1		4		0.21		
Vitamin A, RAE ... µg	88		0	NC	4		264		
Retinol ... µg	78		0	NC	4		236		
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									
Lipids:									

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.315		1		1		10.011		
Fatty acids, total monounsaturated.....g	2.607		1		1		7.873		
Fatty acids, total polyunsaturated.....g	1.098		1		1		3.316		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		24		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.100		
Threonine.....g	0.085		0		1		0.257		
Isoleucine.....g	0.101		0		1		0.305		
Leucine.....g	0.155		0		1		0.468		
Lysine.....g	0.144		0		1		0.435		
Methionine.....g	0.040		0		1		0.121		
Cystine.....g	0.026		0		1		0.079		
Phenylalanine.....g	0.099		0		1		0.299		
Tyrosine.....g	0.087		0		1		0.263		
Valine.....g	0.129		0		1		0.390		
Arginine.....g	0.096		0		1		0.290		
Histidine.....g	0.051		0		1		0.154		
Alanine.....g	0.070		0		1		0.211		
Aspartic acid.....g	0.422		0		1		1.274		
Glutamic acid.....g	0.394		0		1		1.190		
Glycine.....g	0.061		0		1		0.184		
Proline.....g	0.118		0		1		0.356		
Serine.....g	0.102		0		1		0.308		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 302g: 1 piece

Calories Factors: Protein 3.23 **Fat** 8.82 **Carbohydrate** 3.5

Food Group: 21 Fast Foods

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

NDB No. 21138
Fast foods, potato, french fried in vegetable 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	38.55	0.499	18	A	1		27.37	45.11	59.37
Energy....kcal	312		0	NC	4		222	365	480
Energy....kJ	1305		0	NC	4		927	1527	2010
Protein....g	3.43	0.149	18	A	1		2.44	4.01	5.28
Total lipid (fat)....g	14.73	0.294	18	A	1		10.46	17.23	22.68
Ash....g	1.85	0.032	18	A	1		1.32	2.17	2.85
Carbohydrate, by difference....g	41.44		0	NC	4		29.42	48.48	63.81
Fiber, total dietary....g	3.8	0.113	9	A	1		2.7	4.4	5.8
Sugars, total....g	0.30	0.050	9	A	1		0.21	0.35	0.46
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	0.728	18	A	1		13	21	28
Iron, Fe....mg	0.81	0.019	18	A	1		0.57	0.95	1.25
Magnesium, Mg....mg	35	0.590	18	A	1		25	41	54
Phosphorus, P....mg	125	3.948	18	A	1		89	147	193
Potassium, K....mg	579	11.033	18	A	1		411	678	892
Sodium, Na....mg	210	14.037	18	A	1		149	245	323
Zinc, Zn....mg	0.50	0.035	18	A	1		0.36	0.59	0.77
Copper, Cu....mg	0.124	0.009	18	A	1		0.088	0.145	0.191
Manganese, Mn....mg	0.247	0.010	18	A	1		0.175	0.289	0.380
Selenium, Se....µg	0.9	0.101	10	A	1		0.6	1.0	1.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.7	0.672	9	A	1		3.3	5.5	7.2
Thiamin....mg	0.170	0.004	9	A	1		0.121	0.199	0.261
Riboflavin....mg	0.039	0.002	9	A	1		0.028	0.045	0.060
Niacin....mg	3.004	0.156	9	A	1		2.133	3.515	4.626
Pantothenic acid....mg	0.580	0.023	6	A	1		0.412	0.678	0.893
Vitamin B-6....mg	0.372	0.034	9	A	1		0.264	0.435	0.573
Folate, total....µg	30	4.474	12	A	1		21	35	46
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	30	4.474	12	A	1		21	35	46
Folate, DFE....µg	30		0	NC	4		21	35	46
Choline, total....mg	36.8		3	AS	1		26.1	43.0	56.6
Betaine....mg	0.4		3	A	1		0.3	0.5	0.7
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		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	27		2	A	1		19	31	41
Vitamin E (alpha-tocopherol)....mg	1.67	0.180	9	A	1		1.19	1.95	2.57
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.05	0.005	9	A	1		0.04	0.06	0.08
Tocopherol, gamma....mg	3.63	0.575	9	A	1		2.58	4.25	5.59
Tocopherol, delta....mg	0.90	0.076	9	A	1		0.64	1.06	1.39
Tocotrienol, alpha....mg	0.02	0.005	9	A	1		0.02	0.03	0.04
Tocotrienol, beta....mg	0.09	0.088	9	A	1		0.06	0.10	0.14

NDB No. 21138
Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.03	0.010	9	A	1		0.02	0.03	0.04
Tocotrienol, delta....mg	0.03	0.022	9	A	1		0.02	0.04	0.05
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	11.2	0.631	12	A	1		7.9	13.1	17.2
Dihydrophylloquinone....µg	42.8	2.505	12	A	1		30.4	50.1	65.9
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.336		0	NC	4		1.659	2.733	3.598
4:0....g	0.080	0.059	18	A	1		0.057	0.094	0.124
6:0....g	0.000	0.000	18	A	1		0.000	0.000	0.000
8:0....g	0.014	0.001	18	A	1		0.010	0.016	0.022
10:0....g	0.013	0.000	18	A	1		0.009	0.015	0.020
12:0....g	0.004	0.001	18	A	1		0.003	0.005	0.007
13:0....g									
14:0....g	0.018	0.001	18	A	1		0.013	0.021	0.028
15:0....g	0.005	0.000	18	A	1		0.003	0.005	0.007
16:0....g	1.220	0.022	18	A	1		0.866	1.427	1.878
17:0....g	0.011	0.000	18	A	1		0.008	0.013	0.018
18:0....g	0.838	0.028	18	A	1		0.595	0.980	1.290
20:0....g	0.070	0.002	18	A	1		0.050	0.082	0.109
22:0....g	0.040	0.001	18	A	1		0.028	0.047	0.062
24:0....g	0.022	0.000	18	A	1		0.016	0.026	0.034
Fatty acids, total monounsaturated....g	5.969		0	NC	4		4.238	6.984	9.192
14:1....g	0.000	0.000	18	A	1		0.000	0.001	0.001
15:1....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.026	0.000	18	AS	1		0.018	0.030	0.039
16:1 c....g	0.026	0.000	18	A	1		0.018	0.030	0.039
16:1 t....g	0.000	0.000	18	A	1		0.000	0.000	0.000
17:1....g	0.008	0.000	18	A	1		0.005	0.009	0.012
18:1 undifferentiated....g	5.821	0.132	18	AS	1		4.133	6.811	8.965
18:1 c....g	5.796	0.132	18	A	1		4.115	6.781	8.925
18:1 t....g	0.026	0.001	18	A	1		0.018	0.030	0.039
18:1-11 t (18:1t n-7)....g									
20:1....g	0.107	0.002	18	A	1		0.076	0.125	0.165
22:1 undifferentiated....g	0.004	0.000	18	AS	1		0.003	0.005	0.007
22:1 c....g	0.003	0.000	18	A	1		0.002	0.003	0.004
22:1 t....g	0.002	0.000	18	A	1		0.001	0.002	0.003
24:1 c....g	0.003	0.000	18	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated....g	5.398		0	NC	4		3.832	6.315	8.313
18:2 undifferentiated....g	4.948	0.098	18	AS	1		3.513	5.789	7.620
18:2 n-6 c,c....g	4.898	0.098	18	A	1		3.478	5.731	7.543
18:2 CLAs....g	0.017	0.001	18	A	1		0.012	0.020	0.026
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033	0.001	18	A	1		0.023	0.039	0.051
18:3 undifferentiated....g	0.436	0.011	18	AS	1		0.310	0.510	0.672
18:3 n-3 c,c,c (ALA)....g	0.407	0.010	18	A	1		0.289	0.477	0.627
18:3 n-6 c,c,c....g	0.029	0.001	18	A	1		0.021	0.034	0.045
18:3i....g									
18:4....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.000	18	A	1		0.005	0.009	0.011
20:3 undifferentiated....g	0.001	0.000	18	AS	1		0.000	0.001	0.001
20:3 n-3....g	0.001	0.000	18	A	1		0.000	0.001	0.001
20:3 n-6....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.004	0.000	18	A	1		0.003	0.005	0.007
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	18	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	18	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	18	A	1		0.000	0.000	0.000

NDB No. 21138
Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.060		0	NC	4		0.043	0.071	0.093
Fatty acids, total trans-monoenoic....g	0.027		0	NC	4		0.019	0.032	0.042
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.023	0.039	0.051
Cholesterol....mg	0		1	A	1		0	0	0
Phytosterols....mg	0		0	Z	7		0	0	0
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 = 71g: 1 serving small

Measure 2 = 117g: 1 serving medium

Measure 3 = 154g: 1 serving large

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

Food Group: 21 Fast Foods

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

NDB No. 21139
Fast foods, potato, mashed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.62	0.294	6	A	1		192.67		
Energy....kcal	89		0	NC	4		214		
Energy....kJ	370		0	NC	4		895		
Protein (N x 6.25)....g	1.65	0.090	6	A	1		4.00		
Total lipid (fat)....g	2.82	0.227	6	A	1		6.82		
Ash....g	1.26	0.070	6	A	1		3.05		
Carbohydrate, by difference....g	14.65		0	NC	4		35.46		
Fiber, total dietary....g	1.3	0.058	3	A	1		3.1		
Sugars, total....g	0.50		1	A	1		1.21		
Sucrose....g	0.10		1	A	1		0.24		
Glucose (dextrose)....g	0.20		1	A	1		0.48		
Fructose....g	0.20		1	A	1		0.48		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	12.10	0.274	6	A	1		29.28		
Minerals:									
Calcium, Ca....mg	18	0.497	6	A	1		44		
Iron, Fe....mg	0.31	0.011	6	A	1		0.76		
Magnesium, Mg....mg	15	0.473	6	A	1		35		
Phosphorus, P....mg	59	4.199	6	A	1		143		
Potassium, K....mg	286	8.890	6	A	1		693		
Sodium, Na....mg	306	13.143	6	A	1		741		
Zinc, Zn....mg	0.22	0.012	6	A	1		0.53		
Copper, Cu....mg	0.035	0.002	6	A	1		0.084		
Manganese, Mn....mg	0.098	0.004	6	A	1		0.238		
Selenium, Se....µg	0.8		0	FLA	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0		
Thiamin....mg	0.015		1	A	1		0.036		
Riboflavin....mg	0.015		1	A	1		0.036		
Niacin....mg	1.080		1	A	1		2.614		
Pantothenic acid....mg									
Vitamin B-6....mg	0.120		1	A	1		0.290		
Folate, total....µg	9		0	FLA	4		21		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	9		0	FLA	4		21		
Folate, DFE....µg	9		0	NC	4		21		
Choline, total....mg	13.4		0	FLA	4		32.4		
Betaine....mg									
Vitamin B-12....µg	0.07		0	FLA	4		0.16		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	43		0	FLA	4		105		
Retinol....µg	41		0	FLA	4		99		
Carotene, beta....µg	30		0	FLA	4		72		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	185		0	NC	4		448		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	7		0	FLA	4		18		
Vitamin E (alpha-tocopherol)....mg	0.42		0	FLA	4		1.02		
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. 21139
Fast foods, potato, mashed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	FLA	4		14.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.577		0	NC	4		1.397		
4:0....g	0.004	0.001	3	A	1		0.010		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.002	0.000	3	A	1		0.004		
10:0....g	0.001	0.001	3	A	1		0.002		
12:0....g	0.002	0.000	3	A	1		0.005		
13:0....g									
14:0....g	0.006	0.001	3	A	1		0.015		
15:0....g	0.002	0.000	3	A	1		0.004		
16:0....g	0.319	0.047	3	A	1		0.771		
17:0....g	0.003	0.000	3	A	1		0.008		
18:0....g	0.217	0.028	3	A	1		0.525		
20:0....g	0.010	0.001	3	A	1		0.023		
22:0....g	0.009	0.002	3	A	1		0.022		
24:0....g	0.003	0.001	3	A	1		0.008		
Fatty acids, total monounsaturated....g	0.720		0	NC	4		1.742		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.003	0.000	3	AS	1		0.008		
16:1 c....g	0.003	0.000	3	A	1		0.008		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.002	0.000	3	A	1		0.004		
18:1 undifferentiated....g	0.696	0.114	3	AS	1		1.685		
18:1 c....g	0.607	0.096	3	A	1		1.468		
18:1 t....g	0.090	0.035	3	A	1		0.217		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.003	3	A	1		0.043		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.001		
22:1 c....g	0.000	0.000	3	A	1		0.001		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.342		0	NC	4		3.248		
18:2 undifferentiated....g	1.163	0.203	3	AS	1		2.815		
18:2 n-6 c,c....g	1.146	0.197	3	A	1		2.774		
18:2 CLAs....g	0.002	0.001	3	A	1		0.004		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.004	3	A	1		0.037		
18:3 undifferentiated....g	0.174	0.028	3	AS	1		0.422		
18:3 n-3 c,c,c (ALA)....g	0.174	0.028	3	A	1		0.422		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.001	0.001	3	A	1		0.002		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.002	0.000	3	A	1		0.004		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	3	A	1		0.002		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.001		
22:5 n-3 (DPA)....g	0.001	0.001	3	A	1		0.002		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.105		0	NC	4		0.254		
Fatty acids, total trans-monoenoic....g	0.090		0	NC	4		0.217		

NDB No. 21139
Fast foods, potato, mashed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.015		0	NC	4		0.037		
Cholesterol.....mg	0		1	A	1		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 = 242g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.84 **Carbohydrate** 4.03

Food Group: 21 Fast Foods

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

NDB No. 21026

Fast foods, potatoes, hash browns, round pieces or patty

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	49.27	0.449	15	A	1		2.71	26.11	37.94
Energy ... kcal	272		0	NC	4		15	144	210
Energy ... kJ	1140		0	NC	4		63	604	878
Protein (N x 6.25) ... g	2.58	0.098	15	A	1		0.14	1.37	1.99
Total lipid (fat) ... g	17.04	0.358	15	A	1		0.94	9.03	13.12
Ash ... g	2.23	0.062	15	A	1		0.12	1.18	1.72
Carbohydrate, by difference ... g	28.88		0	NC	4		1.59	15.31	22.24
Fiber, total dietary ... g	2.7	0.149	9	A	1		0.1	1.4	2.1
Sugars, total ... g	0.56	0.063	9	A	1		0.03	0.29	0.43
Sucrose ... g	0.00	0.000	9	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.31	0.042	9	A	1		0.02	0.16	0.24
Fructose ... g	0.24	0.021	9	A	1		0.01	0.13	0.19
Lactose ... g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch ... g	25.74	0.288	9	A	1		1.42	13.64	19.82
Minerals:									
Calcium, Ca ... mg	19	0.532	16	A	1		1	10	14
Iron, Fe ... mg	0.60	0.019	16	A	1		0.03	0.32	0.46
Magnesium, Mg ... mg	21	0.976	16	A	1		1	11	16
Phosphorus, P ... mg	98	3.785	16	A	1		5	52	76
Potassium, K ... mg	355	27.131	16	A	1		20	188	273
Sodium, Na ... mg	566	22.636	16	A	1		31	300	436
Zinc, Zn ... mg	0.36	0.024	16	A	1		0.02	0.19	0.27
Copper, Cu ... mg	0.100	0.009	16	A	1		0.006	0.053	0.077
Manganese, Mn ... mg	0.158	0.009	16	A	1		0.009	0.084	0.122
Selenium, Se ... µg	0.4		3	A	1		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	5.4	1.409	9	A	1		0.3	2.9	4.2
Thiamin ... mg	0.137	0.009	9	A	1		0.008	0.072	0.105
Riboflavin ... mg	0.038	0.007	9	A	1		0.002	0.020	0.029
Niacin ... mg	1.838	0.276	9	A	1		0.101	0.974	1.415
Pantothenic acid ... mg	0.380	0.042	6	A	1		0.021	0.202	0.293
Vitamin B-6 ... mg	0.186	0.007	9	A	1		0.010	0.098	0.143
Folate, total ... µg	12	0.410	9	A	1		1	6	9
Folic acid ... µg	0	0.000	3	A	1		0	0	0
Folate, food ... µg	12	0.410	9	A	1		1	6	9
Folate, DFE ... µg	12		0	NC	4		1	6	9
Choline, total ... mg	17.8		0	AS	1		1.0	9.4	13.7
Betaine ... mg									
Vitamin B-12 ... µg	0.00	0.000	4	A	1		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	1	0.059	7	A	1		0	1	1
Carotene, alpha ... µg	0	0.023	7	A	1		0	0	0
Cryptoxanthin, beta ... µg	0	0.000	7	A	1		0	0	0
Vitamin A, IU ... IU	2		0	NC	4		0	1	2
Lycopene ... µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin ... µg	18	0.208	7	A	1		1	9	14
Vitamin E (alpha-tocopherol) ... mg	2.62	0.254	9	A	1		0.14	1.39	2.02
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta ... mg	0.13	0.078	9	A	1		0.01	0.07	0.10
Tocopherol, gamma ... mg	4.93	1.074	9	A	1		0.27	2.61	3.80
Tocopherol, delta ... mg	0.65	0.096	9	A	1		0.04	0.34	0.50
Tocotrienol, alpha ... mg	0.12	0.007	9	A	1		0.01	0.06	0.09
Tocotrienol, beta ... mg	0.03	0.014	9	A	1		0.00	0.02	0.03

NDB No. 21026
Fast foods, potatoes, hash browns, round pieces or patty

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.07	0.015	9	A	1		0.00	0.03	0.05
Tocotrienol, delta....mg	0.06	0.055	9	A	1		0.00	0.03	0.05
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	9.9	1.603	4	A	1		0.5	5.2	7.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.540		0	NC	4		0.140	1.346	1.956
4:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0....g	0.009	0.002	9	A	1		0.000	0.005	0.007
10:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0....g	0.005	0.000	9	A	1		0.000	0.002	0.004
13:0....g									
14:0....g	0.020	0.001	9	A	1		0.001	0.011	0.015
15:0....g	0.006	0.000	9	A	1		0.000	0.003	0.005
16:0....g	1.422	0.044	9	A	1		0.078	0.754	1.095
17:0....g	0.011	0.001	9	A	1		0.001	0.006	0.009
18:0....g	0.903	0.026	9	A	1		0.050	0.479	0.696
20:0....g	0.089	0.002	9	A	1		0.005	0.047	0.068
22:0....g	0.047	0.001	9	A	1		0.003	0.025	0.036
24:0....g	0.027	0.001	9	A	1		0.002	0.015	0.021
Fatty acids, total monounsaturated....g	7.827		0	NC	4		0.431	4.149	6.027
14:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.030	0.001	9	AS	1		0.002	0.016	0.023
16:1 c....g	0.030	0.001	9	A	1		0.002	0.016	0.023
16:1 t....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1....g	0.008	0.000	9	A	1		0.000	0.004	0.006
18:1 undifferentiated....g	7.629	0.183	9	AS	1		0.420	4.043	5.874
18:1 c....g	7.605	0.184	9	A	1		0.418	4.031	5.856
18:1 t....g	0.024	0.002	9	A	1		0.001	0.013	0.018
18:1-11 t (18:1t n-7)....g									
20:1....g	0.143	0.002	9	A	1		0.008	0.076	0.110
22:1 undifferentiated....g	0.004	0.000	9	AS	1		0.000	0.002	0.003
22:1 c....g	0.004	0.000	9	A	1		0.000	0.002	0.003
22:1 t....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:1 c....g	0.013	0.001	9	A	1		0.001	0.007	0.010
Fatty acids, total polyunsaturated....g	5.665		0	NC	4		0.312	3.002	4.362
18:2 undifferentiated....g	5.180	0.216	9	AS	1		0.285	2.745	3.988
18:2 n-6 c,c....g	5.131	0.218	9	A	1		0.282	2.720	3.951
18:2 CLAs....g	0.016	0.001	9	A	1		0.001	0.008	0.012
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.032	0.002	9	A	1		0.002	0.017	0.025
18:3 undifferentiated....g	0.471	0.019	9	AS	1		0.026	0.250	0.363
18:3 n-3 c,c,c (ALA)....g	0.441	0.021	9	A	1		0.024	0.234	0.340
18:3 n-6 c,c,c....g	0.030	0.001	9	A	1		0.002	0.016	0.023
18:3i....g	0.000	0.000	9	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.008	0.000	9	A	1		0.000	0.004	0.006
20:3 undifferentiated....g	0.000	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005	0.000	9	A	1		0.000	0.003	0.004
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 21026

Fast foods, potatoes, hash browns, round pieces or patty

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.056		0	NC	4		0.003	0.030	0.043
Fatty acids, total trans-monoenoic....g	0.024		0	NC	4		0.001	0.013	0.018
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.002	0.017	0.025
Cholesterol....mg	0		3	A	1		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 = 5.5g: 1 round piece

Measure 2 = 53g: 1 patty

Measure 3 = 77g: 1 serving 14 round pieces

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.765

Food Group: 21 Fast Foods

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

NDB No. 21488
Fast foods, quesadilla, with chicken

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.62	0.257	6	A	1		76.71		
Energy....kcal	294		0	NC	4		528		
Energy....kJ	1228		0	NC	4		2210		
Protein....g	15.05	0.251	6	A	1		27.09		
Total lipid (fat)....g	15.25	0.368	6	A	1		27.45		
Ash....g	3.05	0.062	6	A	1		5.48		
Carbohydrate, by difference....g	24.04		0	NC	4		43.27		
Fiber, total dietary....g	1.7	0.067	3	A	1		3.0		
Sugars, total....g	1.88	0.363	3	A	1		3.39		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.43	0.067	3	A	1		0.78		
Fructose....g	0.40	0.058	3	A	1		0.72		
Lactose....g	0.53	0.219	3	A	1		0.96		
Maltose....g	0.43	0.088	3	A	1		0.78		
Galactose....g	0.08	0.009	3	A	1		0.15		
Starch....g	17.10	0.999	6	A	1		30.78		
Minerals:									
Calcium, Ca....mg	269	12.021	6	A	1		484		
Iron, Fe....mg	1.77	0.047	6	A	1		3.19		
Magnesium, Mg....mg	25	0.278	6	A	1		45		
Phosphorus, P....mg	313	5.200	6	A	1		563		
Potassium, K....mg	183	5.333	6	A	1		329		
Sodium, Na....mg	745	12.068	6	A	1		1340		
Zinc, Zn....mg	1.42	0.053	6	A	1		2.56		
Copper, Cu....mg	0.076	0.003	6	A	1		0.137		
Manganese, Mn....mg	0.266	0.005	6	A	1		0.479		
Selenium, Se....µg	20.8		0	FLA	4		37.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1	A	1		0.1		
Thiamin....mg	0.200		1	A	1		0.360		
Riboflavin....mg	0.180		1	A	1		0.324		
Niacin....mg	4.200		1	A	1		7.560		
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		1	A	1		0.144		
Folate, total....µg	52		0	FLA	4		94		
Folic acid....µg	41		0	FLA	4		74		
Folate, food....µg	11		0	FLA	4		20		
Folate, DFE....µg	81		0	NC	4		146		
Choline, total....mg	29.8		0	FLA	4		53.6		
Betaine....mg									
Vitamin B-12....µg	0.19		1	A	1		0.34		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	72		0	FLA	4		130		
Retinol....µg	70		0	FLA	4		126		
Carotene, beta....µg	23		0	FLA	4		41		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	271		0	NC	4		489		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	5		0	FLA	4		10		
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLA	4		0.53		
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. 21488
Fast foods, quesadilla, with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	FLA	4		0.3		
Vitamin D....IU	8		0	FLA	4		14		
Vitamin K (phylloquinone)....µg	2.4		0	FLA	4		4.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.154		0	NC	4		11.077		
4:0....g	0.140	0.009	6	A	1		0.252		
6:0....g	0.111	0.008	6	A	1		0.200		
8:0....g	0.073	0.005	6	A	1		0.131		
10:0....g	0.178	0.012	6	A	1		0.320		
12:0....g	0.211	0.015	6	A	1		0.380		
13:0....g									
14:0....g	0.714	0.045	6	A	1		1.285		
15:0....g	0.077	0.005	6	A	1		0.139		
16:0....g	2.903	0.113	6	A	1		5.226		
17:0....g	0.056	0.003	6	A	1		0.100		
18:0....g	1.609	0.011	6	A	1		2.896		
20:0....g	0.035	0.001	6	A	1		0.064		
22:0....g	0.029	0.001	6	A	1		0.053		
24:0....g	0.012	0.000	6	A	1		0.021		
Fatty acids, total monounsaturated....g	3.765		0	NC	4		6.776		
14:1....g	0.054	0.004	6	A	1		0.098		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.171	0.013	6	AS	1		0.307		
16:1 c....g	0.144	0.012	6	A	1		0.260		
16:1 t....g	0.026	0.002	6	A	1		0.047		
17:1....g	0.020	0.001	6	A	1		0.036		
18:1 undifferentiated....g	3.447	0.108	6	AS	1		6.205		
18:1 c....g	3.232	0.102	6	A	1		5.818		
18:1 t....g	0.215	0.010	6	A	1		0.387		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.069	0.003	6	A	1		0.124		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.004		
22:1 c....g	0.002	0.000	6	A	1		0.004		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated....g	4.094		0	NC	4		7.370		
18:2 undifferentiated....g	3.556	0.152	6	AS	1		6.401		
18:2 n-6 c,c....g	3.427	0.153	6	A	1		6.168		
18:2 CLAs....g	0.049	0.002	6	A	1		0.088		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.081	0.003	6	A	1		0.145		
18:3 undifferentiated....g	0.459	0.023	6	AS	1		0.826		
18:3 n-3 c,c,c (ALA)....g	0.454	0.023	6	A	1		0.818		
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.008		
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.004		
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.013		
20:3 undifferentiated....g	0.015	0.001	6	AS	1		0.026		
20:3 n-3....g	0.001	0.000	6	A	1		0.001		
20:3 n-6....g	0.014	0.001	6	A	1		0.025		
20:4 undifferentiated....g	0.032	0.001	6	A	1		0.058		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.001	6	A	1		0.010		
21:5....g									
22:4....g	0.008	0.000	6	A	1		0.015		
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.011		
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.004		
Fatty acids, total trans....g	0.322		0	NC	4		0.580		
Fatty acids, total trans-monoenoic....g	0.241		0	NC	4		0.434		

NDB No. 21488
Fast foods, quesadilla, with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.081		0	NC	4		0.145		
Cholesterol.....mg	37	0.722	3	A	1		67		
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 = 180g: 1 each quesadilla

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

Food Group: 21 Fast Foods

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

NDB No. 21052
Fast foods, salad, vegetable, tossed, without dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	95.51		1		1		99.33	197.71	
Energy....kcal	16		0	NC	4		17	33	
Energy....kJ	67				4		70	139	
Protein (N x 6.25)....g	1.25		2		1		1.30	2.59	
Total lipid (fat)....g	0.07	0.041	3		1		0.07	0.14	
Ash....g	0.53		1		4		0.55	1.10	
Carbohydrate, by difference....g	3.22		2		9		3.35	6.67	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2		1		14	27	
Iron, Fe....mg	0.63		2		1		0.66	1.30	
Magnesium, Mg....mg	11		1		4		11	23	
Phosphorus, P....mg	39		1		1		41	81	
Potassium, K....mg	172		2		1		179	356	
Sodium, Na....mg	26		2		1		27	54	
Zinc, Zn....mg	0.21		1		4		0.22	0.43	
Copper, Cu....mg	0.050		1		4		0.052	0.104	
Manganese, Mn....mg	0.147		1		4		0.153	0.304	
Selenium, Se....µg	0.4		0	RK	4		0.4	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.2		2		1		24.1	48.0	
Thiamin....mg	0.030		2		1		0.031	0.062	
Riboflavin....mg	0.050		2		1		0.052	0.104	
Niacin....mg	0.550		2		1		0.572	1.139	
Pantothenic acid....mg	0.120		1		4		0.125	0.248	
Vitamin B-6....mg	0.080		1		4		0.083	0.166	
Folate, total....µg	37		1		4		38	77	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	37		1		4		38	77	
Folate, DFE....µg	37		0	NC	4		38	77	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....µg	57		0	NC	4		59	118	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1136		2		1		1181	2352	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21052
Fast foods, salad, vegetable, tossed, without dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.010		1		1		0.010	0.021	
Fatty acids, total monounsaturated.....g	0.004		1		1		0.004	0.008	
Fatty acids, total polyunsaturated.....g	0.034		1		1		0.035	0.070	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.010	0.021	
Threonine.....g	0.050		0		1		0.052	0.104	
Isoleucine.....g	0.066		0		1		0.069	0.137	
Leucine.....g	0.068		0		1		0.071	0.141	
Lysine.....g	0.069		0		1		0.072	0.143	
Methionine.....g	0.014		0		1		0.015	0.029	
Cystine.....g	0.014		0		1		0.015	0.029	
Phenylalanine.....g	0.046		0		1		0.048	0.095	
Tyrosine.....g	0.027		0		1		0.028	0.056	
Valine.....g	0.059		0		1		0.061	0.122	
Arginine.....g	0.065		0		1		0.068	0.135	
Histidine.....g	0.022		0		1		0.023	0.046	
Alanine.....g	0.050		0		1		0.052	0.104	
Aspartic acid.....g	0.137		0		1		0.142	0.284	
Glutamic acid.....g	0.228		0		1		0.237	0.472	
Glycine.....g	0.046		0		1		0.048	0.095	
Proline.....g	0.073		0		1		0.076	0.151	
Serine.....g	0.044		0		1		0.046	0.091	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 104g: .75 cup

Measure 2 = 207g: 1.5 cup

Calories Factors: Protein 2.47 **Fat** 8.35 **Carbohydrate** 3.67

Food Group: 21 Fast Foods

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

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.46		1		4		196.30		
Energy....kcal	47		0	NC	4		102		
Energy....kJ	197				4		427		
Protein (N x 6.31)....g	4.04	1.010	3		1		8.77		
Total lipid (fat)....g	2.67	0.333	3		1		5.79		
Ash....g	0.76		1		4		1.65		
Carbohydrate, by difference....g	2.19		2		9		4.75		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46		2		1		100		
Iron, Fe....mg	0.31		2		1		0.67		
Magnesium, Mg....mg	11		1		4		24		
Phosphorus, P....mg	61		1		4		132		
Potassium, K....mg	171		1		4		371		
Sodium, Na....mg	55	11.050	3		1		119		
Zinc, Zn....mg	0.46		1		4		1.00		
Copper, Cu....mg	0.041		1		4		0.089		
Manganese, Mn....mg	0.126		1		4		0.273		
Selenium, Se....µg	3.4		0	RK	4		7.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.5		2		1		9.8		
Thiamin....mg	0.040		2		1		0.087		
Riboflavin....mg	0.080		2		1		0.174		
Niacin....mg	0.450		2		1		0.977		
Pantothenic acid....mg	0.240		1		4		0.521		
Vitamin B-6....mg	0.050		1		4		0.109		
Folate, total....µg	39		1		4		85		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	39		1		4		85		
Folate, DFE....µg	39		0	NC	4		85		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		1		4		0.30		
Vitamin A, RAE....µg	48		0	NC	4		103		
Retinol....µg	34		0	NC	4		74		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	379		2		1		822		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.371		1		1		2.975		
Fatty acids, total monounsaturated....g	0.810		1		1		1.758		
Fatty acids, total polyunsaturated....g	0.219		1		1		0.475		
Fatty acids, total trans....g									
Cholesterol....mg	45		2		1		98		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.102		
Threonine....g	0.157		0		1		0.341		
Isoleucine....g	0.230		0		1		0.499		
Leucine....g	0.318		0		1		0.690		
Lysine....g	0.276		0		1		0.599		
Methionine....g	0.092		0		1		0.200		
Cystine....g	0.047		0		1		0.102		
Phenylalanine....g	0.191		0		1		0.414		
Tyrosine....g	0.152		0		1		0.330		
Valine....g	0.243		0		1		0.527		
Arginine....g	0.185		0		1		0.401		
Histidine....g	0.104		0		1		0.226		
Alanine....g	0.153		0		1		0.332		
Aspartic acid....g	0.337		0		1		0.731		
Glutamic acid....g	0.760		0		1		1.649		
Glycine....g	0.106		0		1		0.230		
Proline....g	0.272		0		1		0.590		
Serine....g	0.215		0		1		0.467		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 217g: 1.5 cup

Calories Factors: Protein 3.87 **Fat** 8.82 **Carbohydrate** 3.62

Food Group: 21 Fast Foods

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

NDB No. 21054
Fast foods, salad, vegetable, tossed, without dressing, with chicken

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.05		1		4		189.77		
Energy	kcal	48		0	NC	4		105		
Energy	kJ	201				4		438		
Protein (N x 6.25)	g	8.00		1		1		17.44		
Total lipid (fat)	g	1.00		1		1		2.18		
Ash	g	0.70		1		4		1.53		
Carbohydrate, by difference	g	1.71		0	NC	4		3.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1		1		37		
Iron, Fe	mg	0.50		1		1		1.09		
Magnesium, Mg	mg	15		1		4		33		
Phosphorus, P	mg	78		1		4		170		
Potassium, K	mg	205		1		4		447		
Sodium, Na	mg	96		1		1		209		
Zinc, Zn	mg	0.41		1		4		0.89		
Copper, Cu	mg	0.043		1		4		0.094		
Manganese, Mn	mg	0.114		1		4		0.249		
Selenium, Se	µg	7.1		0	RK	4		15.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		1		1		17.4		
Thiamin	mg	0.050		1		1		0.109		
Riboflavin	mg	0.060		1		1		0.131		
Niacin	mg	2.700		1		1		5.886		
Pantothenic acid	mg	0.270		1		4		0.589		
Vitamin B-6	mg	0.200		1		4		0.436		
Folate, total	µg	31		1		4		68		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	31		1		4		68		
Folate, DFE	µg	31		0	NC	4		68		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.09		1		4		0.20		
Vitamin A, RAE	µg	24		0	NC	4		52		
Retinol	µg	3		0	NC	4		7		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	429		1		1		935		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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. 21054

Fast foods, salad, vegetable, tossed, without dressing, with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.265		1		1		0.578		
Fatty acids, total monounsaturated.....g	0.311		1		1		0.678		
Fatty acids, total polyunsaturated.....g	0.255		1		1		0.556		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.198		
Threonine.....g	0.337		0		1		0.735		
Isoleucine.....g	0.424		0		1		0.924		
Leucine.....g	0.589		0		1		1.284		
Lysine.....g	0.663		0		1		1.445		
Methionine.....g	0.211		0		1		0.460		
Cystine.....g	0.102		0		1		0.222		
Phenylalanine.....g	0.316		0		1		0.689		
Tyrosine.....g	0.264		0		1		0.576		
Valine.....g	0.396		0		1		0.863		
Arginine.....g	0.475		0		1		1.036		
Histidine.....g	0.239		0		1		0.521		
Alanine.....g	0.428		0		1		0.933		
Aspartic acid.....g	0.732		0		1		1.596		
Glutamic acid.....g	1.208		0		1		2.633		
Glycine.....g	0.388		0		1		0.846		
Proline.....g	0.325		0		1		0.709		
Serine.....g	0.273		0		1		0.595		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1.5 cup

Calories Factors: Protein 4.16 **Fat** 8.97 **Carbohydrate** 3.59

Food Group: 21 Fast Foods

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

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.37		1		4		335.14		
Energy....kcal	91		0	NC	4		379		
Energy....kJ	381				4		1588		
Protein (N x 6.16)....g	3.94		1		1		16.43		
Total lipid (fat)....g	5.00		1		1		20.85		
Ash....g	1.12		1		4		4.67		
Carbohydrate, by difference....g	7.67		0	NC	4		31.98		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1		4		71		
Iron, Fe....mg	0.76		1		4		3.17		
Magnesium, Mg....mg	12		1		4		50		
Phosphorus, P....mg	49		1		4		204		
Potassium, K....mg	144		1		4		600		
Sodium, Na....mg	377		1		1		1572		
Zinc, Zn....mg	0.40		1		4		1.67		
Copper, Cu....mg	0.087		1		4		0.363		
Manganese, Mn....mg	0.160		1		4		0.667		
Selenium, Se....µg	10.7		0	RK	4		44.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.2		1		4		38.4		
Thiamin....mg	0.070		1		4		0.292		
Riboflavin....mg	0.050		1		4		0.209		
Niacin....mg	0.850		1		4		3.545		
Pantothenic acid....mg	0.090		1		4		0.375		
Vitamin B-6....mg	0.080		1		4		0.334		
Folate, total....µg	45		0	RK	4		188		
Folic acid....µg	21		0	NC	4		88		
Folate, food....µg	24		0		4		100		
Folate, DFE....µg	60		0	NC	4		249		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.41		1		4		1.71		
Vitamin A, RAE....µg	76		0	NC	4		315		
Retinol....µg	1		0	NC	4		4		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1498		1		4		6247		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.616		1		1		2.569		
Fatty acids, total monounsaturated.....g	1.156		1		1		4.821		
Fatty acids, total polyunsaturated.....g	2.178		1		1		9.082		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.192		
Threonine.....g	0.147		0		1		0.613		
Isoleucine.....g	0.179		0		1		0.746		
Leucine.....g	0.287		0		1		1.197		
Lysine.....g	0.254		0		1		1.059		
Methionine.....g	0.088		0		1		0.367		
Cystine.....g	0.061		0		1		0.254		
Phenylalanine.....g	0.165		0		1		0.688		
Tyrosine.....g	0.118		0		1		0.492		
Valine.....g	0.187		0		1		0.780		
Arginine.....g	0.224		0		1		0.934		
Histidine.....g	0.092		0		1		0.384		
Alanine.....g	0.186		0		1		0.776		
Aspartic acid.....g	0.337		0		1		1.405		
Glutamic acid.....g	0.829		0		1		3.457		
Glycine.....g	0.172		0		1		0.717		
Proline.....g	0.224		0		1		0.934		
Serine.....g	0.161		0		1		0.671		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 417g: 1.5 cup

Calories Factors: Protein 4.15 **Fat** 8.8 **Carbohydrate** 4

Food Group: 21 Fast Foods

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

NDB No. 21056
Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.10		1		1		210.28		
Energy....kcal	45		0	NC	4		106		
Energy....kJ	188				4		444		
Protein (N x 6.25)....g	6.15		2		1		14.51		
Total lipid (fat)....g	1.05		2		1		2.48		
Ash....g	0.90		1		1		2.12		
Carbohydrate, by difference....g	2.80		0	NC	4		6.61		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		2		1		59		
Iron, Fe....mg	0.38		2		1		0.90		
Magnesium, Mg....mg	16		1		1		38		
Phosphorus, P....mg	68		1		1		160		
Potassium, K....mg	171		1		1		404		
Sodium, Na....mg	207		2		1		489		
Zinc, Zn....mg	0.54		1		1		1.27		
Copper, Cu....mg	0.068		1		1		0.160		
Manganese, Mn....mg	0.060		1		4		0.142		
Selenium, Se....µg	16.2		0	RK	4		38.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9		2		1		9.2		
Thiamin....mg	0.050		2		1		0.118		
Riboflavin....mg	0.070		2		1		0.165		
Niacin....mg	0.490		2		1		1.156		
Pantothenic acid....mg	0.210		1		1		0.496		
Vitamin B-6....mg	0.060		1		1		0.142		
Folate, total....µg	37		1		1		87		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	37		1		1		87		
Folate, DFE....µg	37		0	NC	4		87		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.60		1		1		3.78		
Vitamin A, RAE....µg	17		0	NC	4		40		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	335		2		1		791		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21056

Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.276		1		1		0.651		
Fatty acids, total monounsaturated.....g	0.348		1		1		0.821		
Fatty acids, total polyunsaturated.....g	0.205		1		1		0.484		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		2		1		179		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.198		
Threonine.....g	0.256		0		1		0.604		
Isoleucine.....g	0.311		0		1		0.734		
Leucine.....g	0.476		0		1		1.123		
Lysine.....g	0.487		0		1		1.149		
Methionine.....g	0.166		0		1		0.392		
Cystine.....g	0.084		0		1		0.198		
Phenylalanine.....g	0.270		0		1		0.637		
Tyrosine.....g	0.206		0		1		0.486		
Valine.....g	0.314		0		1		0.741		
Arginine.....g	0.479		0		1		1.130		
Histidine.....g	0.126		0		1		0.297		
Alanine.....g	0.337		0		1		0.795		
Aspartic acid.....g	0.635		0		1		1.499		
Glutamic acid.....g	1.028		0		1		2.426		
Glycine.....g	0.321		0		1		0.758		
Proline.....g	0.207		0		1		0.489		
Serine.....g	0.277		0		1		0.654		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 236g: 1.5 cup

Calories Factors: Protein 4.18 **Fat** 8.92 **Carbohydrate** 3.7

Food Group: 21 Fast Foods

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

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.45		1		4		268.79		
Energy....kcal	82		0	NC	4		267		
Energy....kJ	343				4		1118		
Protein (N x 6.28)....g	7.98	0.627	3		1		26.01		
Total lipid (fat)....g	4.93	0.070	3		1		16.07		
Ash....g	1.29		1		4		4.21		
Carbohydrate, by difference....g	1.45		2		9		4.73		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	72		2		1		235		
Iron, Fe....mg	0.60		2		1		1.96		
Magnesium, Mg....mg	15		1		4		49		
Phosphorus, P....mg	123		1		4		401		
Potassium, K....mg	123		1		1		401		
Sodium, Na....mg	228	45.549	3		1		743		
Zinc, Zn....mg	0.96		1		4		3.13		
Copper, Cu....mg	0.051		1		4		0.166		
Manganese, Mn....mg	0.110		1		4		0.359		
Selenium, Se....µg	11.3		0	RK	4		36.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		2		1		16.3		
Thiamin....mg	0.120		2		1		0.391		
Riboflavin....mg	0.120		2		1		0.391		
Niacin....mg	1.830		2		1		5.966		
Pantothenic acid....mg	0.280		1		4		0.913		
Vitamin B-6....mg	0.130		1		4		0.424		
Folate, total....µg	31		1		4		101		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	31		1		4		101		
Folate, DFE....µg	31		0	NC	4		101		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.26		1		4		0.85		
Vitamin A, RAE....µg	45		0	NC	4		145		
Retinol....µg	34		0	NC	4		111		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	323		2		1		1053		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.508		1		1		8.176		
Fatty acids, total monounsaturated.....g	1.585		1		1		5.167		
Fatty acids, total polyunsaturated.....g	0.443		1		1		1.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	43	7.191	3		1		140		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0		1		0.303		
Threonine.....g	0.329		0		1		1.073		
Isoleucine.....g	0.412		0		1		1.343		
Leucine.....g	0.641		0		1		2.090		
Lysine.....g	0.657		0		1		2.142		
Methionine.....g	0.207		0		1		0.675		
Cystine.....g	0.088		0		1		0.287		
Phenylalanine.....g	0.348		0		1		1.134		
Tyrosine.....g	0.303		0		1		0.988		
Valine.....g	0.426		0		1		1.389		
Arginine.....g	0.456		0		1		1.487		
Histidine.....g	0.248		0		1		0.808		
Alanine.....g	0.397		0		1		1.294		
Aspartic acid.....g	0.698		0		1		2.275		
Glutamic acid.....g	1.420		0		1		4.629		
Glycine.....g	0.314		0		1		1.024		
Proline.....g	0.456		0		1		1.487		
Serine.....g	0.375		0		1		1.223		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 326g: 1.5 cup

Calories Factors: Protein 4.15 **Fat** 8.85 **Carbohydrate** 3.62

Food Group: 21 Fast Foods

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

NDB No. 21058
Fast foods, scallops, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.01	1.799	3		1		69.13		
Energy....kcal	268		0	NC	4		386		
Energy....kJ	1121		0		4		1615		
Protein (N x 6.21)....g	10.94	0.754	4		1		15.75		
Total lipid (fat)....g	13.47	1.096	4		1		19.40		
Ash....g	1.08		0	NR	4		1.56		
Carbohydrate, by difference....g	26.73		0	NC	4		38.49		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.165	3		1		19		
Iron, Fe....mg	1.42	0.280	3		1		2.04		
Magnesium, Mg....mg	22	3.575	3		1		32		
Phosphorus, P....mg	203	18.030	3		1		292		
Potassium, K....mg	204		2		1		294		
Sodium, Na....mg	638	128.292	3		1		919		
Zinc, Zn....mg	0.75	0.165	3		1		1.08		
Copper, Cu....mg	0.150	0.085	3		1		0.216		
Manganese, Mn....mg	0.207	0.083	3		1		0.298		
Selenium, Se....µg	27.0		0	BFZN	4		38.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.140		1		1		0.202		
Riboflavin....mg	0.590		1		1		0.850		
Niacin....mg	0.000		1		1		0.000		
Pantothenic acid....mg	0.350		1		1		0.504		
Vitamin B-6....mg	0.050		1		1		0.072		
Folate, total....µg	37		0	BFZN	4		53		
Folic acid....µg	9		0	NC	4		13		
Folate, food....µg	28		1		1		40		
Folate, DFE....µg	43		0	NC	4		62		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		1		1		0.43		
Vitamin A, RAE....µg	29		0	NC	4		42		
Retinol....µg	29		0	NC	4		42		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	96		1		4		138		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21058
Fast foods, scallops, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.391		0		1		4.883		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.040		1		1		0.058		
15:0....g									
16:0....g	1.739		1		1		2.504		
17:0....g									
18:0....g	1.612		1		1		2.321		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.718		0		1		12.554		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.202		1		1		0.291		
17:1....g									
18:1 undifferentiated....g	8.517		1		1		12.264		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0		1		0.605		
18:2 undifferentiated....g	0.284		1		1		0.409		
18:3 undifferentiated....g	0.135		1		1		0.194		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	75		1		4		108		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.186		
Threonine....g	0.423		0		1		0.609		
Isoleucine....g	0.468		0		1		0.674		
Leucine....g	0.770		0		1		1.109		
Lysine....g	0.636		0		1		0.916		
Methionine....g	0.238		0		1		0.343		
Cystine....g	0.174		0		1		0.251		
Phenylalanine....g	0.453		0		1		0.652		
Tyrosine....g	0.343		0		1		0.494		
Valine....g	0.502		0		1		0.723		
Arginine....g	0.671		0		1		0.966		
Histidine....g	0.220		0		1		0.317		
Alanine....g	0.562		0		1		0.809		
Aspartic acid....g	0.880		0		1		1.267		
Glutamic acid....g	2.027		0		1		2.919		
Glycine....g	0.553		0		1		0.796		
Proline....g	0.653		0		1		0.940		
Serine....g	0.535		0		1		0.770		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 21058

Fast foods, scallops, breaded and fried

Common Measures:

Measure 1 = 144g: 6 pieces

Calories Factors: Protein 4.22 **Fat** 8.82 **Carbohydrate** 3.86

Food Group: 21 Fast Foods

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

NDB No. 21059
Fast foods, shrimp, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.15	1.057	6	A	1		16.44		
Energy....kcal	308		0	NC	4		120		
Energy....kJ	1290		0	NC	4		503		
Protein (N x 6.22)....g	7.84	0.295	6	A	1		3.06		
Total lipid (fat)....g	18.90	0.998	6	A	1		7.37		
Ash....g	3.12	0.114	6	A	1		1.22		
Carbohydrate, by difference....g	27.99		0	NC	4		10.92		
Fiber, total dietary....g	0.7		1	A	1		0.3		
Sugars, total....g	0.10		1	A	1		0.04		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.10		1	A	1		0.04		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	26.28	0.455	6	A	1		10.25		
Minerals:									
Calcium, Ca....mg	29	0.893	6	A	1		11		
Iron, Fe....mg	0.86	0.054	6	A	1		0.34		
Magnesium, Mg....mg	16	0.549	6	A	1		6		
Phosphorus, P....mg	185	5.590	6	A	1		72		
Potassium, K....mg	82	3.701	6	A	1		32		
Sodium, Na....mg	897		0	LC	8		350		
Zinc, Zn....mg	0.58	0.014	6	A	1		0.23		
Copper, Cu....mg	0.097	0.005	6	A	1		0.038		
Manganese, Mn....mg	0.172	0.005	6	A	1		0.067		
Selenium, Se....µg	9.7		0	BFZN	4		3.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.060		1	A	1		0.023		
Riboflavin....mg	0.020		1	A	1		0.008		
Niacin....mg	1.240		1	A	1		0.484		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		1	A	1		0.023		
Folate, total....µg	43		0	FLA	4		17		
Folic acid....µg	28		0	FLA	4		11		
Folate, food....µg	15		0	FLA	4		6		
Folate, DFE....µg	62		0	NC	4		24		
Choline, total....mg	50.6		0	FLA	4		19.7		
Betaine....mg									
Vitamin B-12....µg	0.53		1	A	1		0.21		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	32		0	NC	4		13		
Retinol....µg	32		0	FLA	4		13		
Carotene, beta....µg	1		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	109		0	NC	4		43		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	10		0	FLA	4		4		
Vitamin E (alpha-tocopherol)....mg	2.52		0	BFZN	4		0.98		
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. 21059
Fast foods, shrimp, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0		
Vitamin D....IU	1		0	FLA	4		1		
Vitamin K (phylloquinone)....µg	4.7		0	FLA	4		1.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.843		0	NC	4		1.499		
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	0.004		0	FLC	4		0.002		
13:0....g									
14:0....g	0.033		0	FLC	4		0.013		
15:0....g	0.005		0	FLC	4		0.002		
16:0....g	2.516		0	FLC	4		0.981		
17:0....g	0.010		0	FLC	4		0.004		
18:0....g	1.272		0	FLC	4		0.496		
20:0....g	0.001		0	FLC	4		0.001		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.003		0	FLC	4		0.001		
Fatty acids, total monounsaturated....g	11.905		0	NC	4		4.643		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.127		0	FLC	4		0.050		
17:1....g	0.042		0	FLC	4		0.016		
18:1 undifferentiated....g	11.734		0	FLC	4		4.576		
20:1....g	0.003		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	1.593		0	NC	4		0.621		
18:2 undifferentiated....g	1.458		0	FLC	4		0.569		
18:3 undifferentiated....g	0.108		0	FLC	4		0.042		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.001		0	FLC	4		0.000		
20:3 undifferentiated....g	0.001		0	FLC	4		0.000		
20:4 undifferentiated....g	0.005		0	FLC	4		0.002		
20:5 n-3 (EPA)....g	0.009		0	FLC	4		0.004		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.010		0	FLC	4		0.004		
Fatty acids, total trans....g	0.011		0	FLC	4		0.004		
Cholesterol....mg	58	1.105	3	A	1		22		
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 = 39g: 3 pieces shrimp

Calories Factors: Protein 4.23 **Fat** 8.89 **Carbohydrate** 3.83

NDB No. 21059
Fast foods, shrimp, breaded and fried

Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21124

Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.51	0.403	6	A	1		110.75	220.94	
Energy....kcal	213		0	NC	4		417	832	
Energy....kJ	890		0	NC	4		1744	3480	
Protein (N x 6.09)....g	10.52	0.208	6	A	1		20.62	41.13	
Total lipid (fat)....g	10.04	0.152	6	A	1		19.67	39.24	
Ash....g	2.50	0.052	6	A	1		4.91	9.79	
Carbohydrate, by difference....g	20.43		0	NC	4		40.05	79.89	
Fiber, total dietary....g	1.2	0.105	3	A	1		2.3	4.6	
Sugars, total....g	3.18	0.116	3	A	1		6.24	12.44	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.23	0.033	3	A	1		2.42	4.82	
Fructose....g	1.40	0.058	3	A	1		2.74	5.47	
Lactose....g	0.08	0.009	3	A	1		0.16	0.32	
Maltose....g	0.47	0.033	3	A	1		0.91	1.82	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	15.67	0.441	3	A	1		30.71	61.26	
Minerals:									
Calcium, Ca....mg	171	2.824	6	A	1		335	667	
Iron, Fe....mg	1.81	0.023	6	A	1		3.54	7.07	
Magnesium, Mg....mg	20	0.266	6	A	1		39	77	
Phosphorus, P....mg	112	2.012	6	A	1		219	436	
Potassium, K....mg	282	4.326	6	A	1		552	1101	
Sodium, Na....mg	575	19.431	6	A	1		1126	2247	
Zinc, Zn....mg	1.05	0.021	6	A	1		2.05	4.09	
Copper, Cu....mg	0.084	0.001	6	A	1		0.164	0.327	
Manganese, Mn....mg	0.354	0.008	6	A	1		0.694	1.385	
Selenium, Se....µg	19.9	1.484	3	A	1		39.0	77.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5	0.376	3	A	1		14.6	29.2	
Thiamin....mg	0.343	0.003	3	A	1		0.673	1.342	
Riboflavin....mg	0.267	0.009	3	A	1		0.523	1.043	
Niacin....mg	4.323	0.095	3	A	1		8.474	16.904	
Pantothenic acid....mg	0.555		2	A	1		1.088	2.170	
Vitamin B-6....mg	0.203	0.005	3	A	1		0.398	0.795	
Folate, total....µg	66	5.357	3	A	1		129	257	
Folic acid....µg	57		0	RA	4		111	222	
Folate, food....µg	9		0	NC	4		17	35	
Folate, DFE....µg	106		0	NC	4		207	413	
Choline, total....mg	29.1		0	RA	4		57.1	113.9	
Betaine....mg									
Vitamin B-12....µg	0.22	0.009	3	A	1		0.42	0.85	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	22		0	AS	1		42	84	
Retinol....µg	16		1	A	1		31	61	
Carotene, beta....µg	61		1	A	1		119	237	
Carotene, alpha....µg	2		1	A	1		4	8	
Cryptoxanthin, beta....µg	18		1	A	1		35	71	
Vitamin A, IU....IU	170		0	AS	1		333	665	
Lycopene....µg	275		1	A	1		539	1075	
Lutein + zeaxanthin....µg	115		1	A	1		226	451	
Vitamin E (alpha-tocopherol)....mg	0.41		2	A	1		0.80	1.60	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.06		2	A	1		0.13	0.25	
Tocopherol, gamma....mg	0.37		2	A	1		0.73	1.46	
Tocopherol, delta....mg	0.10		2	A	1		0.20	0.41	
Tocotrienol, alpha....mg	0.04		2	A	1		0.09	0.18	
Tocotrienol, beta....mg	0.24		2	A	1		0.48	0.96	

NDB No. 21124

Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.2		0	RA	4		0.3	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	7		0	RA	4		14	28	
Vitamin K (phylloquinone)....µg	4.5		0	RA	4		8.8	17.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.554		0	NC	4		6.965	13.895	
4:0....g	0.013	0.006	3	A	1		0.025	0.051	
6:0....g	0.009	0.004	3	A	1		0.017	0.034	
8:0....g	0.006	0.003	3	A	1		0.012	0.023	
10:0....g	0.024	0.007	3	A	1		0.046	0.092	
12:0....g	0.023	0.008	3	A	1		0.046	0.091	
13:0....g									
14:0....g	0.178	0.030	3	A	1		0.348	0.695	
15:0....g	0.016	0.003	3	A	1		0.031	0.062	
16:0....g	2.077	0.100	3	A	1		4.071	8.121	
17:0....g	0.041	0.003	3	A	1		0.081	0.161	
18:0....g	1.138	0.058	3	A	1		2.231	4.451	
20:0....g	0.017	0.000	3	A	1		0.034	0.068	
22:0....g	0.008	0.000	3	A	1		0.016	0.031	
24:0....g	0.004	0.000	3	A	1		0.008	0.016	
Fatty acids, total monounsaturated....g	3.716		0	NC	4		7.283	14.529	
14:1....g	0.017	0.003	3	A	1		0.033	0.065	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.191	0.008	3	AS	1		0.374	0.746	
16:1 c....g	0.183	0.007	3	A	1		0.358	0.714	
16:1 t....g	0.008	0.001	3	A	1		0.016	0.032	
17:1....g	0.026	0.001	3	A	1		0.051	0.102	
18:1 undifferentiated....g	3.408	0.097	3	AS	1		6.680	13.326	
18:1 c....g	3.316	0.092	3	A	1		6.499	12.964	
18:1 t....g	0.093	0.010	3	A	1		0.181	0.362	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.066	0.002	3	A	1		0.129	0.258	
22:1 undifferentiated....g	0.008	0.000	3	AS	1		0.016	0.032	
22:1 c....g	0.008	0.000	3	A	1		0.016	0.032	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.927		0	NC	4		3.776	7.533	
18:2 undifferentiated....g	1.698	0.020	3	AS	1		3.328	6.638	
18:2 n-6 c,c....g	1.665	0.023	3	A	1		3.264	6.511	
18:2 CLAs....g	0.014	0.002	3	A	1		0.028	0.056	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018	0.002	3	A	1		0.036	0.071	
18:3 undifferentiated....g	0.107	0.002	3	AS	1		0.210	0.420	
18:3 n-3 c,c,c (ALA)....g	0.104	0.002	3	A	1		0.204	0.407	
18:3 n-6 c,c,c....g	0.003	0.000	3	A	1		0.007	0.013	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.048	0.001	3	A	1		0.093	0.186	
20:3 undifferentiated....g	0.017	0.002	3	AS	1		0.033	0.066	
20:3 n-3....g	0.004	0.002	3	A	1		0.008	0.017	
20:3 n-6....g	0.013	0.001	3	A	1		0.025	0.049	
20:4 undifferentiated....g	0.036	0.002	3	A	1		0.070	0.139	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	A	1		0.002	0.004	
21:5....g									
22:4....g	0.013	0.001	3	A	1		0.026	0.052	
22:5 n-3 (DPA)....g	0.005	0.000	3	A	1		0.010	0.021	

NDB No. 21124

Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.002	0.000	3	A	1		0.003	0.007	
Fatty acids, total trans....g	0.119		0	NC	4		0.234	0.466	
Fatty acids, total trans-monoenoic....g	0.101		0	NC	4		0.198	0.394	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.036	0.071	
Cholesterol....mg	27	0.775	3	A	1		54	107	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.196	0.392	
Threonine....g	0.331		0	A	1		0.648	1.293	
Isoleucine....g	0.431		0	A	1		0.844	1.685	
Leucine....g	0.752		0	A	1		1.473	2.938	
Lysine....g	0.491		0	A	1		0.962	1.920	
Methionine....g	0.210		0	A	1		0.412	0.822	
Cystine....g									
Phenylalanine....g	0.431		0	A	1		0.844	1.685	
Tyrosine....g	0.260		0	A	1		0.510	1.018	
Valine....g	0.501		0	A	1		0.982	1.959	
Arginine....g	0.501		0	A	1		0.982	1.959	
Histidine....g	0.301		0	A	1		0.589	1.175	
Alanine....g	0.481		0	A	1		0.942	1.880	
Aspartic acid....g	0.741		0	A	1		1.453	2.899	
Glutamic acid....g	2.455		0	A	1		4.812	9.599	
Glycine....g	0.451		0	A	1		0.884	1.763	
Proline....g	1.022		0	A	1		2.003	3.996	
Serine....g	0.411		0	A	1		0.805	1.606	
Hydroxyproline....g	0.070		1	A	1		0.137	0.274	
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 196g: 6 inch sub

Measure 2 = 391g: 12 inch sub

Calories Factors: Protein 4.12 **Fat** 8.85 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

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

NDB No. 21125

Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.08	0.617	6	A	1		119.86	240.34	
Energy....kcal	156		0	NC	4		296	594	
Energy....kJ	652		0	NC	4		1239	2484	
Protein (N x 6.17)....g	12.17	0.225	6	A	1		23.12	46.35	
Total lipid (fat)....g	2.73	0.186	6	A	1		5.18	10.39	
Ash....g	1.68	0.040	6	A	1		3.20	6.41	
Carbohydrate, by difference....g	20.34		0	NC	4		38.65	77.50	
Fiber, total dietary....g	0.7	0.179	3	A	1		1.4	2.8	
Sugars, total....g	3.00	0.115	3	A	1		5.70	11.43	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.07	0.088	3	A	1		2.03	4.06	
Fructose....g	1.40	0.000	3	A	1		2.66	5.33	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.53	0.033	3	A	1		1.01	2.03	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	15.60	0.400	3	A	1		29.64	59.44	
Minerals:									
Calcium, Ca....mg	164	3.394	6	A	1		311	623	
Iron, Fe....mg	2.09	0.046	6	A	1		3.97	7.96	
Magnesium, Mg....mg	20	0.414	6	A	1		38	77	
Phosphorus, P....mg	118	3.027	6	A	1		225	450	
Potassium, K....mg	188	3.000	6	A	1		357	716	
Sodium, Na....mg	329	9.981	6	A	1		625	1254	
Zinc, Zn....mg	1.50	0.053	6	A	1		2.85	5.71	
Copper, Cu....mg	0.081	0.003	6	A	1		0.153	0.307	
Manganese, Mn....mg	0.267	0.007	6	A	1		0.508	1.018	
Selenium, Se....µg	17.0	1.575	3	A	1		32.3	64.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.230	0.006	3	A	1		0.437	0.876	
Riboflavin....mg	0.257	0.009	3	A	1		0.488	0.978	
Niacin....mg	4.183	0.144	3	A	1		7.948	15.938	
Pantothenic acid....mg	0.415		2	A	1		0.789	1.581	
Vitamin B-6....mg	0.275	0.010	3	A	1		0.523	1.049	
Folate, total....µg	67	6.341	3	A	1		127	255	
Folic acid....µg	58		0	RA	4		110	221	
Folate, food....µg	9		0	NC	4		17	34	
Folate, DFE....µg	108		0	NC	4		204	410	
Choline, total....mg	26.2		0	RA	4		49.7	99.7	
Betaine....mg									
Vitamin B-12....µg	0.44	0.043	3	A	1		0.84	1.69	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	6		0	AS	1		12	23	
Retinol....µg	3		1	A	1		5	10	
Carotene, beta....µg	40		1	A	1		76	152	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	2		1	A	1		3	6	
Vitamin A, IU....IU	77		0	AS	1		146	293	
Lycopene....µg	213		1	A	1		406	813	
Lutein + zeaxanthin....µg	44		1	A	1		83	166	
Vitamin E (alpha-tocopherol)....mg	0.29		2	A	1		0.56	1.11	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.07		2	A	1		0.13	0.25	
Tocopherol, gamma....mg	0.43		2	A	1		0.82	1.65	
Tocopherol, delta....mg	0.13		2	A	1		0.26	0.51	
Tocotrienol, alpha....mg	0.02		2	A	1		0.04	0.09	
Tocotrienol, beta....mg	0.33		2	A	1		0.63	1.25	

NDB No. 21125

Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	1		0	RA	4		2	3	
Vitamin K (phylloquinone)....µg	4.5		0	RA	4		8.6	17.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.972		0	NC	4		1.847	3.703	
4:0....g	0.007	0.007	3	A	1		0.013	0.025	
6:0....g	0.004	0.004	3	A	1		0.008	0.015	
8:0....g	0.003	0.003	3	A	1		0.005	0.010	
10:0....g	0.010	0.006	3	A	1		0.019	0.038	
12:0....g	0.010	0.007	3	A	1		0.018	0.037	
13:0....g									
14:0....g	0.055	0.025	3	A	1		0.104	0.208	
15:0....g	0.009	0.003	3	A	1		0.016	0.033	
16:0....g	0.517	0.090	3	A	1		0.983	1.971	
17:0....g	0.015	0.003	3	A	1		0.029	0.058	
18:0....g	0.328	0.051	3	A	1		0.624	1.251	
20:0....g	0.006	0.001	3	A	1		0.011	0.023	
22:0....g	0.006	0.000	3	A	1		0.011	0.021	
24:0....g	0.003	0.000	3	A	1		0.006	0.013	
Fatty acids, total monounsaturated....g	0.789		0	NC	4		1.499	3.006	
14:1....g	0.010	0.003	3	A	1		0.019	0.038	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.049	0.008	3	AS	1		0.094	0.188	
16:1 c....g	0.045	0.007	3	A	1		0.085	0.170	
16:1 t....g	0.005	0.001	3	A	1		0.009	0.018	
17:1....g	0.010	0.001	3	A	1		0.020	0.039	
18:1 undifferentiated....g	0.708	0.100	3	AS	1		1.345	2.697	
18:1 c....g	0.669	0.092	3	A	1		1.270	2.547	
18:1 t....g	0.039	0.009	3	A	1		0.075	0.150	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009	0.002	3	A	1		0.018	0.036	
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.001	0.003	
22:1 c....g	0.001	0.001	3	A	1		0.001	0.003	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.002	0.002	3	A	1		0.003	0.006	
Fatty acids, total polyunsaturated....g	0.718		0	NC	4		1.364	2.735	
18:2 undifferentiated....g	0.617	0.014	3	AS	1		1.172	2.350	
18:2 n-6 c,c....g	0.603	0.010	3	A	1		1.146	2.298	
18:2 CLAs....g	0.006	0.002	3	A	1		0.011	0.023	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.002	3	A	1		0.015	0.029	
18:3 undifferentiated....g	0.065	0.003	3	AS	1		0.123	0.246	
18:3 n-3 c,c,c (ALA)....g	0.063	0.004	3	A	1		0.120	0.241	
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.003	0.005	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	3	A	1		0.002	0.004	
20:3 undifferentiated....g	0.007	0.000	3	AS	1		0.013	0.025	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.006	0.000	3	A	1		0.012	0.024	
20:4 undifferentiated....g	0.014	0.000	3	A	1		0.027	0.053	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	3	A	1		0.007	0.014	
21:5....g									
22:4....g	0.003	0.000	3	A	1		0.006	0.013	
22:5 n-3 (DPA)....g	0.006	0.001	3	A	1		0.012	0.024	

NDB No. 21125

Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001	0.000	3	A	1		0.003	0.005	
Fatty acids, total trans....g	0.052		0	NC	4		0.098	0.197	
Fatty acids, total trans-monoenoic....g	0.044		0	NC	4		0.084	0.168	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.015	0.029	
Cholesterol....mg	18	0.751	3	A	1		35	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.273	0.547	
Threonine....g	0.420		0	A	1		0.798	1.600	
Isoleucine....g	0.553		0	A	1		1.051	2.108	
Leucine....g	0.953		0	A	1		1.810	3.630	
Lysine....g	0.697		0	A	1		1.324	2.655	
Methionine....g	0.266		0	A	1		0.506	1.015	
Cystine....g									
Phenylalanine....g	0.522		0	A	1		0.993	1.990	
Tyrosine....g	0.328		0	A	1		0.623	1.249	
Valine....g	0.615		0	A	1		1.168	2.342	
Arginine....g	0.645		0	A	1		1.226	2.459	
Histidine....g	0.379		0	A	1		0.720	1.444	
Alanine....g	0.604		0	A	1		1.148	2.303	
Aspartic acid....g	0.932		0	A	1		1.772	3.552	
Glutamic acid....g	2.828		0	A	1		5.373	10.774	
Glycine....g	0.502		0	A	1		0.954	1.913	
Proline....g	1.117		0	A	1		2.122	4.255	
Serine....g	0.492		0	A	1		0.934	1.873	
Hydroxyproline....g	0.060		1	A	1		0.114	0.228	
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 190g: 6 inch sub

Measure 2 = 381g: 12 inch sub

Calories Factors: Protein 4.2 **Fat** 8.95 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21126

Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.17	0.804	6	A	1		137.86	275.72	
Energy....kcal	218		0	NC	4		517	1035	
Energy....kJ	914		0	NC	4		2166	4332	
Protein (N x 6.05)....g	12.33	0.397	6	A	1		29.23	58.46	
Total lipid (fat)....g	12.04	0.810	6	A	1		28.53	57.06	
Ash....g	1.51	0.112	6	A	1		3.57	7.15	
Carbohydrate, by difference....g	15.95		0	NC	4		37.81	75.61	
Fiber, total dietary....g	0.7	0.090	3	A	1		1.7	3.4	
Sugars, total....g	1.93	0.120	3	A	1		4.58	9.16	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.47	0.033	3	A	1		1.11	2.21	
Fructose....g	1.10	0.058	3	A	1		2.61	5.21	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.37	0.033	3	A	1		0.87	1.74	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	12.40	0.321	3	A	1		29.39	58.78	
Minerals:									
Calcium, Ca....mg	136	2.725	6	A	1		323	645	
Iron, Fe....mg	1.57	0.011	6	A	1		3.72	7.43	
Magnesium, Mg....mg	22	0.214	6	A	1		53	106	
Phosphorus, P....mg	109	3.516	6	A	1		259	517	
Potassium, K....mg	177	2.833	6	A	1		420	840	
Sodium, Na....mg	329	12.158	6	A	1		780	1560	
Zinc, Zn....mg	0.67	0.023	6	A	1		1.59	3.17	
Copper, Cu....mg	0.075	0.001	6	A	1		0.178	0.356	
Manganese, Mn....mg	0.214	0.009	6	A	1		0.506	1.012	
Selenium, Se....µg	39.2	4.378	3	A	1		92.9	185.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.190	0.006	3	A	1		0.450	0.900	
Riboflavin....mg	0.217	0.009	3	A	1		0.513	1.027	
Niacin....mg	7.727	0.348	3	A	1		18.312	36.624	
Pantothenic acid....mg	0.350		2	A	1		0.829	1.659	
Vitamin B-6....mg	0.271	0.002	3	A	1		0.643	1.286	
Folate, total....µg	51	5.435	3	A	1		120	240	
Folic acid....µg	33		0	NR	4		78	156	
Folate, food....µg	18		0	RA	4		42	84	
Folate, DFE....µg	74		0	NC	4		175	349	
Choline, total....mg	18.2		0	RA	4		43.2	86.4	
Betaine....mg									
Vitamin B-12....µg	1.06	0.337	3	A	1		2.52	5.04	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		27	53	
Retinol....µg	9		1	A	1		21	42	
Carotene, beta....µg	29		1	A	1		69	138	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	1		1	A	1		2	4	
Vitamin A, IU....IU	78		0	AS	1		186	372	
Lycopene....µg	143		1	A	1		340	679	
Lutein + zeaxanthin....µg	51		1	A	1		120	241	
Vitamin E (alpha-tocopherol)....mg	1.57		2	A	1		3.71	7.42	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.17		2	A	1		0.41	0.81	
Tocopherol, gamma....mg	7.06		2	A	1		16.74	33.48	
Tocopherol, delta....mg	2.35		2	A	1		5.58	11.16	
Tocotrienol, alpha....mg	0.04		2	A	1		0.09	0.17	
Tocotrienol, beta....mg	0.24		2	A	1		0.58	1.15	

NDB No. 21126

Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	RA	4		1.2	2.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	21		0	RA	4		50	100	
Vitamin K (phylloquinone)....µg	22.4		0	RA	4		53.0	106.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.059		0	NC	4		4.881	9.761	
4:0....g	0.005	0.005	3	A	1		0.011	0.023	
6:0....g	0.003	0.003	3	A	1		0.007	0.014	
8:0....g	0.002	0.002	3	A	1		0.004	0.008	
10:0....g	0.007	0.006	3	A	1		0.017	0.033	
12:0....g	0.006	0.006	3	A	1		0.014	0.028	
13:0....g									
14:0....g	0.036	0.016	3	A	1		0.086	0.171	
15:0....g	0.007	0.001	3	A	1		0.017	0.034	
16:0....g	1.285	0.070	3	A	1		3.046	6.091	
17:0....g	0.016	0.001	3	A	1		0.037	0.074	
18:0....g	0.605	0.023	3	A	1		1.433	2.867	
20:0....g	0.037	0.004	3	A	1		0.087	0.173	
22:0....g	0.036	0.003	3	A	1		0.086	0.172	
24:0....g	0.015	0.001	3	A	1		0.036	0.073	
Fatty acids, total monounsaturated....g	2.663		0	NC	4		6.312	12.624	
14:1....g	0.002	0.002	3	A	1		0.004	0.008	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.035	0.003	3	AS	1		0.083	0.166	
16:1 c....g	0.033	0.003	3	A	1		0.077	0.155	
16:1 t....g	0.002	0.000	3	A	1		0.006	0.011	
17:1....g	0.008	0.001	3	A	1		0.018	0.036	
18:1 undifferentiated....g	2.573	0.193	3	AS	1		6.097	12.194	
18:1 c....g	2.562	0.196	3	A	1		6.072	12.144	
18:1 t....g	0.011	0.003	3	A	1		0.025	0.050	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.044	0.011	3	A	1		0.103	0.207	
22:1 undifferentiated....g	0.003	0.001	3	AS	1		0.006	0.013	
22:1 c....g	0.003	0.001	3	A	1		0.006	0.013	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	6.479		0	NC	4		15.354	30.708	
18:2 undifferentiated....g	5.579	0.523	3	AS	1		13.222	26.444	
18:2 n-6 c,c....g	5.544	0.521	3	A	1		13.140	26.281	
18:2 CLAs....g	0.004	0.001	3	A	1		0.010	0.021	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.008	3	A	1		0.071	0.142	
18:3 undifferentiated....g	0.724	0.070	3	AS	1		1.715	3.430	
18:3 n-3 c,c,c (ALA)....g	0.692	0.066	3	A	1		1.640	3.279	
18:3 n-6 c,c,c....g	0.032	0.004	3	A	1		0.075	0.150	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.003	0.002	3	A	1		0.008	0.015	
20:2 n-6 c,c....g	0.006	0.000	3	A	1		0.013	0.027	
20:3 undifferentiated....g	0.001	0.001	3	AS	1		0.002	0.004	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.001	0.001	3	A	1		0.002	0.004	
20:4 undifferentiated....g	0.020	0.002	3	A	1		0.048	0.097	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.024	0.009	3	A	1		0.056	0.112	
21:5....g									
22:4....g	0.003	0.000	3	A	1		0.007	0.014	
22:5 n-3 (DPA)....g	0.004	0.001	3	A	1		0.010	0.020	

NDB No. 21126

Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.115	0.025	3	A	1		0.273	0.546	
Fatty acids, total trans....g	0.043		0	NC	4		0.102	0.204	
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.031	0.062	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.071	0.142	
Cholesterol....mg	28	2.195	3	A	1		66	133	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0	A	1		0.279	0.559	
Threonine....g	0.440		0	A	1		1.042	2.084	
Isoleucine....g	0.547		0	A	1		1.296	2.592	
Leucine....g	0.901		0	A	1		2.135	4.270	
Lysine....g	0.729		0	A	1		1.728	3.457	
Methionine....g	0.300		0	A	1		0.712	1.423	
Cystine....g									
Phenylalanine....g	0.515		0	A	1		1.220	2.440	
Tyrosine....g	0.343		0	A	1		0.813	1.626	
Valine....g	0.643		0	A	1		1.525	3.050	
Arginine....g	0.601		0	A	1		1.423	2.847	
Histidine....g	0.686		0	A	1		1.626	3.253	
Alanine....g	0.590		0	A	1		1.398	2.796	
Aspartic acid....g	0.965		0	A	1		2.287	4.575	
Glutamic acid....g	2.434		0	A	1		5.769	11.539	
Glycine....g	0.493		0	A	1		1.169	2.338	
Proline....g	0.965		0	A	1		2.287	4.575	
Serine....g	0.482		0	A	1		1.144	2.287	
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 237g: 6 inch sub

Measure 2 = 474g: 12 inch sub

Calories Factors: Protein 4.09 **Fat** 8.74 **Carbohydrate** 3.93

Food Group: 21 Fast Foods

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

NDB No. 21032
Fast foods, sundae, 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	56.50		1		1		87.58		
Energy....kcal	196		0	NC	4		304		
Energy....kJ	820				4		1271		
Protein (N x 6.38)....g	4.71		2		1		7.30		
Total lipid (fat)....g	5.98		2		1		9.27		
Ash....g	1.00		1		1		1.55		
Carbohydrate, by difference....g	31.81		0	NC	4		49.31		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	122		1		1		189		
Iron, Fe....mg	0.14		1		1		0.22		
Magnesium, Mg....mg	18		1		1		28		
Phosphorus, P....mg	140		1		1		217		
Potassium, K....mg	205		1		1		318		
Sodium, Na....mg	126		2		1		195		
Zinc, Zn....mg	0.53		1		1		0.82		
Copper, Cu....mg	0.053		1		1		0.082		
Manganese, Mn....mg	0.060		1		1		0.093		
Selenium, Se....µg	3.2		0	RK	4		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		1		1		3.4		
Thiamin....mg	0.040		1		1		0.062		
Riboflavin....mg	0.190		1		1		0.295		
Niacin....mg	0.610		1		1		0.946		
Pantothenic acid....mg	0.240		1		1		0.372		
Vitamin B-6....mg	0.030		1		1		0.047		
Folate, total....µg	8		1		1		12		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8		1		1		12		
Folate, DFE....µg	8		0	NC	4		12		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.39		1		1		0.60		
Vitamin A, RAE....µg	45		0	NC	4		69		
Retinol....µg	43		0	NC	4		67		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	170		1		1		264		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.58		0		1		0.90		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21032
Fast foods, sundae, caramel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.910		0		1		4.511		
4:0....g									
6:0....g	0.110		1		1		0.171		
8:0....g	0.037		1		1		0.057		
10:0....g	0.100		1		1		0.155		
12:0....g	0.131		1		1		0.203		
13:0....g									
14:0....g	0.420		1		1		0.651		
15:0....g									
16:0....g	1.355		1		1		2.100		
17:0....g									
18:0....g	0.639		1		1		0.990		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.957		0		1		3.033		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.129		1		1		0.200		
17:1....g									
18:1 undifferentiated....g	1.754		1		1		2.719		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.653		0		1		1.012		
18:2 undifferentiated....g	0.552		1		1		0.856		
18:3 undifferentiated....g	0.074		1		1		0.115		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		1		1		0.043		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		2		1		25		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.098		
Threonine....g	0.202		0		1		0.313		
Isoleucine....g	0.272		0		1		0.422		
Leucine....g	0.439		0		1		0.680		
Lysine....g	0.355		0		1		0.550		
Methionine....g	0.112		0		1		0.174		
Cystine....g	0.041		0		1		0.064		
Phenylalanine....g	0.217		0		1		0.336		
Tyrosine....g	0.217		0		1		0.336		
Valine....g	0.301		0		1		0.467		
Arginine....g	0.162		0		1		0.251		
Histidine....g	0.123		0		1		0.191		
Alanine....g	0.154		0		1		0.239		
Aspartic acid....g	0.340		0		1		0.527		
Glutamic acid....g	0.939		0		1		1.455		
Glycine....g	0.095		0		1		0.147		
Proline....g	0.434		0		1		0.673		
Serine....g	0.244		0		1		0.378		
Hydroxyproline....g									

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

NDB No. 21032
Fast foods, sundae, caramel

Common Measures:

Measure 1 = 155g: 1 sundae

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

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

NDB No. 21033
Fast foods, sundae, hot fudge

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.70		1		1		94.33		
Energy....kcal	180		0	NC	4		284		
Energy....kJ	753				4		1190		
Protein (N x 6.38)....g	3.57	0.344	5		1		5.64		
Total lipid (fat)....g	5.46	0.859	5		1		8.63		
Ash....g	1.10		1		1		1.74		
Carbohydrate, by difference....g	30.17		0	NC	4		47.67		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	131		1		1		207		
Iron, Fe....mg	0.37		1		1		0.58		
Magnesium, Mg....mg	21		1		1		33		
Phosphorus, P....mg	144		1		1		228		
Potassium, K....mg	250		1		1		395		
Sodium, Na....mg	115		2		1		182		
Zinc, Zn....mg	0.60		1		1		0.95		
Copper, Cu....mg	0.082		1		1		0.130		
Manganese, Mn....mg	0.080		1		1		0.126		
Selenium, Se....µg	3.3		0	RK	4		5.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1		1		2.4		
Thiamin....mg	0.040		1		1		0.063		
Riboflavin....mg	0.190		1		1		0.300		
Niacin....mg	0.680		1		1		1.074		
Pantothenic acid....mg	0.210		1		1		0.332		
Vitamin B-6....mg	0.080		1		1		0.126		
Folate, total....µg	6		1		1		9		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	6		1		1		9		
Folate, DFE....µg	6		0	NC	4		9		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.41		1		1		0.65		
Vitamin A, RAE....µg	37		0	NC	4		58		
Retinol....µg	35		0	NC	4		55		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	140		1		1		221		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.66		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21033
Fast foods, sundae, hot fudge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.179		0		1		5.023		
4:0....g									
6:0....g	0.073		1		1		0.115		
8:0....g	0.096		1		1		0.152		
10:0....g	0.124		1		1		0.196		
12:0....g	0.697		1		1		1.101		
13:0....g									
14:0....g	0.471		1		1		0.744		
15:0....g									
16:0....g	0.993		1		1		1.569		
17:0....g									
18:0....g	0.640		1		1		1.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.475		0		1		2.331		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.081		1		1		0.128		
17:1....g									
18:1 undifferentiated....g	1.350		1		1		2.133		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.511		0		1		0.807		
18:2 undifferentiated....g	0.445		1		1		0.703		
18:3 undifferentiated....g	0.051		1		1		0.081		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		1		1		0.024		
20:5 n-3 (EPA)....g									
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	13		2		1		21		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		1		0.071		
Threonine....g	0.137		0		1		0.216		
Isoleucine....g	0.172		0		1		0.272		
Leucine....g	0.276		0		1		0.436		
Lysine....g	0.224		0		1		0.354		
Methionine....g	0.066		0		1		0.104		
Cystine....g	0.032		0		1		0.051		
Phenylalanine....g	0.152		0		1		0.240		
Tyrosine....g	0.143		0		1		0.226		
Valine....g	0.205		0		1		0.324		
Arginine....g	0.132		0		1		0.209		
Histidine....g	0.077		0		1		0.122		
Alanine....g	0.119		0		1		0.188		
Aspartic acid....g	0.260		0		1		0.411		
Glutamic acid....g	0.607		0		1		0.959		
Glycine....g	0.087		0		1		0.137		
Proline....g	0.257		0		1		0.406		
Serine....g	0.162		0		1		0.256		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	1		0	RK	4		2		
Theobromine....mg	49		0	RK	4		77		

NDB No. 21033
Fast foods, sundae, hot fudge

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

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

Common Measures:

Measure 1 = 158g: 1 sundae

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

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

NDB No. 21034
Fast foods, sundae, 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	60.90		2		1		93.18		
Energy....kcal	175		0	NC	4		268		
Energy....kJ	732				4		1120		
Protein (N x 6.38)....g	4.09	0.003	3		1		6.26		
Total lipid (fat)....g	5.13	0.088	3		1		7.85		
Ash....g	0.70		2		1		1.07		
Carbohydrate, by difference....g	29.18		0	NC	4		44.65		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	105		2		1		161		
Iron, Fe....mg	0.21		2		1		0.32		
Magnesium, Mg....mg	16		2		1		24		
Phosphorus, P....mg	101		2		1		155		
Potassium, K....mg	177		2		1		271		
Sodium, Na....mg	60	5.101	3		1		92		
Zinc, Zn....mg	0.43		2		1		0.66		
Copper, Cu....mg	0.050		2		1		0.077		
Manganese, Mn....mg	0.110		1		1		0.168		
Selenium, Se....µg	2.9		0	RK	4		4.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.219	3		1		2.0		
Thiamin....mg	0.040		2		1		0.061		
Riboflavin....mg	0.180		2		1		0.275		
Niacin....mg	0.590		2		1		0.903		
Pantothenic acid....mg	0.290		2		1		0.444		
Vitamin B-6....mg	0.050		2		1		0.077		
Folate, total....µg	12		2		1		18		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	12		2		1		18		
Folate, DFE....µg	12		0	NC	4		18		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.42		2		1		0.64		
Vitamin A, RAE....µg	37		0	NC	4		56		
Retinol....µg	35		0	NC	4		54		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	145		2		1		222		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.51		0		1		0.78		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21034
Fast foods, sundae, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.444		0		1		3.739		
4:0....g									
6:0....g	0.072		2		1		0.110		
8:0....g	0.025		2		1		0.038		
10:0....g	0.087		2		1		0.133		
12:0....g	0.106		2		1		0.162		
13:0....g									
14:0....g	0.354		2		1		0.542		
15:0....g									
16:0....g	1.152		2		1		1.763		
17:0....g									
18:0....g	0.528		2		1		0.808		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.739		0		1		2.661		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.093		2		1		0.142		
17:1....g									
18:1 undifferentiated....g	1.564		2		1		2.393		
20:1....g	0.029		2		1		0.044		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.667		0		1		1.021		
18:2 undifferentiated....g	0.594		2		1		0.909		
18:3 undifferentiated....g	0.050		2		1		0.077		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		2		1		0.035		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	14	1.222	3		1		21		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0		1		0.083		
Threonine....g	0.174		0		1		0.266		
Isoleucine....g	0.230		0		1		0.352		
Leucine....g	0.373		0		1		0.571		
Lysine....g	0.302		0		1		0.462		
Methionine....g	0.094		0		1		0.144		
Cystine....g	0.036		0		1		0.055		
Phenylalanine....g	0.185		0		1		0.283		
Tyrosine....g	0.186		0		1		0.285		
Valine....g	0.255		0		1		0.390		
Arginine....g	0.142		0		1		0.217		
Histidine....g	0.105		0		1		0.161		
Alanine....g	0.136		0		1		0.208		
Aspartic acid....g	0.321		0		1		0.491		
Glutamic acid....g	0.805		0		1		1.232		
Glycine....g	0.085		0		1		0.130		
Proline....g	0.366		0		1		0.560		
Serine....g	0.209		0		1		0.320		
Hydroxyproline....g									

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

NDB No. 21034
Fast foods, sundae, strawberry

Common Measures:

Measure 1 = 153g: 1 sundae

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 21 Fast Foods

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

NDB No. 21083
Fast foods, taco salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.35	2.473	9		1		143.25		
Energy....kcal	141		0		1		279		
Energy....kJ	590		0		1		1168		
Protein (N x 6.27)....g	6.68	0.764	10		1		13.23		
Total lipid (fat)....g	7.46	0.652	10		1		14.77		
Ash....g	1.59	0.160	9		1		3.15		
Carbohydrate, by difference....g	11.91		0	NC	4		23.58		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	97	7.379	9		1		192		
Iron, Fe....mg	1.15	0.085	9		1		2.28		
Magnesium, Mg....mg	26	2.146	9		1		51		
Phosphorus, P....mg	72	6.117	9		1		143		
Potassium, K....mg	210	26.120	9		1		416		
Sodium, Na....mg	385	44.992	10		1		762		
Zinc, Zn....mg	1.36	0.213	9		1		2.69		
Copper, Cu....mg	0.113	0.023	8		1		0.224		
Manganese, Mn....mg	0.167	0.015	9		1		0.331		
Selenium, Se....µg	2.2		0	RK	4		4.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	0.612	9		1		3.6		
Thiamin....mg	0.050	0.009	9		1		0.099		
Riboflavin....mg	0.180	0.023	9		1		0.356		
Niacin....mg	1.240	0.196	9		1		2.455		
Pantothenic acid....mg	0.680	0.095	9		1		1.346		
Vitamin B-6....mg	0.110	0.009	9		1		0.218		
Folate, total....µg	42		0	RK	4		83		
Folic acid....µg	22		0	NC	4		44		
Folate, food....µg	20		1		1		40		
Folate, DFE....µg	57		0	NC	4		114		
Choline, total....mg	23.3		0	AS	1		46.2		
Betaine....mg	10.9		1	A	1		21.7		
Vitamin B-12....µg	0.32	0.043	9		1		0.63		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	297	66.874	4		1		588		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21083
Fast foods, taco salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.446		0		1		6.823		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.089		3		1		0.176		
12:0....g	0.146		3		1		0.289		
13:0....g									
14:0....g	0.493		3		1		0.976		
15:0....g									
16:0....g	1.898		3		1		3.758		
17:0....g									
18:0....g	0.820		3		1		1.624		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.606		0		1		5.160		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.606		3		1		5.160		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.883		0		1		1.748		
18:2 undifferentiated....g	0.838		3		1		1.659		
18:3 undifferentiated....g	0.045		3		1		0.089		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	22	5.770	4		1		44		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		1		0.149		
Threonine....g	0.254		0		1		0.503		
Isoleucine....g	0.311		0		1		0.616		
Leucine....g	0.549		0		1		1.087		
Lysine....g	0.486		0		1		0.962		
Methionine....g	0.145		0		1		0.287		
Cystine....g	0.060		0		1		0.119		
Phenylalanine....g	0.277		0		1		0.548		
Tyrosine....g	0.232		0		1		0.459		
Valine....g	0.343		0		1		0.679		
Arginine....g	0.357		0		1		0.707		
Histidine....g	0.201		0		1		0.398		
Alanine....g	0.339		0		1		0.671		
Aspartic acid....g	0.554		0		1		1.097		
Glutamic acid....g	1.291		0		1		2.556		
Glycine....g	0.326		0		1		0.645		
Proline....g	0.452		0		1		0.895		
Serine....g	0.287		0		1		0.568		
Hydroxyproline....g									

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

NDB No. 21083
Fast foods, taco salad

Common Measures:

Measure 1 = 198g: 1.5 cup

Calories Factors: Protein 4.05 **Fat** 8.73 **Carbohydrate** 4.07

Food Group: 21 Fast Foods

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

NDB No. 21084
Fast foods, taco salad with chili con carne

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.79	1.609	4		1		200.42		
Energy....kcal	111		0		1		290		
Energy....kJ	464				1		1212		
Protein (N x 6.28)....g	6.67	0.608	4		1		17.41		
Total lipid (fat)....g	5.03	0.729	4		1		13.13		
Ash....g	1.33	0.087	4		1		3.47		
Carbohydrate, by difference....g	10.18		0	NC	4		26.57		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	94	12.856	4		1		245		
Iron, Fe....mg	1.02	0.170	4		1		2.66		
Magnesium, Mg....mg	20	1.572	4		1		52		
Phosphorus, P....mg	59	7.754	4		1		154		
Potassium, K....mg	150	37.329	4		1		392		
Sodium, Na....mg	339	33.577	4		1		885		
Zinc, Zn....mg	1.26	0.147	4		1		3.29		
Copper, Cu....mg	0.115	0.021	4		1		0.300		
Manganese, Mn....mg	0.129	0.010	4		1		0.337		
Selenium, Se....µg	2.9		0	RK	4		7.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.725	4		1		3.4		
Thiamin....mg	0.060	0.027	4		1		0.157		
Riboflavin....mg	0.190	0.026	4		1		0.496		
Niacin....mg	0.970	0.074	4		1		2.532		
Pantothenic acid....mg	0.550	0.055	4		1		1.436		
Vitamin B-6....mg	0.200	0.127	4		1		0.522		
Folate, total....µg	35		0	RK	4		91		
Folic acid....µg	11		0	NC	4		29		
Folate, food....µg	24		0		4		63		
Folate, DFE....µg	43		0	NC	4		111		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.28	0.008	4		1		0.73		
Vitamin A, RAE....µg	99		0	NC	4		257		
Retinol....µg	82		0	NC	4		214		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	603		2		1		1574		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21084
Fast foods, taco salad with chili con carne

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.299		0		1		6.000		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.060		3		1		0.157		
12:0....g	0.097		3		1		0.253		
13:0....g									
14:0....g	0.329		3		1		0.859		
15:0....g									
16:0....g	1.266		3		1		3.304		
17:0....g									
18:0....g	0.547		3		1		1.428		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.739		0		1		4.539		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.739		3		1		4.539		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.589		0		1		1.537		
18:2 undifferentiated....g	0.559		3		1		1.459		
18:3 undifferentiated....g	0.030		3		1		0.078		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		5		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0		1		0.193		
Threonine....g	0.248		0		1		0.647		
Isoleucine....g	0.313		0		1		0.817		
Leucine....g	0.555		0		1		1.449		
Lysine....g	0.466		0		1		1.216		
Methionine....g	0.139		0		1		0.363		
Cystine....g	0.061		0		1		0.159		
Phenylalanine....g	0.295		0		1		0.770		
Tyrosine....g	0.235		0		1		0.613		
Valine....g	0.349		0		1		0.911		
Arginine....g	0.338		0		1		0.882		
Histidine....g	0.199		0		1		0.519		
Alanine....g	0.307		0		1		0.801		
Aspartic acid....g	0.570		0		1		1.488		
Glutamic acid....g	1.313		0		1		3.427		
Glycine....g	0.275		0		1		0.718		
Proline....g	0.463		0		1		1.208		
Serine....g	0.306		0		1		0.799		
Hydroxyproline....g									

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

NDB No. 21084

Fast foods, taco salad with chili con carne

Common Measures:

Measure 1 = 261g: 1.5 cup

Calories Factors: Protein 3.83 **Fat** 8.76 **Carbohydrate** 4.02

Food Group: 21 Fast Foods

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

NDB No. 21082

Fast foods, taco with beef, cheese and lettuce, hard shell

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.02	0.727	6	A	1		39.34		
Energy....kcal	226		0	NC	4		156		
Energy....kJ	946		0	NC	4		653		
Protein (N x 6.29)....g	8.86	0.384	6	A	1		6.12		
Total lipid (fat)....g	12.70	0.384	6	A	1		8.76		
Ash....g	1.57	0.072	6	A	1		1.08		
Carbohydrate, by difference....g	19.85		0	NC	4		13.70		
Fiber, total dietary....g	3.9	0.231	3	A	1		2.7		
Sugars, total....g	0.90	0.000	3	A	1		0.62		
Sucrose....g	0.40	0.000	3	A	1		0.28		
Glucose (dextrose)....g	0.20	0.000	3	A	1		0.14		
Fructose....g	0.30	0.000	3	A	1		0.21		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	14.78	0.883	6	A	1		10.20		
Minerals:									
Calcium, Ca....mg	89	4.409	6	A	1		61		
Iron, Fe....mg	1.19	0.015	6	A	1		0.82		
Magnesium, Mg....mg	32	0.286	6	A	1		22		
Phosphorus, P....mg	178	2.595	6	A	1		123		
Potassium, K....mg	209	4.826	6	A	1		144		
Sodium, Na....mg	397	10.512	6	A	1		274		
Zinc, Zn....mg	1.75	0.034	6	A	1		1.21		
Copper, Cu....mg	0.077	0.004	6	A	1		0.053		
Manganese, Mn....mg	0.249	0.007	6	A	1		0.172		
Selenium, Se....µg	9.2	0.497	4	A	1		6.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.2		
Thiamin....mg	0.050		1	A	1		0.035		
Riboflavin....mg	0.060		1	A	1		0.041		
Niacin....mg	1.650		1	A	1		1.138		
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		1	A	1		0.062		
Folate, total....µg	19	4.372	3	A	1		13		
Folic acid....µg	2	0.882	3	A	1		2		
Folate, food....µg	17		0	AS	1		12		
Folate, DFE....µg	21		0	NC	4		14		
Choline, total....mg	32.0		0	AS	1		22.1		
Betaine....mg	3.3		1	A	1		2.3		
Vitamin B-12....µg	0.93		1	A	1		0.64		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	20		0	NC	4		14		
Retinol....µg	16		0	FLA	4		11		
Carotene, beta....µg	46	13.177	4	A	1		32		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	131		0	NC	4		90		
Lycopene....µg	1		0	FLA	4		1		
Lutein + zeaxanthin....µg	120		0	FLA	4		83		
Vitamin E (alpha-tocopherol)....mg	0.60	0.030	4	A	1		0.42		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.04	0.006	4	A	1		0.03		
Tocopherol, gamma....mg	2.16	0.160	4	A	1		1.49		
Tocopherol, delta....mg	1.11	0.049	4	A	1		0.77		
Tocotrienol, alpha....mg	0.15	0.021	4	A	1		0.11		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21082

Fast foods, taco with beef, cheese and lettuce, hard shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	FLA	4		3		
Vitamin K (phylloquinone)....µg	15.3	2.056	4	A	1		10.6		
Dihydrophylloquinone....µg	6.6	1.372	4	A	1		4.6		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.384		0	NC	4		3.025		
4:0....g	0.045	0.004	6	A	1		0.031		
6:0....g	0.034	0.003	6	A	1		0.023		
8:0....g	0.023	0.002	6	A	1		0.016		
10:0....g	0.055	0.005	6	A	1		0.038		
12:0....g	0.066	0.006	6	A	1		0.046		
13:0....g									
14:0....g	0.388	0.023	6	A	1		0.268		
15:0....g	0.052	0.003	6	A	1		0.036		
16:0....g	2.414	0.103	6	A	1		1.666		
17:0....g	0.091	0.003	6	A	1		0.063		
18:0....g	1.160	0.055	6	A	1		0.800		
20:0....g	0.027	0.001	6	A	1		0.019		
22:0....g	0.015	0.001	6	A	1		0.010		
24:0....g	0.011	0.000	6	A	1		0.008		
Fatty acids, total monounsaturated....g	4.411		0	NC	4		3.044		
14:1....g	0.060	0.004	6	A	1		0.041		
15:1....g	0.001	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.231	0.013	6	AS	1		0.159		
16:1 c....g	0.204	0.012	6	A	1		0.141		
16:1 t....g	0.027	0.001	6	A	1		0.018		
17:1....g	0.055	0.002	6	A	1		0.038		
18:1 undifferentiated....g	4.016	0.141	6	AS	1		2.771		
18:1 c....g	3.634	0.131	6	A	1		2.508		
18:1 t....g	0.382	0.017	6	A	1		0.264		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.002	6	A	1		0.032		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001		
22:1 c....g	0.002	0.000	6	A	1		0.001		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	3.042		0	NC	4		2.099		
18:2 undifferentiated....g	2.819	0.055	6	AS	1		1.945		
18:2 n-6 c,c....g	2.708	0.055	6	A	1		1.869		
18:2 CLAs....g	0.053	0.004	6	A	1		0.036		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.058	0.003	6	A	1		0.040		
18:3 undifferentiated....g	0.168	0.015	6	AS	1		0.116		
18:3 n-3 c,c,c (ALA)....g	0.166	0.015	6	A	1		0.115		
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.001		
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.003		
20:3 undifferentiated....g	0.011	0.001	6	AS	1		0.008		
20:3 n-3....g	0.001	0.000	6	A	1		0.000		
20:3 n-6....g	0.011	0.000	6	A	1		0.007		
20:4 undifferentiated....g	0.021	0.001	6	A	1		0.014		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	6	A	1		0.004		
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.004		
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.004		

NDB No. 21082

Fast foods, taco with beef, cheese and lettuce, hard shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.467		0	NC	4		0.322		
Fatty acids, total trans-monoenoic....g	0.409		0	NC	4		0.282		
Fatty acids, total trans-polyenoic....g	0.058		0	NC	4		0.040		
Cholesterol....mg	28	0.929	3	A	1		19		
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 = 69g: 1 each taco

Calories Factors: Protein 4.05 **Fat** 8.78 **Carbohydrate** 3.97

Food Group: 21 Fast Foods

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

NDB No. 21486
Fast foods, taco with beef, cheese and lettuce, soft

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.78	0.844	6	A	1		59.96		
Energy....kcal	206		0	NC	4		210		
Energy....kJ	860		0	NC	4		877		
Protein....g	9.25	0.277	6	A	1		9.43		
Total lipid (fat)....g	9.75	0.404	6	A	1		9.94		
Ash....g	1.99	0.057	6	A	1		2.03		
Carbohydrate, by difference....g	20.23		0	NC	4		20.63		
Fiber, total dietary....g	2.9	0.033	3	A	1		2.9		
Sugars, total....g	1.57	0.088	3	A	1		1.60		
Sucrose....g	0.13	0.033	3	A	1		0.14		
Glucose (dextrose)....g	0.47	0.033	3	A	1		0.48		
Fructose....g	0.60	0.000	3	A	1		0.61		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.37	0.033	3	A	1		0.37		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	13.78	0.398	6	A	1		14.06		
Minerals:									
Calcium, Ca....mg	123	6.776	6	A	1		126		
Iron, Fe....mg	1.67	0.076	6	A	1		1.71		
Magnesium, Mg....mg	19	0.361	6	A	1		19		
Phosphorus, P....mg	167	4.629	6	A	1		170		
Potassium, K....mg	161	5.277	6	A	1		164		
Sodium, Na....mg	560	11.487	6	A	1		571		
Zinc, Zn....mg	1.37	0.037	6	A	1		1.39		
Copper, Cu....mg	0.067	0.001	6	A	1		0.069		
Manganese, Mn....mg	0.310	0.007	6	A	1		0.316		
Selenium, Se....µg	16.8		0	FLC	4		17.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1	A	1		0.1		
Thiamin....mg	0.180		1	A	1		0.184		
Riboflavin....mg	0.130		1	A	1		0.133		
Niacin....mg	2.880		1	A	1		2.938		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		1	A	1		0.061		
Folate, total....µg	63		0	FLC	4		64		
Folic acid....µg	47		0	FLC	4		48		
Folate, food....µg	16		0	FLC	4		16		
Folate, DFE....µg	96		0	NC	4		98		
Choline, total....mg	25.9		0	FLC	4		26.4		
Betaine....mg									
Vitamin B-12....µg	0.84		1	A	1		0.86		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	19		0	FLC	4		19		
Retinol....µg	13		0	FLC	4		13		
Carotene, beta....µg	69		0	FLC	4		71		
Carotene, alpha....µg	1		0	FLC	4		1		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	159		0	NC	4		163		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	66		0	FLC	4		68		
Vitamin E (alpha-tocopherol)....mg	0.25		0	FLC	4		0.26		
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									

NDB No. 21486
Fast foods, taco with beef, cheese and lettuce, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1		0	FLC	4		0.1		
Vitamin D....IU	3		0	FLC	4		3		
Vitamin K (phylloquinone)....µg	7.4		0	FLC	4		7.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.155		0	NC	4		4.238		
4:0....g	0.046	0.006	6	A	1		0.047		
6:0....g	0.035	0.005	6	A	1		0.036		
8:0....g	0.023	0.003	6	A	1		0.024		
10:0....g	0.057	0.008	6	A	1		0.058		
12:0....g	0.068	0.009	6	A	1		0.069		
13:0....g									
14:0....g	0.366	0.031	6	A	1		0.373		
15:0....g	0.048	0.003	6	A	1		0.049		
16:0....g	2.019	0.110	6	A	1		2.059		
17:0....g	0.078	0.002	6	A	1		0.080		
18:0....g	1.376	0.052	6	A	1		1.403		
20:0....g	0.018	0.001	6	A	1		0.018		
22:0....g	0.013	0.000	6	A	1		0.013		
24:0....g	0.007	0.000	6	A	1		0.007		
Fatty acids, total monounsaturated....g	3.243		0	NC	4		3.308		
14:1....g	0.052	0.003	6	A	1		0.053		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.196	0.010	6	AS	1		0.200		
16:1 c....g	0.173	0.009	6	A	1		0.176		
16:1 t....g	0.024	0.002	6	A	1		0.024		
17:1....g	0.046	0.002	6	A	1		0.047		
18:1 undifferentiated....g	2.909	0.123	6	AS	1		2.967		
18:1 c....g	2.578	0.119	6	A	1		2.630		
18:1 t....g	0.331	0.010	6	A	1		0.337		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.001	6	A	1		0.037		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002		
22:1 c....g	0.002	0.000	6	A	1		0.002		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.578		0	NC	4		1.610		
18:2 undifferentiated....g	1.365	0.043	6	AS	1		1.392		
18:2 n-6 c,c....g	1.273	0.038	6	A	1		1.298		
18:2 CLAs....g	0.043	0.003	6	A	1		0.044		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.049	0.004	6	A	1		0.050		
18:3 undifferentiated....g	0.159	0.006	6	AS	1		0.163		
18:3 n-3 c,c,c (ALA)....g	0.157	0.005	6	A	1		0.161		
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.002		
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.004		
20:3 undifferentiated....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3....g	0.001	0.000	6	A	1		0.001		
20:3 n-6....g	0.009	0.000	6	A	1		0.010		
20:4 undifferentiated....g	0.018	0.001	6	A	1		0.019		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010	0.002	6	A	1		0.010		
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.005		
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.006		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.403		0	NC	4		0.411		
Fatty acids, total trans-monoenoic....g	0.354		0	NC	4		0.361		

NDB No. 21486
Fast foods, taco with beef, cheese and lettuce, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.050		
Cholesterol.....mg	25	1.683	3	A	1		25		
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 = 102g: 1 each taco

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

Food Group: 21 Fast Foods

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

NDB No. 21487
Fast foods, taco with chicken, lettuce and cheese, soft

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.42	0.420	6	A	1		57.25		
Energy....kcal	189		0	NC	4		185		
Energy....kJ	791		0	NC	4		775		
Protein....g	13.30	0.198	6	A	1		13.03		
Total lipid (fat)....g	6.35	0.193	6	A	1		6.22		
Ash....g	2.25	0.063	6	A	1		2.20		
Carbohydrate, by difference....g	19.69		0	NC	4		19.29		
Fiber, total dietary....g	1.2	0.067	3	A	1		1.1		
Sugars, total....g	1.30	0.058	3	A	1		1.27		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.37	0.033	3	A	1		0.36		
Fructose....g	0.53	0.033	3	A	1		0.52		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.40	0.000	3	A	1		0.39		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	13.93	0.676	6	A	1		13.65		
Minerals:									
Calcium, Ca....mg	122	3.293	6	A	1		119		
Iron, Fe....mg	1.59	0.083	6	A	1		1.56		
Magnesium, Mg....mg	24	0.239	6	A	1		23		
Phosphorus, P....mg	244	3.535	6	A	1		239		
Potassium, K....mg	217	7.064	6	A	1		212		
Sodium, Na....mg	613	10.535	6	A	1		601		
Zinc, Zn....mg	0.76	0.011	6	A	1		0.75		
Copper, Cu....mg	0.060	0.001	6	A	1		0.059		
Manganese, Mn....mg	0.245	0.004	6	A	1		0.240		
Selenium, Se....µg	17.3		0	FLC	4		17.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.2		
Thiamin....mg	0.160		1	A	1		0.157		
Riboflavin....mg	0.110		1	A	1		0.108		
Niacin....mg	5.170		1	A	1		5.067		
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1	A	1		0.108		
Folate, total....µg	53		0	FLC	4		52		
Folic acid....µg	38		0	FLC	4		37		
Folate, food....µg	15		0	FLC	4		15		
Folate, DFE....µg	80		0	NC	4		78		
Choline, total....mg	28.2		0	FLC	4		27.7		
Betaine....mg									
Vitamin B-12....µg	0.12		1	A	1		0.12		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	25		0	FLC	4		25		
Retinol....µg	18		0	FLC	4		18		
Carotene, beta....µg	83		0	FLC	4		82		
Carotene, alpha....µg	1		0	FLC	4		1		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	201		0	NC	4		197		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	77		0	FLC	4		75		
Vitamin E (alpha-tocopherol)....mg	0.21		0	FLC	4		0.21		
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									

NDB No. 21487
Fast foods, taco with chicken, lettuce and cheese, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1		0	FLC	4		0.1		
Vitamin D....IU	3		0	FLC	4		3		
Vitamin K (phylloquinone)....µg	7.9		0	FLC	4		7.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.559		0	NC	4		2.507		
4:0....g	0.044	0.003	6	A	1		0.043		
6:0....g	0.033	0.002	6	A	1		0.033		
8:0....g	0.023	0.001	6	A	1		0.022		
10:0....g	0.053	0.002	6	A	1		0.052		
12:0....g	0.063	0.002	6	A	1		0.062		
13:0....g									
14:0....g	0.220	0.010	6	A	1		0.216		
15:0....g	0.025	0.001	6	A	1		0.024		
16:0....g	1.210	0.043	6	A	1		1.185		
17:0....g	0.019	0.001	6	A	1		0.019		
18:0....g	0.834	0.033	6	A	1		0.817		
20:0....g	0.014	0.000	6	A	1		0.014		
22:0....g	0.012	0.000	6	A	1		0.012		
24:0....g	0.006	0.000	6	A	1		0.006		
Fatty acids, total monounsaturated....g	1.621		0	NC	4		1.589		
14:1....g	0.018	0.001	6	A	1		0.017		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.115	0.010	6	AS	1		0.113		
16:1 c....g	0.106	0.010	6	A	1		0.104		
16:1 t....g	0.008	0.000	6	A	1		0.008		
17:1....g	0.007	0.000	6	A	1		0.007		
18:1 undifferentiated....g	1.454	0.058	6	AS	1		1.425		
18:1 c....g	1.377	0.056	6	A	1		1.349		
18:1 t....g	0.077	0.005	6	A	1		0.076		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025	0.001	6	A	1		0.024		
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.001		
22:1 c....g	0.001	0.000	6	A	1		0.001		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.607		0	NC	4		1.575		
18:2 undifferentiated....g	1.386	0.040	6	AS	1		1.358		
18:2 n-6 c,c....g	1.343	0.038	6	A	1		1.316		
18:2 CLAs....g	0.015	0.001	6	A	1		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.002	6	A	1		0.027		
18:3 undifferentiated....g	0.157	0.004	6	AS	1		0.154		
18:3 n-3 c,c,c (ALA)....g	0.153	0.004	6	A	1		0.150		
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.004		
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.005	0.000	6	A	1		0.005		
20:3 undifferentiated....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.010	0.000	6	A	1		0.010		
20:4 undifferentiated....g	0.026	0.001	6	A	1		0.026		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008	0.002	6	A	1		0.008		
21:5....g									
22:4....g	0.008	0.000	6	A	1		0.008		
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.004		
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans....g	0.113		0	NC	4		0.111		
Fatty acids, total trans-monoenoic....g	0.086		0	NC	4		0.084		

NDB No. 21487

Fast foods, taco with chicken, lettuce and cheese, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.027		
Cholesterol.....mg	29	0.981	3	A	1		28		
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 = 98g: 1 each taco

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

Food Group: 21 Fast Foods

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

NDB No. 21085
Fast foods, tostada, with beans and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.24	0.927	13		1		95.39		
Energy ... kcal	155		0		1		223		
Energy ... kJ	649				1		934		
Protein (N x 6.29) ... g	6.67	0.410	13		1		9.60		
Total lipid (fat) ... g	6.85	0.287	13		1		9.86		
Ash ... g	1.83	0.083	13		1		2.64		
Carbohydrate, by difference ... g	18.42		0	NC	4		26.52		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	146	8.321	13		1		210		
Iron, Fe ... mg	1.31	0.098	13		1		1.89		
Magnesium, Mg ... mg	41	1.260	13		1		59		
Phosphorus, P ... mg	81	4.585	13		1		117		
Potassium, K ... mg	280	27.096	13		1		403		
Sodium, Na ... mg	377	30.931	13		1		543		
Zinc, Zn ... mg	1.32	0.202	13		1		1.90		
Copper, Cu ... mg	0.143	0.012	12		1		0.206		
Manganese, Mn ... mg	0.255	0.010	13		1		0.367		
Selenium, Se ... µg	2.4		0	RK	4		3.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9	0.226	13		1		1.3		
Thiamin ... mg	0.070	0.011	13		1		0.101		
Riboflavin ... mg	0.230	0.024	13		1		0.331		
Niacin ... mg	0.920	0.074	13		1		1.325		
Pantothenic acid ... mg	0.790	0.059	13		1		1.138		
Vitamin B-6 ... mg	0.110	0.008	13		1		0.158		
Folate, total ... µg	30		0	RK	4		43		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	30		0	RK	4		43		
Folate, DFE ... µg	30		0	NC	4		43		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.48	0.034	13		1		0.69		
Vitamin A, RAE ... µg	31		0	NC	4		45		
Retinol ... µg	11		0	NC	4		16		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	432	142.833	5		1		622		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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. 21085
Fast foods, tostada, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.727		0		1		5.367		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.169		3		1		0.243		
12:0....g	0.474		3		1		0.683		
13:0....g									
14:0....g	0.533		3		1		0.768		
15:0....g									
16:0....g	1.722		3		1		2.480		
17:0....g									
18:0....g	0.829		3		1		1.194		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.121		0		1		3.054		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.121		3		1		3.054		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0		1		0.749		
18:2 undifferentiated....g	0.479		3		1		0.690		
18:3 undifferentiated....g	0.041		3		1		0.059		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21	2.869	3		1		30		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.101		
Threonine....g	0.245		0		1		0.353		
Isoleucine....g	0.301		0		1		0.433		
Leucine....g	0.574		0		1		0.827		
Lysine....g	0.403		0		1		0.580		
Methionine....g	0.122		0		1		0.176		
Cystine....g	0.067		0		1		0.096		
Phenylalanine....g	0.323		0		1		0.465		
Tyrosine....g	0.231		0		1		0.333		
Valine....g	0.349		0		1		0.503		
Arginine....g	0.323		0		1		0.465		
Histidine....g	0.191		0		1		0.275		
Alanine....g	0.280		0		1		0.403		
Aspartic acid....g	0.606		0		1		0.873		
Glutamic acid....g	1.336		0		1		1.924		
Glycine....g	0.203		0		1		0.292		
Proline....g	0.460		0		1		0.662		
Serine....g	0.334		0		1		0.481		
Hydroxyproline....g									

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

NDB No. 21085

Fast foods, tostada, with beans and cheese

Common Measures:

Measure 1 = 144g: 1 piece

Calories Factors: Protein 3.58 **Fat** 8.51 **Carbohydrate** 3.96

Food Group: 21 Fast Foods

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

NDB No. 21086
Fast foods, tostada, with beans, beef, and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.44	0.633	4		1		158.49		
Energy....kcal	148		0		1		333		
Energy....kJ	619				1		1393		
Protein (N x 6.28)....g	7.15	0.179	3		1		16.09		
Total lipid (fat)....g	7.53	0.216	4		1		16.94		
Ash....g	1.70	0.037	4		1		3.83		
Carbohydrate, by difference....g	13.18		0	NC	4		29.66		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	84	3.388	4		1		189		
Iron, Fe....mg	1.09	0.028	4		1		2.45		
Magnesium, Mg....mg	30	1.058	4		1		68		
Phosphorus, P....mg	77	2.837	4		1		173		
Potassium, K....mg	218	50.260	4		1		491		
Sodium, Na....mg	387	47.749	4		1		871		
Zinc, Zn....mg	1.41	0.065	4		1		3.17		
Copper, Cu....mg	0.140	0.019	4		1		0.315		
Manganese, Mn....mg	0.160	0.003	4		1		0.360		
Selenium, Se....µg	9.3		0	RK	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	0.550	4		1		4.1		
Thiamin....mg	0.040	0.002	4		1		0.090		
Riboflavin....mg	0.220	0.007	4		1		0.495		
Niacin....mg	1.270	0.036	4		1		2.858		
Pantothenic acid....mg	0.830	0.062	4		1		1.868		
Vitamin B-6....mg	0.110	0.007	4		1		0.248		
Folate, total....µg	38		0	RK	4		86		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	38		0	RK	4		86		
Folate, DFE....µg	38		0	NC	4		86		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.50	0.085	4		1		1.13		
Vitamin A, RAE....µg	45		0	NC	4		100		
Retinol....µg	19		0	NC	4		43		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	567		2		1		1276		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21086
Fast foods, tostada, with beans, beef, and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.100		0		1		11.475		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.556		1		1		1.251		
12:0....g	1.231		1		1		2.770		
13:0....g									
14:0....g	1.024		1		1		2.304		
15:0....g									
16:0....g	1.645		1		1		3.701		
17:0....g									
18:0....g	0.643		1		1		1.447		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.561		0		1		3.512		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.561		1		1		3.512		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.265		0		1		0.596		
18:2 undifferentiated....g	0.239		1		1		0.538		
18:3 undifferentiated....g	0.026		1		1		0.059		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	33		1		1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.173		
Threonine....g	0.266		0		1		0.599		
Isoleucine....g	0.320		0		1		0.720		
Leucine....g	0.609		0		1		1.370		
Lysine....g	0.466		0		1		1.049		
Methionine....g	0.143		0		1		0.322		
Cystine....g	0.071		0		1		0.160		
Phenylalanine....g	0.321		0		1		0.722		
Tyrosine....g	0.247		0		1		0.556		
Valine....g	0.367		0		1		0.826		
Arginine....g	0.369		0		1		0.830		
Histidine....g	0.211		0		1		0.475		
Alanine....g	0.343		0		1		0.772		
Aspartic acid....g	0.623		0		1		1.402		
Glutamic acid....g	1.408		0		1		3.168		
Glycine....g	0.290		0		1		0.653		
Proline....g	0.484		0		1		1.089		
Serine....g	0.333		0		1		0.749		
Hydroxyproline....g									

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

NDB No. 21086

Fast foods, tostada, with beans, beef, and cheese

Common Measures:

Measure 1 = 225g: 1 piece

Calories Factors: Protein 4.05 **Fat** 8.73 **Carbohydrate** 4.08

Food Group: 21 Fast Foods

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

NDB No. 21087
Fast foods, tostada, with beef and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.05	2.050	9		1		101.14		
Energy....kcal	193		0		1		315		
Energy....kJ	808				1		1316		
Protein (N x 6.27)....g	11.65	0.905	9		1		18.99		
Total lipid (fat)....g	10.03	0.590	9		1		16.35		
Ash....g	2.30	0.116	9		1		3.75		
Carbohydrate, by difference....g	13.97		0	NC	4		22.77		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	133	7.938	9		1		217		
Iron, Fe....mg	1.76	0.160	9		1		2.87		
Magnesium, Mg....mg	39	4.747	9		1		64		
Phosphorus, P....mg	110	7.040	9		1		179		
Potassium, K....mg	351	22.575	9		1		572		
Sodium, Na....mg	550	38.000	9		1		897		
Zinc, Zn....mg	2.26	0.264	8		1		3.68		
Copper, Cu....mg	0.162	0.017	8		1		0.264		
Manganese, Mn....mg	0.309	0.011	9		1		0.504		
Selenium, Se....µg	11.7		0	RK	4		19.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6	0.551	9		1		2.6		
Thiamin....mg	0.060	0.013	9		1		0.098		
Riboflavin....mg	0.340	0.046	9		1		0.554		
Niacin....mg	1.930	0.130	9		1		3.146		
Pantothenic acid....mg	1.160	0.085	9		1		1.891		
Vitamin B-6....mg	0.140	0.012	9		1		0.228		
Folate, total....µg	46		0	RK	4		75		
Folic acid....µg	37		0	NC	4		60		
Folate, food....µg	9		0		4		15		
Folate, DFE....µg	72		0	NC	4		117		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.72	0.065	9		1		1.17		
Vitamin A, RAE....µg	31		0	NC	4		51		
Retinol....µg	11		0	NC	4		18		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	437	156.392	4		1		712		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21087
Fast foods, tostada, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.377		0		1		10.395		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.387		3		1		0.631		
12:0....g	0.583		3		1		0.950		
13:0....g									
14:0....g	0.890		3		1		1.451		
15:0....g									
16:0....g	2.743		3		1		4.471		
17:0....g									
18:0....g	1.774		3		1		2.892		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.052		0		1		3.345		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.052		3		1		3.345		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.598		0		1		0.975		
18:2 undifferentiated....g	0.541		3		1		0.882		
18:3 undifferentiated....g	0.057		3		1		0.093		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	25		1		1		41		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0		1		0.218		
Threonine....g	0.453		0		1		0.738		
Isoleucine....g	0.511		0		1		0.833		
Leucine....g	0.970		0		1		1.581		
Lysine....g	0.860		0		1		1.402		
Methionine....g	0.260		0		1		0.424		
Cystine....g	0.112		0		1		0.183		
Phenylalanine....g	0.468		0		1		0.763		
Tyrosine....g	0.392		0		1		0.639		
Valine....g	0.580		0		1		0.945		
Arginine....g	0.678		0		1		1.105		
Histidine....g	0.361		0		1		0.588		
Alanine....g	0.667		0		1		1.087		
Aspartic acid....g	0.991		0		1		1.615		
Glutamic acid....g	2.132		0		1		3.475		
Glycine....g	0.669		0		1		1.090		
Proline....g	0.727		0		1		1.185		
Serine....g	0.485		0		1		0.791		
Hydroxyproline....g									

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

NDB No. 21087

Fast foods, tostada, with beef and cheese

Common Measures:

Measure 1 = 163g: 1 piece

Calories Factors: Protein 4.12 **Fat** 8.8 **Carbohydrate** 4.08

Food Group: 21 Fast Foods

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

NDB No. 21028

Fast foods, vanilla, light, soft-serve ice cream, with cone

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.64		0	RKA	1		76.37		
Energy....kcal	163		0	NC	4		195		
Energy....kJ	681		0	NC	4		817		
Protein (N x 6.29)....g	4.24		0	RKA	1		5.08		
Total lipid (fat)....g	4.86		0	RKA	1		5.84		
Ash....g	0.90		0	RKA	1		1.08		
Carbohydrate, by difference....g	26.36		0	RKI	6		31.64		
Fiber, total dietary....g	0.1		0	RKA	1		0.2		
Sugars, total....g	19.49		0	RKA	1		23.39		
Sucrose....g	12.76		0	RKA	1		15.31		
Glucose (dextrose)....g	0.69		0	RKA	1		0.83		
Fructose....g	0.16		0	RKA	1		0.19		
Lactose....g	5.59		0	RKA	1		6.71		
Maltose....g	0.29		0	RKA	1		0.35		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	129		0	RKA	1		155		
Iron, Fe....mg	0.35		0	RKA	1		0.42		
Magnesium, Mg....mg	13		0	RKA	1		16		
Phosphorus, P....mg	111		0	RKA	1		134		
Potassium, K....mg	193		0	RKA	1		231		
Sodium, Na....mg	81		0	LC	8		97		
Zinc, Zn....mg	0.50		0	RKA	1		0.59		
Copper, Cu....mg	0.023		0	RKA	1		0.028		
Manganese, Mn....mg	0.038		0	RKA	1		0.045		
Selenium, Se....µg	3.7		0	RA	4		4.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	RA	4		1.0		
Thiamin....mg	0.043		0	RKA	1		0.051		
Riboflavin....mg	0.246		0	RKA	1		0.296		
Niacin....mg	0.498		0	RKA	1		0.597		
Pantothenic acid....mg	0.728		0	RKA	1		0.873		
Vitamin B-6....mg	0.054		0	RKA	1		0.065		
Folate, total....µg	13		0	NR	4		16		
Folic acid....µg	8		0	RA	4		9		
Folate, food....µg	5		0	RA	4		6		
Folate, DFE....µg	18		0	NC	4		21		
Choline, total....mg	19.6		0	RA	4		23.6		
Betaine....mg									
Vitamin B-12....µg	0.58		0	RKA	1		0.69		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	27		0	RA	4		33		
Retinol....µg	27		0	RA	4		32		
Carotene, beta....µg	5		0	RA	4		6		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	97		0	NC	4		117		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	1		0	RA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.03		0	RKA	1		0.03		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 21028

Fast foods, vanilla, light, soft-serve ice cream, with cone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0		
Vitamin D....IU	0		0	RA	4		0		
Vitamin K (phylloquinone)....µg	0.5		0	RA	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.542		0	NC	4		3.051		
4:0....g	0.085		0	RA	4		0.102		
6:0....g	0.047		0	RA	4		0.057		
8:0....g	0.037		0	RKA	1		0.045		
10:0....g	0.087		0	RKA	1		0.104		
12:0....g	0.101		0	RKA	1		0.122		
13:0....g									
14:0....g	0.365		0	RKA	1		0.438		
15:0....g	0.038		0	RKA	1		0.045		
16:0....g	1.171		0	RKA	1		1.405		
17:0....g	0.023		0	RKA	1		0.028		
18:0....g	0.580		0	RKA	1		0.696		
20:0....g	0.007		0	RKA	1		0.008		
22:0....g	0.001		0	RKA	1		0.001		
24:0....g									
Fatty acids, total monounsaturated....g	1.206		0	NC	4		1.447		
14:1....g	0.025		0	RKA	1		0.030		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.042		0	RKA	1		0.051		
17:1....g	0.008		0	RKA	1		0.010		
18:1 undifferentiated....g	1.130		0	RKA	1		1.355		
20:1....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0	NC	4		0.356		
18:2 undifferentiated....g	0.269		0	RKA	1		0.323		
18:3 undifferentiated....g	0.022		0	RKA	1		0.026		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.007		
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	0.280		0	RKI	6		0.336		
Cholesterol....mg	15		0	RKA	1		18		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

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

Common Measures:

Measure 1 = 120g: 1 item

Calories Factors: Protein 4.2 **Fat** 8.78 **Carbohydrate** 3.88

NDB No. 21028

Fast foods, vanilla, light, soft-serve ice cream, with cone

Food Group: 21 Fast Foods

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

NDB No. 21504
KASHI Pizza, Four Cheese
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.10		1	MC	9		53.02		
Energy....kcal	240		0	NC	4		276		
Energy....kJ	1003		0	NC	4		1153		
Protein (N x 6.25)....g	13.00		1	MC	9		14.95		
Total lipid (fat)....g	6.90		1	MC	9		7.94		
Ash....g	2.60		1	MC	9		2.99		
Carbohydrate, by difference....g	31.40		1	MC	9		36.11		
Fiber, total dietary....g	5.3		1	MC	9		6.1		
Sugars, total....g	7.60		1	MC	9		8.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	183		1	MC	9		210		
Iron, Fe....mg	1.10		1	MC	9		1.27		
Magnesium, Mg....mg	17		1	MC	9		20		
Phosphorus, P....mg	107		1	MC	9		123		
Potassium, K....mg	279		1	MC	9		321		
Sodium, Na....mg	533		1	MC	9		613		
Zinc, Zn....mg	0.20		1	MC	9		0.23		
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	0.100		1	MC	9		0.115		
Riboflavin....mg	0.100		1	MC	9		0.115		
Niacin....mg	0.900		1	MC	9		1.035		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		1	MC	9		0.000		
Folate, total....µg	14		1	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		1	MC	9		0.12		
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	0.0		0	MC	9		0.0		
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.400		1	MC	9		3.910		
Fatty acids, total monounsaturated....g	1.800		1	MC	9		2.070		
Fatty acids, total polyunsaturated....g	1.100		1	MC	9		1.265		
Fatty acids, total trans....g	0.300		1	MC	9		0.345		
Cholesterol....mg	15		1	MC	9		17		
Phytosterols....mg									

NDB No. 21504
KASHI Pizza, Four Cheese

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

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

Common Measures:

Measure 1 = 115g: .33 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21513

KASHI Pizza, Greek Tzatziki, single serve

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	46.30		1	MC	9		68.99		
Energy ... kcal	223		0	NC	4		332		
Energy ... kJ	931		0	NC	4		1387		
Protein (N x 6.25) ... g	11.10		1	MC	9		16.54		
Total lipid (fat) ... g	6.60		1	MC	9		9.83		
Ash ... g	6.30		1	MC	9		9.39		
Carbohydrate, by difference ... g	29.70		1	MC	9		44.25		
Fiber, total dietary ... g	5.9		1	MC	9		8.8		
Sugars, total ... g	2.70		1	MC	9		4.02		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	116		1	MC	9		173		
Iron, Fe ... mg	1.30		1	MC	9		1.94		
Magnesium, Mg ... mg	16		1	MC	9		24		
Phosphorus, P ... mg	85		1	MC	9		127		
Potassium, K ... mg	185		1	MC	9		276		
Sodium, Na ... mg	322		1	MC	9		480		
Zinc, Zn ... mg	0.50		1	MC	9		0.75		
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	0.200		1	MC	9		0.298		
Riboflavin ... mg	0.200		1	MC	9		0.298		
Niacin ... mg	2.700		1	MC	9		4.023		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.100		1	MC	9		0.149		
Folate, total ... µg	28		1	MC	9		42		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.30		1	MC	9		0.45		
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	0.0		0	MC	9		0.0		
Vitamin D ... IU	0		1	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.300		1	MC	9		3.427		
Fatty acids, total monounsaturated ... g	1.700		1	MC	9		2.533		
Fatty acids, total polyunsaturated ... g	1.100		1	MC	9		1.639		
Fatty acids, total trans ... g	0.000		1	MC	9		0.000		
Cholesterol ... mg	10		1	MC	9		15		
Phytosterols ... mg									

NDB No. 21513
KASHI Pizza, Greek Tzatziki, single 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 = 149g: 1 Pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21501
KASHI Pizza, Margherita
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.90		0	MC	9		56.39		
Energy....kcal	230		0	MC	9		260		
Energy....kJ	962		0	MC	9		1087		
Protein (N x 6.25)....g	12.80		0	MC	9		14.46		
Total lipid (fat)....g	8.40		0	MC	9		9.49		
Ash....g	3.20		1	MC	9		3.62		
Carbohydrate, by difference....g	25.70		0	MC	9		29.04		
Fiber, total dietary....g	3.8		0	MC	9		4.3		
Sugars, total....g	3.30		0	MC	9		3.73		
Starch....g									
Minerals:									
Calcium, Ca....mg	192		0	MC	9		217		
Iron, Fe....mg	1.40		0	MC	9		1.58		
Magnesium, Mg....mg	20		0	MC	9		23		
Phosphorus, P....mg	123		0	MC	9		139		
Potassium, K....mg	204		0	MC	9		231		
Sodium, Na....mg	560		0	MC	9		633		
Zinc, Zn....mg	0.70		0	MC	9		0.79		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		0	MC	9		9.0		
Thiamin....mg	0.060		0	MC	9		0.068		
Riboflavin....mg	0.100		0	MC	9		0.113		
Niacin....mg	0.300		0	MC	9		0.339		
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0	MC	9		0.057		
Folate, total....µg	10		0	MC	9		11		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.50		0	MC	9		0.57		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	554		0	MC	9		626		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	3.500		0	MC	9		3.955		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		3.277		
Fatty acids, total polyunsaturated....g	1.000		0	MC	9		1.130		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	17		0	MC	9		19		
Phytosterols....mg									

NDB No. 21501
KASHI Pizza, Margherita

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 113g: .33 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21503
KASHI Pizza, Mediterranean
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.40		1	MC	9		55.68		
Energy....kcal	242		0	NC	4		291		
Energy....kJ	1014		0	NC	4		1217		
Protein (N x 6.25)....g	12.70		1	MC	9		15.24		
Total lipid (fat)....g	7.50		1	MC	9		9.00		
Ash....g	2.40		1	MC	9		2.88		
Carbohydrate, by difference....g	31.00		1	MC	9		37.20		
Fiber, total dietary....g	4.1		1	MC	9		4.9		
Sugars, total....g	2.80		1	MC	9		3.36		
Starch....g									
Minerals:									
Calcium, Ca....mg	138		1	MC	9		166		
Iron, Fe....mg	1.10		1	MC	9		1.32		
Magnesium, Mg....mg	33		1	MC	9		39		
Phosphorus, P....mg	161		1	MC	9		193		
Potassium, K....mg	168		1	MC	9		202		
Sodium, Na....mg	531		1	MC	9		637		
Zinc, Zn....mg	1.30		1	MC	9		1.56		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		1	MC	9		14.4		
Thiamin....mg	0.100		1	MC	9		0.120		
Riboflavin....mg	0.100		1	MC	9		0.120		
Niacin....mg	0.400		1	MC	9		0.480		
Pantothenic acid....mg									
Vitamin B-6....mg	0.200		1	MC	9		0.240		
Folate, total....µg	10		1	MC	9		12		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		1	MC	9		0.24		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	1377		1	MC	9		1652		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	3.200		1	MC	9		3.840		
Fatty acids, total monounsaturated....g	2.600		1	MC	9		3.120		
Fatty acids, total polyunsaturated....g	1.500		1	MC	9		1.800		
Fatty acids, total trans....g	0.200		1	MC	9		0.240		
Cholesterol....mg	12		1	MC	9		14		
Phytosterols....mg									

NDB No. 21503
KASHI Pizza, Mediterranean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 120g: .33 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21500
KASHI Pizza, Mushroom Trio & Spinach
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.60		1	MC	9		58.31		
Energy	kcal	224		0	NC	4		253		
Energy	kJ	937		0	NC	4		1059		
Protein (N x 6.25)	g	12.70		1	MC	9		14.35		
Total lipid (fat)	g	8.30		1	MC	9		9.38		
Ash	g	2.80		1	MC	9		3.16		
Carbohydrate, by difference	g	24.60		1	MC	9		27.80		
Fiber, total dietary	g	3.9		1	MC	9		4.4		
Sugars, total	g	2.30		1	MC	9		2.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	182		1	MC	9		206		
Iron, Fe	mg	1.30		1	MC	9		1.47		
Magnesium, Mg	mg	18		1	MC	9		20		
Phosphorus, P	mg	115		1	MC	9		130		
Potassium, K	mg	167		1	MC	9		189		
Sodium, Na	mg	587		1	MC	9		663		
Zinc, Zn	mg	0.70		1	MC	9		0.79		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		1	MC	9		5.4		
Thiamin	mg	0.100		1	MC	9		0.113		
Riboflavin	mg	0.100		1	MC	9		0.113		
Niacin	mg	0.300		1	MC	9		0.339		
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		1	MC	9		0.113		
Folate, total	µg	15		1	MC	9		17		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.40		1	MC	9		0.45		
Vitamin A, RAE	µg									
Vitamin A, IU	IU	848		1	MC	9		958		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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	4.000		1	MC	9		4.520		
Fatty acids, total monounsaturated	g	2.300		1	MC	9		2.599		
Fatty acids, total polyunsaturated	g	1.000		1	MC	9		1.130		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	23		1	MC	9		26		
Phytosterols	mg									

NDB No. 21500
KASHI Pizza, Mushroom Trio & Spinach

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 113g: .33 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21499
KASHI Pizza, Roasted Vegetable
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.60		0	MC	9		59.86		
Energy....kcal	224		0	NC	4		259		
Energy....kJ	936		0	NC	4		1086		
Protein (N x 6.25)....g	12.50		0	MC	9		14.50		
Total lipid (fat)....g	8.40		0	MC	9		9.74		
Ash....g	3.00		0	MC	9		3.48		
Carbohydrate, by difference....g	24.50		0	MC	9		28.42		
Fiber, total dietary....g	3.7		0	MC	9		4.3		
Sugars, total....g	2.90		0	MC	9		3.36		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		0	MC	9		204		
Iron, Fe....mg	1.30		0	MC	9		1.51		
Magnesium, Mg....mg	18		0	MC	9		21		
Phosphorus, P....mg	114		0	MC	9		132		
Potassium, K....mg	181		0	MC	9		210		
Sodium, Na....mg	546		0	MC	9		633		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		0	MC	9		13.9		
Thiamin....mg	0.050		0	MC	9		0.058		
Riboflavin....mg	0.080		0	MC	9		0.093		
Niacin....mg	0.200		0	MC	9		0.232		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.046		
Folate, total....µg	14		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.40		0	MC	9		0.46		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	1288		0	MC	9		1494		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	3.300		0	MC	9		3.828		
Fatty acids, total monounsaturated....g	3.100		0	MC	9		3.596		
Fatty acids, total polyunsaturated....g	1.000		0	MC	9		1.160		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	16		0	MC	9		19		
Phytosterols....mg									

NDB No. 21499
KASHI Pizza, Roasted Vegetable

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 116g: .33 pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21514

KASHI Pizza, Tikka Masala, single serve

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.00		1	MC	9		77.91		
Energy	kcal	212		0	NC	4		337		
Energy	kJ	887		0	NC	4		1410		
Protein (N x 6.25)	g	10.20		1	MC	9		16.22		
Total lipid (fat)	g	5.90		1	MC	9		9.38		
Ash	g	5.40		1	MC	9		8.59		
Carbohydrate, by difference	g	29.50		1	MC	9		46.91		
Fiber, total dietary	g	6.0		1	MC	9		9.5		
Sugars, total	g	4.00		1	MC	9		6.36		
Starch	g									
Minerals:										
Calcium, Ca	mg	97		1	MC	9		154		
Iron, Fe	mg	1.40		1	MC	9		2.23		
Magnesium, Mg	mg	15		1	MC	9		24		
Phosphorus, P	mg	77		1	MC	9		122		
Potassium, K	mg	236		1	MC	9		375		
Sodium, Na	mg	247		1	MC	9		393		
Zinc, Zn	mg	0.50		1	MC	9		0.80		
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	0.200		1	MC	9		0.318		
Riboflavin	mg	0.100		1	MC	9		0.159		
Niacin	mg	2.500		1	MC	9		3.975		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	µg	25		1	MC	9		40		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.20		1	MC	9		0.32		
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	0.0		0	MC	9		0.0		
Vitamin D	IU	0		1	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.100		1	MC	9		3.339		
Fatty acids, total monounsaturated	g	1.500		1	MC	9		2.385		
Fatty acids, total polyunsaturated	g	1.000		1	MC	9		1.590		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	8		1	MC	9		13		
Phytosterols	mg									

NDB No. 21514
KASHI Pizza, Tikka Masala, single 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 = 159g: 1 Pizza

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

Food Group: 21 Fast Foods

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

NDB No. 21420
KFC, Coleslaw
Kentucky Fried Chicken
KFC
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.99	0.387	4	A	1		82.87	141.33	
Energy....kcal	144		0	NC	4		161	275	
Energy....kJ	602		0	NC	4		675	1150	
Protein....g	0.91	0.065	4	A	1		1.01	1.73	
Total lipid (fat)....g	8.64	0.252	4	A	1		9.67	16.50	
Ash....g	0.81	0.023	4	A	1		0.91	1.55	
Carbohydrate, by difference....g	15.65		0	NC	4		17.53	29.89	
Fiber, total dietary....g	2.0	0.108	4	A	1		2.2	3.8	
Sugars, total....g	13.54	0.310	4	A	1		15.16	25.86	
Sucrose....g	10.18	0.415	4	A	1		11.41	19.45	
Glucose (dextrose)....g	1.72	0.111	4	A	1		1.92	3.28	
Fructose....g	1.45	0.093	4	A	1		1.62	2.76	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.19	0.006	4	A	1		0.21	0.36	
Starch....g									
Minerals:									
Calcium, Ca....mg	28	0.527	4	A	1		32	54	
Iron, Fe....mg	0.21	0.013	4	A	1		0.23	0.39	
Magnesium, Mg....mg	9	0.470	4	A	1		10	17	
Phosphorus, P....mg	20	0.442	4	A	1		23	39	
Potassium, K....mg	140	6.343	4	A	1		157	268	
Sodium, Na....mg	189	3.969	4	A	1		211	360	
Zinc, Zn....mg	0.15	0.012	4	A	1		0.17	0.29	
Copper, Cu....mg	0.016	0.001	4	A	1		0.018	0.031	
Manganese, Mn....mg	0.121	0.006	4	A	1		0.136	0.231	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.6	0.981	4	A	1		16.4	27.9	
Thiamin....mg	0.037	0.011	4	A	1		0.042	0.071	
Riboflavin....mg	0.015	0.000	4	A	1		0.016	0.028	
Niacin....mg	0.206	0.004	4	A	1		0.231	0.394	
Pantothenic acid....mg	0.242	0.024	4	A	1		0.272	0.463	
Vitamin B-6....mg	0.121	0.002	4	A	1		0.136	0.232	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.03		1	A	1		0.03	0.06	
Vitamin A, RAE....µg	1		0	AS	1		1	2	
Vitamin A, IU....IU	4		0	AS	1		4	7	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.035	4	A	1		0.61	1.04	
Tocopherol, beta....mg	0.04	0.003	4	A	1		0.04	0.07	
Tocopherol, gamma....mg	4.79	0.148	4	A	1		5.36	9.15	
Tocopherol, delta....mg	1.64	0.082	4	A	1		1.84	3.14	
Tocotrienol, alpha....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	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	70.9		1	A	1		79.4	135.4	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	

NDB No. 21420
KFC, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.303		0	NC	4		1.460	2.489	
4:0....g	0.000	0.000	4	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.005	0.002	4	A	1		0.006	0.010	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.877	0.035	4	A	1		0.982	1.675	
17:0....g	0.007	0.000	4	A	1		0.008	0.014	
18:0....g	0.357	0.015	4	A	1		0.400	0.682	
20:0....g	0.023	0.001	4	A	1		0.026	0.044	
22:0....g	0.025	0.001	4	A	1		0.028	0.048	
24:0....g	0.008	0.000	4	A	1		0.009	0.016	
Fatty acids, total monounsaturated....g	1.963		0	NC	4		2.199	3.750	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.008	0.000	4	AS	1		0.009	0.016	
16:1 c....g	0.008	0.000	4	A	1		0.009	0.016	
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g	0.004	0.000	4	A	1		0.004	0.007	
18:1 undifferentiated....g	1.914	0.081	4	AS	1		2.144	3.656	
18:1 c....g	1.907	0.076	4	A	1		2.136	3.642	
18:1 t....g	0.007	0.005	4	A	1		0.008	0.013	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.002	4	A	1		0.032	0.054	
22:1 undifferentiated....g	0.007	0.000	4	AS	1		0.008	0.013	
22:1 c....g	0.007	0.000	4	A	1		0.008	0.013	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	4	A	1		0.003	0.004	
Fatty acids, total polyunsaturated....g	4.888		0	NC	4		5.475	9.337	
18:2 undifferentiated....g	4.301	0.175	4	AS	1		4.818	8.216	
18:2 n-6 c,c....g	4.277	0.175	4	A	1		4.790	8.169	
18:2 CLAs....g	0.001	0.001	4	A	1		0.001	0.001	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.002	4	A	1		0.027	0.046	
18:3 undifferentiated....g	0.586	0.025	4	AS	1		0.656	1.119	
18:3 n-3 c,c,c (ALA)....g	0.566	0.025	4	A	1		0.634	1.081	
18:3 n-6 c,c,c....g	0.020	0.002	4	A	1		0.023	0.039	
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	4	A	1		0.001	0.002	
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	0.031		0	NC	4		0.035	0.059	
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.008	0.013	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.027	0.046	
Cholesterol....mg	2	0.058	4	A	1		2	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		1	A	1		0.009	0.016	
Threonine....g	0.025		1	A	1		0.029	0.049	

NDB No. 21420
KFC, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.025		1	A	1		0.029	0.049	
Leucine....g	0.034		1	A	1		0.038	0.065	
Lysine....g	0.034		1	A	1		0.038	0.065	
Methionine....g	0.017		1	A	1		0.019	0.032	
Cystine....g	0.008		1	A	1		0.009	0.016	
Phenylalanine....g	0.025		1	A	1		0.029	0.049	
Tyrosine....g	0.017		1	A	1		0.019	0.032	
Valine....g	0.034		1	A	1		0.038	0.065	
Arginine....g	0.043		1	A	1		0.048	0.081	
Histidine....g	0.017		1	A	1		0.019	0.032	
Alanine....g	0.051		1	A	1		0.057	0.098	
Aspartic acid....g	0.068		1	A	1		0.076	0.130	
Glutamic acid....g	0.162		1	A	1		0.181	0.309	
Glycine....g	0.025		1	A	1		0.029	0.049	
Proline....g	0.051		1	A	1		0.057	0.098	
Serine....g	0.034		1	A	1		0.038	0.065	
Hydroxyproline....g									

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

Measure 2 = 191g: 1 cup

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

Food Group: 21 Fast Foods

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

NDB No. 21421

KFC, Crispy Chicken Strips

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.93	0.990	6	A	1		22.53		
Energy....kcal	274		0	NC	4		129		
Energy....kJ	1148		0	NC	4		540		
Protein....g	20.25	0.920	6	A	1		9.52		
Total lipid (fat)....g	15.42	0.471	6	A	1		7.25		
Ash....g	2.74	0.211	6	A	1		1.29		
Carbohydrate, by difference....g	13.66		0	NC	4		6.42		
Fiber, total dietary....g	1.4		2	A	1		0.7		
Sugars, total....g	0.00		2	A	1		0.00		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	13.40	1.010	4	A	1		6.30		
Minerals:									
Calcium, Ca....mg	25	0.931	4	A	1		12		
Iron, Fe....mg	0.69	0.038	4	A	1		0.33		
Magnesium, Mg....mg	33	0.897	4	A	1		15		
Phosphorus, P....mg	298	7.494	4	A	1		140		
Potassium, K....mg	333	8.134	4	A	1		157		
Sodium, Na....mg	948	102.248	4	A	1		446		
Zinc, Zn....mg	0.68	0.026	4	A	1		0.32		
Copper, Cu....mg	0.074	0.004	4	A	1		0.035		
Manganese, Mn....mg	0.258	0.025	4	A	1		0.121		
Selenium, Se....µg	18.1	1.617	4	A	1		8.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.083	0.008	4	A	1		0.039		
Riboflavin....mg	0.051	0.013	4	A	1		0.024		
Niacin....mg	8.562	0.296	4	A	1		4.024		
Pantothenic acid....mg	1.300	0.041	4	A	1		0.611		
Vitamin B-6....mg	0.474	0.007	4	A	1		0.223		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.17	0.017	4	A	1		0.08		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.90	0.021	4	A	1		0.42		
Tocopherol, beta....mg	0.05	0.004	4	A	1		0.02		
Tocopherol, gamma....mg	3.51	0.247	4	A	1		1.65		
Tocopherol, delta....mg	1.92	0.157	4	A	1		0.90		
Tocotrienol, alpha....mg	0.01	0.005	4	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg	0.09	0.029	4	A	1		0.04		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	9.4		1	A	1		4.4		
Dihydrophylloquinone....µg	28.5		1	A	1		13.4		
Menaquinone-4....µg	10.3		1	A	1		4.8		

NDB No. 21421
KFC, Crispy Chicken Strips

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.887		0	NC	4		1.357		
4:0....g	0.003	0.000	6	A	1		0.002		
6:0....g	0.001	0.000	6	A	1		0.000		
8:0....g	0.005	0.001	6	A	1		0.003		
10:0....g	0.003	0.000	6	A	1		0.002		
12:0....g	0.007	0.002	6	A	1		0.003		
13:0....g									
14:0....g	0.032	0.002	6	A	1		0.015		
15:0....g	0.005	0.000	6	A	1		0.002		
16:0....g	2.030	0.056	6	A	1		0.954		
17:0....g	0.015	0.001	6	A	1		0.007		
18:0....g	0.694	0.035	6	A	1		0.326		
20:0....g	0.038	0.002	6	A	1		0.018		
22:0....g	0.038	0.002	6	A	1		0.018		
24:0....g	0.016	0.001	6	A	1		0.007		
Fatty acids, total monounsaturated....g	4.308		0	NC	4		2.025		
14:1....g	0.006	0.001	6	A	1		0.003		
15:1....g	0.004	0.001	6	A	1		0.002		
16:1 undifferentiated....g	0.221	0.030	6	AS	1		0.104		
16:1 c....g	0.219	0.030	6	A	1		0.103		
16:1 t....g	0.002	0.000	6	A	1		0.001		
17:1....g	0.010	0.001	6	A	1		0.005		
18:1 undifferentiated....g	4.001	0.097	6	AS	1		1.880		
18:1 c....g	3.957	0.100	6	A	1		1.860		
18:1 t....g	0.044	0.011	6	A	1		0.021		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056	0.002	6	A	1		0.026		
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.001		
22:1 c....g	0.003	0.000	6	A	1		0.001		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.008	0.001	6	A	1		0.004		
Fatty acids, total polyunsaturated....g	6.881		0	NC	4		3.234		
18:2 undifferentiated....g	6.450	0.353	6	AS	1		3.031		
18:2 n-6 c,c....g	6.356	0.351	6	A	1		2.987		
18:2 CLAs....g	0.020	0.001	6	A	1		0.009		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.074	0.004	6	A	1		0.035		
18:3 undifferentiated....g	0.326	0.023	6	AS	1		0.153		
18:3 n-3 c,c,c (ALA)....g	0.321	0.023	6	A	1		0.151		
18:3 n-6 c,c,c....g	0.006	0.001	6	A	1		0.003		
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.012	0.000	6	A	1		0.006		
20:3 undifferentiated....g	0.015	0.001	6	AS	1		0.007		
20:3 n-3....g	0.001	0.000	6	A	1		0.000		
20:3 n-6....g	0.014	0.001	6	A	1		0.006		
20:4 undifferentiated....g	0.046	0.003	6	A	1		0.022		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.001		
21:5....g									
22:4....g	0.021	0.001	6	A	1		0.010		
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.002		
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1		0.002		
Fatty acids, total trans....g	0.119		0	NC	4		0.056		
Fatty acids, total trans-monoenoic....g	0.046		0	NC	4		0.022		
Fatty acids, total trans-polyenoic....g	0.074		0	NC	4		0.035		
Cholesterol....mg	51	1.652	4	A	1		24		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.267		0	A	1		0.126		
Threonine....g	0.918		0	A	1		0.432		

NDB No. 21421
KFC, Crispy Chicken Strips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.921		0	A	1		0.433		
Leucine.....g	1.624		0	A	1		0.763		
Lysine.....g	1.631		0	A	1		0.767		
Methionine.....g	0.435		0	A	1		0.205		
Cystine.....g	0.220		0	A	1		0.103		
Phenylalanine.....g	0.843		0	A	1		0.396		
Tyrosine.....g	0.827		0	A	1		0.389		
Valine.....g	1.031		0	A	1		0.485		
Arginine.....g	1.257		0	A	1		0.591		
Histidine.....g	0.687		0	A	1		0.323		
Alanine.....g	1.189		0	A	1		0.559		
Aspartic acid.....g	1.914		0	A	1		0.899		
Glutamic acid.....g	3.792		0	A	1		1.782		
Glycine.....g	0.874		0	A	1		0.411		
Proline.....g	0.889		0	A	1		0.418		
Serine.....g	0.817		0	A	1		0.384		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 47g: 1 strip

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

Food Group: 21 Fast Foods

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

NDB No. 21438

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 9% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.42		0	RKA	1		109.00	71.98	62.21
Energy....kcal	268		0	RKI	6		568	375	324
Energy....kJ	1121		0	RKI	6		2375	1569	1356
Protein....g	21.24		0	RKA	1		45.03	29.73	25.70
Total lipid (fat)....g	16.55		0	RKA	1		35.09	23.17	20.03
Ash....g	2.32		0	RKA	1		4.92	3.25	2.81
Carbohydrate, by difference....g	8.47		0	RKI	6		17.97	11.86	10.25
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	RKI	6		58	38	33
Iron, Fe....mg	0.57		0	RKI	6		1.21	0.80	0.69
Magnesium, Mg....mg	24		0	RKI	6		52	34	29
Phosphorus, P....mg	215		0	RKI	6		455	300	260
Potassium, K....mg	258		0	RKI	6		546	361	312
Sodium, Na....mg	607		0	RKI	6		1286	849	734
Zinc, Zn....mg	0.78		0	RKI	6		1.66	1.10	0.95
Copper, Cu....mg	0.400		0	RKI	6		0.849	0.561	0.485
Manganese, Mn....mg	0.144		0	RKI	6		0.305	0.201	0.174
Selenium, Se....µg	21.9		0	RKI	6		46.4	30.7	26.5
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.043		0	RKI	6		0.092	0.061	0.052
Riboflavin....mg	0.107		0	RKI	6		0.227	0.150	0.130
Niacin....mg	8.139		0	RKI	6		17.255	11.395	9.848
Pantothenic acid....mg	1.326		0	RKI	6		2.810	1.856	1.604
Vitamin B-6....mg	0.309		0	RKI	6		0.656	0.433	0.374
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.32		0	RKI	6		0.69	0.45	0.39
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	3.538		0	RKI	6		7.500	4.953	4.280
4:0....g	0.003		0	RKA	1		0.006	0.004	0.003
6:0....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0....g	0.005		0	RKA	1		0.011	0.007	0.006
10:0....g	0.003		0	RKA	1		0.007	0.005	0.004
12:0....g	0.005		0	RKA	1		0.011	0.007	0.006

NDB No. 21438

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.047		0	RKA	1		0.100	0.066	0.057
15:0 g	0.007		0	RKA	1		0.014	0.009	0.008
16:0 g	2.590		0	RKA	1		5.491	3.626	3.134
17:0 g	0.016		0	RKA	1		0.034	0.022	0.019
18:0 g	0.782		0	RKA	1		1.659	1.095	0.947
20:0 g	0.033		0	RKA	1		0.071	0.047	0.040
22:0 g	0.032		0	RKA	1		0.067	0.045	0.039
24:0 g	0.013		0	RKA	1		0.028	0.019	0.016
Fatty acids, total monounsaturated g	5.422		0	RKI	6		11.495	7.591	6.561
14:1 g	0.015		0	RKA	1		0.032	0.021	0.018
15:1 g	0.003		0	RKA	1		0.007	0.004	0.004
16:1 undifferentiated g	0.515		0	RKA	1		1.091	0.721	0.623
16:1 c g	0.512		0	RKA	1		1.084	0.716	0.619
16:1 t g	0.003		0	RKA	1		0.007	0.005	0.004
17:1 g	0.012		0	RKA	1		0.025	0.017	0.014
18:1 undifferentiated g	4.803		0	RKA	1		10.183	6.724	5.812
18:1 c g	4.757		0	RKA	1		10.085	6.660	5.756
18:1 t g	0.046		0	RKA	1		0.097	0.064	0.056
18:1-11 t (18:1t n-7) g									
20:1 g	0.062		0	RKA	1		0.132	0.087	0.075
22:1 undifferentiated g	0.003		0	RKA	1		0.007	0.005	0.004
22:1 c g	0.003		0	RKA	1		0.007	0.005	0.004
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.009		0	RKA	1		0.018	0.012	0.010
Fatty acids, total polyunsaturated g	6.276		0	RKI	6		13.305	8.786	7.594
18:2 undifferentiated g	5.870		0	RKA	1		12.445	8.218	7.103
18:2 n-6 c,c g	5.788		0	RKA	1		12.270	8.103	7.003
18:2 CLAs g	0.020		0	RKA	1		0.043	0.029	0.025
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.062		0	RKA	1		0.131	0.087	0.075
18:3 undifferentiated g	0.293		0	RKA	1		0.621	0.410	0.354
18:3 n-3 c,c,c (ALA) g	0.279		0	RKA	1		0.592	0.391	0.338
18:3 n-6 c,c,c g	0.014		0	RKA	1		0.029	0.019	0.017
18:3i g									
18:4 g	0.003		0	RKA	1		0.006	0.004	0.003
20:2 n-6 c,c g	0.015		0	RKA	1		0.031	0.020	0.018
20:3 undifferentiated g	0.022		0	RKA	1		0.047	0.031	0.027
20:3 n-3 g	0.001		0	RKA	1		0.002	0.001	0.001
20:3 n-6 g	0.021		0	RKA	1		0.045	0.030	0.026
20:4 undifferentiated g	0.045		0	RKA	1		0.095	0.063	0.054
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.004	0.003	0.002
21:5 g									
22:4 g	0.019		0	RKA	1		0.040	0.026	0.023
22:5 n-3 (DPA) g	0.004		0	RKA	1		0.009	0.006	0.005
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.006	0.004	0.004
Fatty acids, total trans g	0.111		0	RKI	6		0.236	0.156	0.135
Fatty acids, total trans-monoenoic g	0.049		0	RKI	6		0.105	0.069	0.060
Fatty acids, total trans-polyenoic g	0.062		0	RKI	6		0.131	0.087	0.075
Cholesterol mg	76		0	RKI	6		162	107	93
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.162		0	RKA	1		0.344	0.227	0.197
Threonine g	0.701		0	RKA	1		1.486	0.981	0.848
Isoleucine g	0.623		0	RKA	1		1.322	0.873	0.754
Leucine g	1.295		0	RKA	1		2.745	1.813	1.567
Lysine g	0.921		0	RKA	1		1.953	1.290	1.115
Methionine g	0.308		0	RKA	1		0.652	0.431	0.372
Cystine g	0.246		0	RKA	1		0.522	0.345	0.298
Phenylalanine g	0.812		0	RKA	1		1.722	1.137	0.983
Tyrosine g	0.650		0	RKA	1		1.378	0.910	0.786

NDB No. 21438

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.774		0	RKA	1		1.641	1.083	0.936
Arginine....g	1.201		0	RKA	1		2.546	1.682	1.453
Histidine....g	0.506		0	RKA	1		1.073	0.708	0.612
Alanine....g	1.210		0	RKA	1		2.565	1.694	1.464
Aspartic acid....g	1.443		0	RKA	1		3.059	2.020	1.746
Glutamic acid....g	4.966		0	RKA	1		10.529	6.953	6.009
Glycine....g	1.785		0	RKA	1		3.785	2.499	2.160
Proline....g	1.704		0	RKA	1		3.613	2.386	2.062
Serine....g	0.827		0	RKA	1		1.754	1.158	1.001
Hydroxyproline....g	0.582		0	RKI	6		1.234	0.815	0.704

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

Common Measures:

Measure 1 = 212g: 1 breast, with skin

Measure 2 = 140g: 1 breast, without skin

Measure 3 = 121g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21430

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 43% Skin, subcutaneous fat and breading, 33%; Cartilage and bone, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.71	0.732	6	A	1		91.99	79.51	
Energy....kcal	153		0	NC	4		215	186	
Energy....kJ	642		0	NC	4		898	776	
Protein....g	27.25	0.447	6	A	1		38.15	32.97	
Total lipid (fat)....g	4.82	0.364	6	A	1		6.75	5.83	
Ash....g	1.97	0.063	6	A	1		2.76	2.39	
Carbohydrate, by difference....g	0.25		0	NC	4		0.35	0.30	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		27	24	
Iron, Fe....mg	0.51		0	BFNN	4		0.72	0.62	
Magnesium, Mg....mg	28		0	BFNN	4		39	34	
Phosphorus, P....mg	253		0	BFNN	4		354	306	
Potassium, K....mg	309		0	BFNN	4		432	374	
Sodium, Na....mg	477		0	BFNN	4		668	577	
Zinc, Zn....mg	0.89		0	BFNN	4		1.24	1.07	
Copper, Cu....mg	0.044		0	BFNN	4		0.061	0.053	
Manganese, Mn....mg	0.048		0	BFNN	4		0.067	0.058	
Selenium, Se....µg	27.8		0	BFNN	4		38.9	33.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.060		0	BFPN	4		0.084	0.073	
Riboflavin....mg	0.127		0	BFPN	4		0.178	0.154	
Niacin....mg	10.897		0	BFPN	4		15.255	13.185	
Pantothenic acid....mg	1.626		0	BFPN	4		2.276	1.967	
Vitamin B-6....mg	0.416		0	BFPN	4		0.582	0.503	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0	BFPN	4		0.42	0.37	
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	1.196		0	NC	4		1.675	1.447	
4:0....g	0.003	0.000	6	A	1		0.004	0.003	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.002	0.001	
10:0....g	0.003	0.000	6	A	1		0.004	0.003	
12:0....g	0.002	0.000	6	A	1		0.003	0.003	

NDB No. 21430

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.017	0.001	6	A	1		0.023	0.020	
15:0 g	0.003	0.000	6	A	1		0.004	0.003	
16:0 g	0.851	0.054	6	A	1		1.192	1.030	
17:0 g	0.005	0.000	6	A	1		0.007	0.006	
18:0 g	0.290	0.017	6	A	1		0.406	0.351	
20:0 g	0.009	0.001	6	A	1		0.013	0.011	
22:0 g	0.008	0.001	6	A	1		0.012	0.010	
24:0 g	0.004	0.000	6	A	1		0.006	0.005	
Fatty acids, total monounsaturated g	1.683		0	NC	4		2.357	2.037	
14:1 g	0.005	0.000	6	A	1		0.007	0.006	
15:1 g	0.003	0.001	6	A	1		0.005	0.004	
16:1 undifferentiated g	0.175	0.016	6	AS	1		0.245	0.212	
16:1 c g	0.174	0.017	6	A	1		0.243	0.210	
16:1 t g	0.001	0.000	6	A	1		0.002	0.002	
17:1 g	0.008	0.004	6	A	1		0.012	0.010	
18:1 undifferentiated g	1.466	0.091	6	AS	1		2.052	1.774	
18:1 c g	1.446	0.090	6	A	1		2.025	1.750	
18:1 t g	0.020	0.001	6	A	1		0.027	0.024	
18:1-11 t (18:1t n-7) g									
20:1 g	0.020	0.001	6	A	1		0.028	0.024	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.003	0.002	
22:1 c g	0.002	0.000	6	A	1		0.003	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.004	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	1.620		0	NC	4		2.268	1.960	
18:2 undifferentiated g	1.452	0.107	6	AS	1		2.033	1.757	
18:2 n-6 c,c g	1.428	0.105	6	A	1		1.999	1.727	
18:2 CLAs g	0.007	0.001	6	A	1		0.009	0.008	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018	0.002	6	A	1		0.025	0.022	
18:3 undifferentiated g	0.070	0.006	6	AS	1		0.097	0.084	
18:3 n-3 c,c,c (ALA) g	0.065	0.005	6	A	1		0.090	0.078	
18:3 n-6 c,c,c g	0.005	0.001	6	A	1		0.007	0.006	
18:3i g									
18:4 g	0.001	0.000	6	A	1		0.002	0.001	
20:2 n-6 c,c g	0.008	0.001	6	A	1		0.011	0.010	
20:3 undifferentiated g	0.020	0.001	6	AS	1		0.028	0.024	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.019	0.001	6	A	1		0.027	0.023	
20:4 undifferentiated g	0.043	0.001	6	A	1		0.060	0.052	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	A	1		0.003	0.002	
21:5 g									
22:4 g	0.016	0.001	6	A	1		0.023	0.020	
22:5 n-3 (DPA) g	0.004	0.000	6	A	1		0.006	0.005	
22:6 n-3 (DHA) g	0.003	0.000	6	A	1		0.005	0.004	
Fatty acids, total trans g	0.039		0	NC	4		0.055	0.047	
Fatty acids, total trans-monoenoic g	0.021		0	NC	4		0.029	0.025	
Fatty acids, total trans-polyenoic g	0.018		0	NC	4		0.025	0.022	
Cholesterol mg	87		0	BFSN	4		122	105	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	A	1		0.292	0.252	
Threonine g	0.899		0	A	1		1.259	1.088	
Isoleucine g	0.800		0	A	1		1.120	0.968	
Leucine g	1.661		0	A	1		2.326	2.010	
Lysine g	1.182		0	A	1		1.655	1.430	
Methionine g	0.395		0	A	1		0.552	0.477	
Cystine g	0.316		0	A	1		0.442	0.382	
Phenylalanine g	1.042		0	A	1		1.459	1.261	
Tyrosine g	0.834		0	A	1		1.167	1.009	

NDB No. 21430

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.993		0	A	1		1.390	1.201	
Arginine.....g	1.541		0	A	1		2.157	1.865	
Histidine.....g	0.649		0	A	1		0.909	0.785	
Alanine.....g	1.552		0	A	1		2.173	1.878	
Aspartic acid.....g	1.851		0	A	1		2.592	2.240	
Glutamic acid.....g	6.372		0	A	1		8.921	7.710	
Glycine.....g	2.291		0	A	1		3.207	2.772	
Proline.....g	2.187		0	A	1		3.061	2.646	
Serine.....g	1.062		0	A	1		1.486	1.284	
Hydroxyproline.....g	0.772		0	BFPN	4		1.080	0.934	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 breast, without skin

Measure 2 = 121g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21439

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 21% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	51.44		0	RKA	1		41.66	29.32	21.09
Energy ... kcal	274		0	RKI	6		222	156	112
Energy ... kJ	1146		0	RKI	6		928	653	470
Protein ... g	20.62		0	RKA	1		16.70	11.76	8.46
Total lipid (fat) ... g	17.73		0	RKA	1		14.36	10.11	7.27
Ash ... g	2.38		0	RKA	1		1.93	1.36	0.98
Carbohydrate, by difference ... g	7.96		0	RKI	6		6.44	4.53	3.26
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25		0	RKI	6		20	14	10
Iron, Fe ... mg	0.91		0	RKI	6		0.74	0.52	0.37
Magnesium, Mg ... mg	21		0	RKI	6		17	12	9
Phosphorus, P ... mg	198		0	RKI	6		160	113	81
Potassium, K ... mg	237		0	RKI	6		192	135	97
Sodium, Na ... mg	632		0	RKI	6		512	360	259
Zinc, Zn ... mg	1.84		0	RKI	6		1.49	1.05	0.75
Copper, Cu ... mg	0.411		0	RKI	6		0.333	0.234	0.168
Manganese, Mn ... mg	0.145		0	RKI	6		0.117	0.083	0.059
Selenium, Se ... µg	24.2		0	RKI	6		19.6	13.8	9.9
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.037		0	RKI	6		0.030	0.021	0.015
Riboflavin ... mg	0.195		0	RKI	6		0.158	0.111	0.080
Niacin ... mg	4.601		0	RKI	6		3.727	2.623	1.886
Pantothenic acid ... mg	1.122		0	RKI	6		0.909	0.640	0.460
Vitamin B-6 ... mg	0.204		0	RKI	6		0.166	0.117	0.084
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.54		0	RKI	6		0.44	0.31	0.22
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	3.887		0	RKI	6		3.148	2.215	1.593
4:0 ... g	0.003		0	RKA	1		0.002	0.001	0.001
6:0 ... g	0.001		0	RKA	1		0.001	0.000	0.000
8:0 ... g	0.005		0	RKA	1		0.004	0.003	0.002
10:0 ... g	0.004		0	RKA	1		0.003	0.002	0.001
12:0 ... g	0.006		0	RKA	1		0.005	0.004	0.003

NDB No. 21439

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.055		0	RKA	1		0.045	0.031	0.023
15:0 g	0.008		0	RKA	1		0.006	0.004	0.003
16:0 g	2.853		0	RKA	1		2.311	1.626	1.170
17:0 g	0.017		0	RKA	1		0.014	0.010	0.007
18:0 g	0.856		0	RKA	1		0.694	0.488	0.351
20:0 g	0.033		0	RKA	1		0.027	0.019	0.014
22:0 g	0.032		0	RKA	1		0.026	0.018	0.013
24:0 g	0.014		0	RKA	1		0.011	0.008	0.006
Fatty acids, total monounsaturated g	6.049		0	RKI	6		4.900	3.448	2.480
14:1 g	0.019		0	RKA	1		0.016	0.011	0.008
15:1 g	0.002		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated g	0.662		0	RKA	1		0.536	0.377	0.271
16:1 c g	0.658		0	RKA	1		0.533	0.375	0.270
16:1 t g	0.004		0	RKA	1		0.003	0.002	0.002
17:1 g	0.010		0	RKA	1		0.008	0.006	0.004
18:1 undifferentiated g	5.276		0	RKA	1		4.273	3.007	2.163
18:1 c g	5.226		0	RKA	1		4.233	2.979	2.143
18:1 t g	0.049		0	RKA	1		0.040	0.028	0.020
18:1-11 t (18:1t n-7) g									
20:1 g	0.066		0	RKA	1		0.054	0.038	0.027
22:1 undifferentiated g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 c g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.010		0	RKA	1		0.008	0.006	0.004
Fatty acids, total polyunsaturated g	6.353		0	RKI	6		5.146	3.621	2.605
18:2 undifferentiated g	5.903		0	RKA	1		4.782	3.365	2.420
18:2 n-6 c,c g	5.821		0	RKA	1		4.715	3.318	2.387
18:2 CLAs g	0.022		0	RKA	1		0.017	0.012	0.009
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.061		0	RKA	1		0.049	0.035	0.025
18:3 undifferentiated g	0.296		0	RKA	1		0.239	0.168	0.121
18:3 n-3 c,c,c (ALA) g	0.279		0	RKA	1		0.226	0.159	0.114
18:3 n-6 c,c,c g	0.017		0	RKA	1		0.014	0.010	0.007
18:3i g									
18:4 g	0.003		0	RKA	1		0.003	0.002	0.001
20:2 n-6 c,c g	0.016		0	RKA	1		0.013	0.009	0.007
20:3 undifferentiated g	0.026		0	RKA	1		0.021	0.015	0.011
20:3 n-3 g	0.001		0	RKA	1		0.001	0.001	0.000
20:3 n-6 g	0.025		0	RKA	1		0.020	0.014	0.010
20:4 undifferentiated g	0.072		0	RKA	1		0.058	0.041	0.029
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.002	0.001	0.001
21:5 g									
22:4 g	0.024		0	RKA	1		0.019	0.014	0.010
22:5 n-3 (DPA) g	0.006		0	RKA	1		0.005	0.003	0.003
22:6 n-3 (DHA) g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans g	0.114		0	RKI	6		0.092	0.065	0.047
Fatty acids, total trans-monoenoic g	0.054		0	RKI	6		0.043	0.031	0.022
Fatty acids, total trans-polyenoic g	0.061		0	RKI	6		0.049	0.035	0.025
Cholesterol mg	109		0	RKI	6		89	62	45
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.158		0	RKA	1		0.128	0.090	0.065
Threonine g	0.680		0	RKA	1		0.551	0.388	0.279
Isoleucine g	0.605		0	RKA	1		0.490	0.345	0.248
Leucine g	1.257		0	RKA	1		1.019	0.717	0.516
Lysine g	0.895		0	RKA	1		0.725	0.510	0.367
Methionine g	0.299		0	RKA	1		0.242	0.170	0.122
Cystine g	0.239		0	RKA	1		0.194	0.136	0.098
Phenylalanine g	0.789		0	RKA	1		0.639	0.450	0.323
Tyrosine g	0.631		0	RKA	1		0.511	0.360	0.259

NDB No. 21439

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.751		0	RKA	1		0.609	0.428	0.308
Arginine....g	1.166		0	RKA	1		0.945	0.665	0.478
Histidine....g	0.491		0	RKA	1		0.398	0.280	0.201
Alanine....g	1.175		0	RKA	1		0.951	0.670	0.482
Aspartic acid....g	1.401		0	RKA	1		1.135	0.799	0.574
Glutamic acid....g	4.822		0	RKA	1		3.906	2.749	1.977
Glycine....g	1.734		0	RKA	1		1.404	0.988	0.711
Proline....g	1.655		0	RKA	1		1.341	0.943	0.679
Serine....g	0.803		0	RKA	1		0.651	0.458	0.329
Hydroxyproline....g	0.544		0	RKI	6		0.441	0.310	0.223

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 1 drumstick, with skin

Measure 2 = 57g: 1 drumstick, without skin

Measure 3 = 41g: 1 drumstick, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21431

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 49% Skin, subcutaneous fat and breading, 28%; Cartilage and bone, 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.78	0.355	6	A	1		26.56	36.93	
Energy....kcal	170		0	NC	4		70	97	
Energy....kJ	713		0	NC	4		292	407	
Protein....g	25.90	0.228	6	A	1		10.62	14.76	
Total lipid (fat)....g	7.43	0.202	6	A	1		3.05	4.24	
Ash....g	2.09	0.089	6	A	1		0.86	1.19	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		7	9	
Iron, Fe....mg	1.05		0	BFNN	4		0.43	0.60	
Magnesium, Mg....mg	23		0	BFNN	4		10	13	
Phosphorus, P....mg	224		0	BFNN	4		92	128	
Potassium, K....mg	273		0	BFNN	4		112	156	
Sodium, Na....mg	526		0	BFNN	4		215	300	
Zinc, Zn....mg	2.51		0	BFNN	4		1.03	1.43	
Copper, Cu....mg	0.084		0	BFNN	4		0.034	0.048	
Manganese, Mn....mg	0.056		0	BFNN	4		0.023	0.032	
Selenium, Se....µg	30.9		0	BFNN	4		12.7	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.050		0	BFPN	4		0.020	0.028	
Riboflavin....mg	0.262		0	BFPN	4		0.107	0.149	
Niacin....mg	5.244		0	BFPN	4		2.150	2.989	
Pantothenic acid....mg	1.292		0	BFPN	4		0.530	0.736	
Vitamin B-6....mg	0.247		0	BFPN	4		0.101	0.141	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.63		0	BFPN	4		0.26	0.36	
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	1.893		0	NC	4		0.776	1.079	
4:0....g	0.003	0.000	6	A	1		0.001	0.002	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.001	
10:0....g	0.003	0.000	6	A	1		0.001	0.002	
12:0....g	0.004	0.001	6	A	1		0.002	0.002	

NDB No. 21431

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.031	0.001	6	A	1		0.013	0.018	
15:0 g	0.005	0.000	6	A	1		0.002	0.003	
16:0 g	1.375	0.030	6	A	1		0.564	0.783	
17:0 g	0.007	0.000	6	A	1		0.003	0.004	
18:0 g	0.437	0.012	6	A	1		0.179	0.249	
20:0 g	0.010	0.001	6	A	1		0.004	0.006	
22:0 g	0.010	0.001	6	A	1		0.004	0.006	
24:0 g	0.006	0.000	6	A	1		0.002	0.003	
Fatty acids, total monounsaturated g	2.903		0	NC	4		1.190	1.655	
14:1 g	0.012	0.000	6	A	1		0.005	0.007	
15:1 g	0.002	0.001	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.425	0.014	6	AS	1		0.174	0.242	
16:1 c g	0.422	0.014	6	A	1		0.173	0.241	
16:1 t g	0.003	0.000	6	A	1		0.001	0.002	
17:1 g	0.005	0.001	6	A	1		0.002	0.003	
18:1 undifferentiated g	2.420	0.065	6	AS	1		0.992	1.379	
18:1 c g	2.393	0.064	6	A	1		0.981	1.364	
18:1 t g	0.026	0.002	6	A	1		0.011	0.015	
18:1-11 t (18:1t n-7) g									
20:1 g	0.029	0.001	6	A	1		0.012	0.017	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.002	
22:1 c g	0.003	0.000	6	A	1		0.001	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.004	
Fatty acids, total polyunsaturated g	2.051		0	NC	4		0.841	1.169	
18:2 undifferentiated g	1.799	0.131	6	AS	1		0.738	1.026	
18:2 n-6 c,c g	1.771	0.130	6	A	1		0.726	1.010	
18:2 CLAs g	0.009	0.001	6	A	1		0.004	0.005	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.019	0.002	6	A	1		0.008	0.011	
18:3 undifferentiated g	0.089	0.007	6	AS	1		0.036	0.050	
18:3 n-3 c,c,c (ALA) g	0.079	0.007	6	A	1		0.032	0.045	
18:3 n-6 c,c,c g	0.010	0.001	6	A	1		0.004	0.006	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.011	0.001	6	A	1		0.004	0.006	
20:3 undifferentiated g	0.026	0.001	6	AS	1		0.011	0.015	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.025	0.001	6	A	1		0.010	0.014	
20:4 undifferentiated g	0.085	0.003	6	A	1		0.035	0.048	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.002	
21:5 g									
22:4 g	0.025	0.001	6	A	1		0.010	0.014	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.004	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.002	0.002	
Fatty acids, total trans g	0.048		0	NC	4		0.020	0.028	
Fatty acids, total trans-monoenoic g	0.029		0	NC	4		0.012	0.017	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.008	0.011	
Cholesterol mg	137		0	BFSN	4		56	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0	A	1		0.081	0.113	
Threonine g	0.854		0	A	1		0.350	0.487	
Isoleucine g	0.760		0	A	1		0.312	0.433	
Leucine g	1.579		0	A	1		0.647	0.900	
Lysine g	1.123		0	A	1		0.461	0.640	
Methionine g	0.375		0	A	1		0.154	0.214	
Cystine g	0.300		0	A	1		0.123	0.171	
Phenylalanine g	0.990		0	A	1		0.406	0.565	
Tyrosine g	0.792		0	A	1		0.325	0.452	

NDB No. 21431

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.944		0	A	1		0.387	0.538	
Arginine....g	1.464		0	A	1		0.600	0.835	
Histidine....g	0.617		0	A	1		0.253	0.352	
Alanine....g	1.475		0	A	1		0.605	0.841	
Aspartic acid....g	1.759		0	A	1		0.721	1.003	
Glutamic acid....g	6.055		0	A	1		2.483	3.452	
Glycine....g	2.177		0	A	1		0.893	1.241	
Proline....g	2.078		0	A	1		0.852	1.185	
Serine....g	1.009		0	A	1		0.414	0.575	
Hydroxyproline....g	0.700		0	BFPN	4		0.287	0.399	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 drumstick, bone and skin removed

Measure 2 = 57g: 1 drumstick, without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21429

KFC, Fried Chicken, EXTRA CRISPY, Skin and Breading

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	26.98	0.864	6	A	1				
Energy ... kcal	464		0	NC	4				
Energy ... kJ	1939		0	NC	4				
Protein ... g	10.96	0.271	6	A	1				
Total lipid (fat) ... g	36.61	0.528	6	A	1				
Ash ... g	2.92	0.212	6	A	1				
Carbohydrate, by difference ... g	22.54		0	NC	4				
Fiber, total dietary ... g	1.5	0.083	4	A	1				
Sugars, total ... g	0.00	0.000	4	A	1				
Sucrose ... g	0.00	0.000	4	A	1				
Glucose (dextrose) ... g	0.00	0.000	4	A	1				
Fructose ... g	0.00	0.000	4	A	1				
Lactose ... g	0.00	0.000	4	A	1				
Maltose ... g	0.00	0.000	4	A	1				
Galactose ... g	0.00	0.000	4	A	1				
Starch ... g	21.32	0.279	6	A	1				
Minerals:									
Calcium, Ca ... mg	41	1.521	12	A	1				
Iron, Fe ... mg	0.67	0.021	12	A	1				
Magnesium, Mg ... mg	18	0.474	12	A	1				
Phosphorus, P ... mg	149	3.720	12	A	1				
Potassium, K ... mg	170	2.185	12	A	1				
Sodium, Na ... mg	828	34.515	12	A	1				
Zinc, Zn ... mg	0.61	0.024	12	A	1				
Copper, Cu ... mg	1.011	0.935	12	A	1				
Manganese, Mn ... mg	0.308	0.013	12	A	1				
Selenium, Se ... µg	11.9	0.575	12	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.015	0.000	4	A	1				
Riboflavin ... mg	0.072	0.005	4	A	1				
Niacin ... mg	3.423	0.055	4	A	1				
Pantothenic acid ... mg	0.812	0.021	4	A	1				
Vitamin B-6 ... mg	0.127	0.003	4	A	1				
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.36	0.034	4	A	1				
Vitamin A, RAE ... µg	35		0	AS	1				
Vitamin A, IU ... IU	116		0	AS	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. 21429
KFC, Fried Chicken, EXTRA CRISPY, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.541		0	NC	4				
4:0....g	0.003	0.000	6	A	1				
6:0....g	0.001	0.000	6	A	1				
8:0....g	0.012	0.002	6	A	1				
10:0....g	0.005	0.000	6	A	1				
12:0....g	0.010	0.001	6	A	1				
13:0....g									
14:0....g	0.099	0.004	6	A	1				
15:0....g	0.013	0.000	6	A	1				
16:0....g	5.563	0.125	6	A	1				
17:0....g	0.035	0.001	6	A	1				
18:0....g	1.625	0.055	6	A	1				
20:0....g	0.075	0.002	6	A	1				
22:0....g	0.072	0.003	6	A	1				
24:0....g	0.029	0.002	6	A	1				
Fatty acids, total monounsaturated....g	11.816		0	NC	4				
14:1....g	0.033	0.002	6	A	1				
15:1....g	0.003	0.000	6	A	1				
16:1 undifferentiated....g	1.096	0.079	6	AS	1				
16:1 c....g	1.089	0.079	6	A	1				
16:1 t....g	0.007	0.000	6	A	1				
17:1....g	0.018	0.003	6	A	1				
18:1 undifferentiated....g	10.510	0.182	6	AS	1				
18:1 c....g	10.419	0.188	6	A	1				
18:1 t....g	0.091	0.012	6	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.134	0.003	6	A	1				
22:1 undifferentiated....g	0.006	0.000	6	AS	1				
22:1 c....g	0.006	0.000	6	A	1				
22:1 t....g	0.000	0.000	6	A	1				
24:1 c....g	0.016	0.001	6	A	1				
Fatty acids, total polyunsaturated....g	14.238		0	NC	4				
18:2 undifferentiated....g	13.425	0.284	6	AS	1				
18:2 n-6 c,c....g	13.244	0.276	6	A	1				
18:2 CLAs....g	0.044	0.002	6	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.137	0.010	6	A	1				
18:3 undifferentiated....g	0.675	0.018	6	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.646	0.019	6	A	1				
18:3 n-6 c,c,c....g	0.029	0.003	6	A	1				
18:3i....g									
18:4....g	0.006	0.000	6	A	1				
20:2 n-6 c,c....g	0.026	0.001	6	A	1				
20:3 undifferentiated....g	0.026	0.002	6	AS	1				
20:3 n-3....g	0.001	0.000	6	A	1				
20:3 n-6....g	0.025	0.002	6	A	1				
20:4 undifferentiated....g	0.048	0.005	6	A	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1				
21:5....g									
22:4....g	0.023	0.001	6	A	1				
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1				
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1				
Fatty acids, total trans....g	0.235		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.098		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.137		0	NC	4				
Cholesterol....mg	59	2.181	12	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0	A	1				
Threonine....g	0.362		0	A	1				
Isoleucine....g	0.322		0	A	1				

NDB No. 21429
KFC, Fried Chicken, EXTRA CRISPY, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	0.668		0	A	1				
Lysine.....g	0.475		0	A	1				
Methionine.....g	0.159		0	A	1				
Cystine.....g	0.127		0	A	1				
Phenylalanine.....g	0.419		0	A	1				
Tyrosine.....g	0.335		0	A	1				
Valine.....g	0.399		0	A	1				
Arginine.....g	0.620		0	A	1				
Histidine.....g	0.261		0	A	1				
Alanine.....g	0.624		0	A	1				
Aspartic acid.....g	0.744		0	A	1				
Glutamic acid.....g	2.562		0	A	1				
Glycine.....g	0.921		0	A	1				
Proline.....g	0.879		0	A	1				
Serine.....g	0.427		0	A	1				
Hydroxyproline.....g	0.257	0.018	4	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21440

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 13% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	47.99		0	RKA	1		72.95	43.67	34.55
Energy ... kcal	309		0	RKI	6		470	281	223
Energy ... kJ	1293		0	RKI	6		1966	1177	931
Protein ... g	17.17		0	RKA	1		26.11	15.63	12.37
Total lipid (fat) ... g	22.14		0	RKA	1		33.65	20.15	15.94
Ash ... g	2.41		0	RKA	1		3.66	2.19	1.73
Carbohydrate, by difference ... g	10.30		0	RKI	6		15.66	9.37	7.42
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	30		0	RKI	6		46	27	22
Iron, Fe ... mg	0.83		0	RKI	6		1.26	0.75	0.60
Magnesium, Mg ... mg	20		0	RKI	6		30	18	14
Phosphorus, P ... mg	189		0	RKI	6		288	172	136
Potassium, K ... mg	225		0	RKI	6		342	205	162
Sodium, Na ... mg	682		0	RKI	6		1036	620	491
Zinc, Zn ... mg	1.31		0	RKI	6		1.99	1.19	0.94
Copper, Cu ... mg	0.509		0	RKI	6		0.774	0.463	0.366
Manganese, Mn ... mg	0.170		0	RKI	6		0.258	0.154	0.122
Selenium, Se ... µg	20.5		0	RKI	6		31.1	18.6	14.8
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.037		0	RKI	6		0.056	0.034	0.027
Riboflavin ... mg	0.166		0	RKI	6		0.253	0.151	0.120
Niacin ... mg	4.451		0	RKI	6		6.766	4.051	3.205
Pantothenic acid ... mg	1.104		0	RKI	6		1.677	1.004	0.795
Vitamin B-6 ... mg	0.215		0	RKI	6		0.326	0.195	0.155
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.45		0	RKI	6		0.69	0.41	0.33
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	4.917		0	RKI	6		7.474	4.475	3.541
4:0 ... g	0.002		0	RKA	1		0.004	0.002	0.002
6:0 ... g	0.001		0	RKA	1		0.001	0.001	0.001
8:0 ... g	0.006		0	RKA	1		0.009	0.006	0.004
10:0 ... g	0.004		0	RKA	1		0.006	0.004	0.003
12:0 ... g	0.008		0	RKA	1		0.013	0.008	0.006

NDB No. 21440
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.071		0	RKA	1		0.109	0.065	0.051
15:0 g	0.009		0	RKA	1		0.014	0.008	0.007
16:0 g	3.651		0	RKA	1		5.550	3.323	2.629
17:0 g	0.021		0	RKA	1		0.032	0.019	0.015
18:0 g	1.049		0	RKA	1		1.594	0.954	0.755
20:0 g	0.040		0	RKA	1		0.061	0.036	0.029
22:0 g	0.038		0	RKA	1		0.057	0.034	0.027
24:0 g	0.016		0	RKA	1		0.025	0.015	0.012
Fatty acids, total monounsaturated g	7.661		0	RKI	6		11.644	6.971	5.516
14:1 g	0.024		0	RKA	1		0.037	0.022	0.018
15:1 g	0.002		0	RKA	1		0.003	0.002	0.001
16:1 undifferentiated g	0.834		0	RKA	1		1.268	0.759	0.601
16:1 c g	0.829		0	RKA	1		1.260	0.754	0.597
16:1 t g	0.005		0	RKA	1		0.008	0.005	0.004
17:1 g	0.012		0	RKA	1		0.019	0.011	0.009
18:1 undifferentiated g	6.690		0	RKA	1		10.169	6.088	4.817
18:1 c g	6.630		0	RKA	1		10.078	6.033	4.774
18:1 t g	0.060		0	RKA	1		0.091	0.055	0.043
18:1-11 t (18:1t n-7) g									
20:1 g	0.083		0	RKA	1		0.126	0.076	0.060
22:1 undifferentiated g	0.004		0	RKA	1		0.006	0.004	0.003
22:1 c g	0.004		0	RKA	1		0.006	0.004	0.003
22:1 t g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c g	0.011		0	RKA	1		0.016	0.010	0.008
Fatty acids, total polyunsaturated g	7.738		0	RKI	6		11.761	7.041	5.571
18:2 undifferentiated g	7.231		0	RKA	1		10.991	6.580	5.206
18:2 n-6 c,c g	7.132		0	RKA	1		10.841	6.490	5.135
18:2 CLAs g	0.026		0	RKA	1		0.040	0.024	0.019
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.073		0	RKA	1		0.111	0.066	0.052
18:3 undifferentiated g	0.364		0	RKA	1		0.553	0.331	0.262
18:3 n-3 c,c,c (ALA) g	0.342		0	RKA	1		0.520	0.311	0.246
18:3 n-6 c,c,c g	0.022		0	RKA	1		0.033	0.020	0.016
18:3i g									
18:4 g	0.004		0	RKA	1		0.006	0.004	0.003
20:2 n-6 c,c g	0.018		0	RKA	1		0.028	0.017	0.013
20:3 undifferentiated g	0.026		0	RKA	1		0.040	0.024	0.019
20:3 n-3 g	0.001		0	RKA	1		0.002	0.001	0.001
20:3 n-6 g	0.025		0	RKA	1		0.038	0.023	0.018
20:4 undifferentiated g	0.061		0	RKA	1		0.093	0.056	0.044
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	RKA	1		0.004	0.002	0.002
21:5 g									
22:4 g	0.021		0	RKA	1		0.032	0.019	0.015
22:5 n-3 (DPA) g	0.005		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA) g	0.003		0	RKA	1		0.005	0.003	0.002
Fatty acids, total trans g	0.138		0	RKI	6		0.210	0.126	0.099
Fatty acids, total trans-monoenoic g	0.065		0	RKI	6		0.099	0.059	0.047
Fatty acids, total trans-polyenoic g	0.073		0	RKI	6		0.111	0.066	0.052
Cholesterol mg	91		0	RKI	6		138	83	65
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0	RKA	1		0.200	0.120	0.095
Threonine g	0.567		0	RKA	1		0.861	0.516	0.408
Isoleucine g	0.504		0	RKA	1		0.766	0.459	0.363
Leucine g	1.047		0	RKA	1		1.592	0.953	0.754
Lysine g	0.745		0	RKA	1		1.133	0.678	0.536
Methionine g	0.249		0	RKA	1		0.378	0.226	0.179
Cystine g	0.199		0	RKA	1		0.302	0.181	0.143
Phenylalanine g	0.657		0	RKA	1		0.998	0.598	0.473
Tyrosine g	0.526		0	RKA	1		0.799	0.478	0.378

NDB No. 21440
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.626		0	RKA	1		0.951	0.569	0.451
Arginine....g	0.971		0	RKA	1		1.476	0.884	0.699
Histidine....g	0.409		0	RKA	1		0.622	0.372	0.295
Alanine....g	0.978		0	RKA	1		1.487	0.890	0.704
Aspartic acid....g	1.167		0	RKA	1		1.773	1.062	0.840
Glutamic acid....g	4.016		0	RKA	1		6.104	3.655	2.892
Glycine....g	1.444		0	RKA	1		2.194	1.314	1.039
Proline....g	1.378		0	RKA	1		2.095	1.254	0.992
Serine....g	0.669		0	RKA	1		1.017	0.609	0.482
Hydroxyproline....g	0.452		0	RKI	6		0.687	0.411	0.325

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 thigh, with skin

Measure 2 = 91g: 1 thigh, without skin

Measure 3 = 72g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21432

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 53% Skin, subcutaneous fat and breading, 40%; Cartilage and bone, 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.68	0.214	6	A	1		59.77	47.29	
Energy....kcal	179		0	NC	4		163	129	
Energy....kJ	750		0	NC	4		682	540	
Protein....g	22.41	0.213	6	A	1		20.39	16.13	
Total lipid (fat)....g	9.96	0.293	6	A	1		9.06	7.17	
Ash....g	1.98	0.101	6	A	1		1.80	1.43	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		19	15	
Iron, Fe....mg	0.96		0	BFNN	4		0.88	0.69	
Magnesium, Mg....mg	22		0	BFNN	4		20	16	
Phosphorus, P....mg	223		0	BFNN	4		203	160	
Potassium, K....mg	271		0	BFNN	4		247	195	
Sodium, Na....mg	558		0	BFNN	4		508	402	
Zinc, Zn....mg	1.90		0	BFNN	4		1.73	1.37	
Copper, Cu....mg	0.087		0	BFNN	4		0.079	0.062	
Manganese, Mn....mg	0.054		0	BFNN	4		0.049	0.039	
Selenium, Se....µg	27.8		0	BFNN	4		25.3	20.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.055		0	BFPN	4		0.050	0.040	
Riboflavin....mg	0.245		0	BFPN	4		0.223	0.177	
Niacin....mg	5.317		0	BFPN	4		4.838	3.828	
Pantothenic acid....mg	1.349		0	BFPN	4		1.227	0.971	
Vitamin B-6....mg	0.288		0	BFPN	4		0.262	0.207	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.53		0	BFPN	4		0.48	0.38	
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	2.709		0	NC	4		2.465	1.950	
4:0....g	0.002	0.000	6	A	1		0.002	0.002	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.003	0.000	6	A	1		0.003	0.002	
12:0....g	0.007	0.001	6	A	1		0.006	0.005	

NDB No. 21432

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.048	0.002	6	A	1		0.044	0.035	
15:0 g	0.006	0.000	6	A	1		0.005	0.004	
16:0 g	2.043	0.102	6	A	1		1.859	1.471	
17:0 g	0.009	0.000	6	A	1		0.008	0.007	
18:0 g	0.564	0.019	6	A	1		0.513	0.406	
20:0 g	0.011	0.000	6	A	1		0.010	0.008	
22:0 g	0.009	0.000	6	A	1		0.008	0.006	
24:0 g	0.006	0.000	6	A	1		0.005	0.004	
Fatty acids, total monounsaturated g	4.164		0	NC	4		3.789	2.998	
14:1 g	0.017	0.001	6	A	1		0.015	0.012	
15:1 g	0.001	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.614	0.044	6	AS	1		0.559	0.442	
16:1 c g	0.610	0.043	6	A	1		0.555	0.439	
16:1 t g	0.004	0.000	6	A	1		0.004	0.003	
17:1 g	0.008	0.001	6	A	1		0.007	0.006	
18:1 undifferentiated g	3.475	0.184	6	AS	1		3.162	2.502	
18:1 c g	3.441	0.183	6	A	1		3.132	2.478	
18:1 t g	0.034	0.001	6	A	1		0.031	0.024	
18:1-11 t (18:1t n-7) g									
20:1 g	0.040	0.002	6	A	1		0.036	0.029	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.002	0.002	
22:1 c g	0.002	0.000	6	A	1		0.002	0.002	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.006	0.005	
Fatty acids, total polyunsaturated g	2.267		0	NC	4		2.063	1.632	
18:2 undifferentiated g	2.018	0.045	6	AS	1		1.836	1.453	
18:2 n-6 c,c g	1.988	0.044	6	A	1		1.809	1.431	
18:2 CLAs g	0.011	0.001	6	A	1		0.010	0.008	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.019	0.001	6	A	1		0.017	0.014	
18:3 undifferentiated g	0.103	0.002	6	AS	1		0.093	0.074	
18:3 n-3 c,c,c (ALA) g	0.087	0.002	6	A	1		0.079	0.062	
18:3 n-6 c,c,c g	0.016	0.002	6	A	1		0.014	0.011	
18:3i g									
18:4 g	0.003	0.000	6	A	1		0.002	0.002	
20:2 n-6 c,c g	0.012	0.000	6	A	1		0.011	0.009	
20:3 undifferentiated g	0.027	0.001	6	AS	1		0.024	0.019	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.026	0.001	6	A	1		0.023	0.018	
20:4 undifferentiated g	0.073	0.001	6	A	1		0.066	0.052	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.003	0.002	
21:5 g									
22:4 g	0.020	0.000	6	A	1		0.018	0.014	
22:5 n-3 (DPA) g	0.006	0.000	6	A	1		0.005	0.004	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.003	
Fatty acids, total trans g	0.057		0	NC	4		0.052	0.041	
Fatty acids, total trans-monoenoic g	0.038		0	NC	4		0.034	0.027	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.017	0.014	
Cholesterol mg	118		0	BFSN	4		107	85	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0	A	1		0.156	0.123	
Threonine g	0.739		0	A	1		0.673	0.532	
Isoleucine g	0.658		0	A	1		0.599	0.474	
Leucine g	1.366		0	A	1		1.243	0.984	
Lysine g	0.972		0	A	1		0.885	0.700	
Methionine g	0.324		0	A	1		0.295	0.234	
Cystine g	0.260		0	A	1		0.236	0.187	
Phenylalanine g	0.857		0	A	1		0.780	0.617	
Tyrosine g	0.686		0	A	1		0.624	0.494	

NDB No. 21432

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.816		0	A	1		0.743	0.588	
Arginine....g	1.267		0	A	1		1.153	0.912	
Histidine....g	0.534		0	A	1		0.486	0.384	
Alanine....g	1.276		0	A	1		1.161	0.919	
Aspartic acid....g	1.522		0	A	1		1.385	1.096	
Glutamic acid....g	5.239		0	A	1		4.768	3.772	
Glycine....g	1.883		0	A	1		1.714	1.356	
Proline....g	1.798		0	A	1		1.636	1.295	
Serine....g	0.873		0	A	1		0.794	0.628	
Hydroxyproline....g	0.615		0	BFPN	4		0.560	0.443	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 thigh, without skin

Measure 2 = 72g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21441

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 24% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.91		0	RKA	1		28.50	18.44	12.16
Energy ... kcal	337		0	RKI	6		229	148	98
Energy ... kJ	1409		0	RKI	6		958	620	409
Protein ... g	20.80		0	RKA	1		14.15	9.15	6.03
Total lipid (fat) ... g	23.00		0	RKA	1		15.64	10.12	6.67
Ash ... g	2.62		0	RKA	1		1.78	1.15	0.76
Carbohydrate, by difference ... g	11.66		0	RKI	6		7.93	5.13	3.38
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		0	RKI	6		24	15	10
Iron, Fe ... mg	0.79		0	RKI	6		0.54	0.35	0.23
Magnesium, Mg ... mg	22		0	RKI	6		15	10	6
Phosphorus, P ... mg	192		0	RKI	6		131	84	56
Potassium, K ... mg	223		0	RKI	6		152	98	65
Sodium, Na ... mg	765		0	RKI	6		520	336	222
Zinc, Zn ... mg	1.24		0	RKI	6		0.85	0.55	0.36
Copper, Cu ... mg	0.483		0	RKI	6		0.328	0.212	0.140
Manganese, Mn ... mg	0.189		0	RKI	6		0.129	0.083	0.055
Selenium, Se ... µg	23.0		0	RKI	6		15.7	10.1	6.7
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.022		0	RKI	6		0.015	0.010	0.006
Riboflavin ... mg	0.115		0	RKI	6		0.078	0.051	0.033
Niacin ... mg	5.488		0	RKI	6		3.732	2.415	1.591
Pantothenic acid ... mg	1.028		0	RKI	6		0.699	0.452	0.298
Vitamin B-6 ... mg	0.280		0	RKI	6		0.190	0.123	0.081
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.39		0	RKI	6		0.26	0.17	0.11
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	4.796		0	RKI	6		3.261	2.110	1.391
4:0 ... g	0.003		0	RKA	1		0.002	0.001	0.001
6:0 ... g	0.001		0	RKA	1		0.001	0.000	0.000
8:0 ... g	0.007		0	RKA	1		0.005	0.003	0.002
10:0 ... g	0.004		0	RKA	1		0.003	0.002	0.001
12:0 ... g	0.007		0	RKA	1		0.005	0.003	0.002

NDB No. 21441

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.065		0	RKA	1		0.044	0.028	0.019
15:0....g	0.009		0	RKA	1		0.006	0.004	0.003
16:0....g	3.514		0	RKA	1		2.390	1.546	1.019
17:0....g	0.022		0	RKA	1		0.015	0.009	0.006
18:0....g	1.057		0	RKA	1		0.719	0.465	0.307
20:0....g	0.045		0	RKA	1		0.031	0.020	0.013
22:0....g	0.044		0	RKA	1		0.030	0.019	0.013
24:0....g	0.019		0	RKA	1		0.013	0.008	0.005
Fatty acids, total monounsaturated....g	7.424		0	RKI	6		5.048	3.267	2.153
14:1....g	0.021		0	RKA	1		0.014	0.009	0.006
15:1....g	0.002		0	RKA	1		0.002	0.001	0.001
16:1 undifferentiated....g	0.721		0	RKA	1		0.491	0.317	0.209
16:1 c....g	0.717		0	RKA	1		0.487	0.315	0.208
16:1 t....g	0.005		0	RKA	1		0.003	0.002	0.001
17:1....g	0.014		0	RKA	1		0.010	0.006	0.004
18:1 undifferentiated....g	6.566		0	RKA	1		4.465	2.889	1.904
18:1 c....g	6.506		0	RKA	1		4.424	2.863	1.887
18:1 t....g	0.060		0	RKA	1		0.041	0.026	0.017
18:1-11 t (18:1t n-7)....g									
20:1....g	0.084		0	RKA	1		0.057	0.037	0.024
22:1 undifferentiated....g	0.004		0	RKA	1		0.003	0.002	0.001
22:1 c....g	0.004		0	RKA	1		0.003	0.002	0.001
22:1 t....g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c....g	0.011		0	RKA	1		0.007	0.005	0.003
Fatty acids, total polyunsaturated....g	8.570		0	RKI	6		5.828	3.771	2.485
18:2 undifferentiated....g	8.017		0	RKA	1		5.452	3.528	2.325
18:2 n-6 c,c....g	7.907		0	RKA	1		5.377	3.479	2.293
18:2 CLAs....g	0.027		0	RKA	1		0.019	0.012	0.008
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.083		0	RKA	1		0.056	0.037	0.024
18:3 undifferentiated....g	0.403		0	RKA	1		0.274	0.177	0.117
18:3 n-3 c,c,c (ALA)....g	0.384		0	RKA	1		0.261	0.169	0.111
18:3 n-6 c,c,c....g	0.019		0	RKA	1		0.013	0.008	0.006
18:3i....g									
18:4....g	0.004		0	RKA	1		0.003	0.002	0.001
20:2 n-6 c,c....g	0.019		0	RKA	1		0.013	0.008	0.005
20:3 undifferentiated....g	0.028		0	RKA	1		0.019	0.012	0.008
20:3 n-3....g	0.001		0	RKA	1		0.001	0.001	0.000
20:3 n-6....g	0.026		0	RKA	1		0.018	0.012	0.008
20:4 undifferentiated....g	0.062		0	RKA	1		0.042	0.027	0.018
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.002	0.001	0.001
21:5....g									
22:4....g	0.024		0	RKA	1		0.016	0.011	0.007
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.004	0.003	0.002
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans....g	0.148		0	RKI	6		0.101	0.065	0.043
Fatty acids, total trans-monoenoic....g	0.065		0	RKI	6		0.044	0.029	0.019
Fatty acids, total trans-polyenoic....g	0.083		0	RKI	6		0.056	0.037	0.024
Cholesterol....mg	107		0	RKI	6		73	47	31
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.159		0	RKA	1		0.108	0.070	0.046
Threonine....g	0.686		0	RKA	1		0.467	0.302	0.199
Isoleucine....g	0.611		0	RKA	1		0.415	0.269	0.177
Leucine....g	1.268		0	RKA	1		0.863	0.558	0.368
Lysine....g	0.903		0	RKA	1		0.614	0.397	0.262
Methionine....g	0.301		0	RKA	1		0.205	0.133	0.087
Cystine....g	0.241		0	RKA	1		0.164	0.106	0.070
Phenylalanine....g	0.796		0	RKA	1		0.541	0.350	0.231
Tyrosine....g	0.637		0	RKA	1		0.433	0.280	0.185

NDB No. 21441
KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.758		0	RKA	1		0.515	0.334	0.220
Arginine....g	1.177		0	RKA	1		0.800	0.518	0.341
Histidine....g	0.496		0	RKA	1		0.337	0.218	0.144
Alanine....g	1.185		0	RKA	1		0.806	0.521	0.344
Aspartic acid....g	1.413		0	RKA	1		0.961	0.622	0.410
Glutamic acid....g	4.865		0	RKA	1		3.308	2.141	1.411
Glycine....g	1.749		0	RKA	1		1.189	0.769	0.507
Proline....g	1.670		0	RKA	1		1.135	0.735	0.484
Serine....g	0.810		0	RKA	1		0.551	0.357	0.235
Hydroxyproline....g	0.552		0	RKI	6		0.375	0.243	0.160

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 wing, with skin

Measure 2 = 44g: 1 wing, without skin

Measure 3 = 29g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21433

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 58% Skin, subcutaneous fat and breading, 34%; Cartilage and bone, 24%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.85	1.471	6	A	1		23.69	15.62	
Energy....kcal	236		0	NC	4		104	68	
Energy....kJ	986		0	NC	4		434	286	
Protein....g	28.67	0.648	6	A	1		12.61	8.31	
Total lipid (fat)....g	12.13	0.668	6	A	1		5.34	3.52	
Ash....g	2.39	0.134	6	A	1		1.05	0.69	
Carbohydrate, by difference....g	2.97		0	NC	4		1.31	0.86	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	BFNN	4		13	9	
Iron, Fe....mg	0.89		0	BFNN	4		0.39	0.26	
Magnesium, Mg....mg	25		0	BFNN	4		11	7	
Phosphorus, P....mg	226		0	BFNN	4		99	66	
Potassium, K....mg	265		0	BFNN	4		117	77	
Sodium, Na....mg	714		0	BFNN	4		314	207	
Zinc, Zn....mg	1.75		0	BFNN	4		0.77	0.51	
Copper, Cu....mg	0.061		0	BFNN	4		0.027	0.018	
Manganese, Mn....mg	0.094		0	BFNN	4		0.041	0.027	
Selenium, Se....µg	31.9		0	BFNN	4		14.1	9.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.028		0	BFPN	4		0.012	0.008	
Riboflavin....mg	0.149		0	BFPN	4		0.066	0.043	
Niacin....mg	7.136		0	BFPN	4		3.140	2.069	
Pantothenic acid....mg	1.200		0	BFPN	4		0.528	0.348	
Vitamin B-6....mg	0.401		0	BFPN	4		0.177	0.116	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.41		0	BFPN	4		0.18	0.12	
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	2.603		0	NC	4		1.145	0.755	
4:0....g	0.003	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.003	0.001	6	A	1		0.001	0.001	
10:0....g	0.004	0.001	6	A	1		0.002	0.001	
12:0....g	0.005	0.001	6	A	1		0.002	0.001	

NDB No. 21433

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.037	0.003	6	A	1		0.016	0.011	
15:0 g	0.005	0.000	6	A	1		0.002	0.002	
16:0 g	1.879	0.109	6	A	1		0.827	0.545	
17:0 g	0.011	0.001	6	A	1		0.005	0.003	
18:0 g	0.604	0.041	6	A	1		0.266	0.175	
20:0 g	0.021	0.001	6	A	1		0.009	0.006	
22:0 g	0.021	0.001	6	A	1		0.009	0.006	
24:0 g	0.010	0.001	6	A	1		0.004	0.003	
Fatty acids, total monounsaturated g	3.917		0	NC	4		1.723	1.136	
14:1 g	0.012	0.001	6	A	1		0.005	0.003	
15:1 g	0.002	0.001	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.422	0.018	6	AS	1		0.186	0.122	
16:1 c g	0.419	0.018	6	A	1		0.184	0.122	
16:1 t g	0.003	0.000	6	A	1		0.001	0.001	
17:1 g	0.011	0.003	6	A	1		0.005	0.003	
18:1 undifferentiated g	3.416	0.180	6	AS	1		1.503	0.991	
18:1 c g	3.381	0.176	6	A	1		1.488	0.980	
18:1 t g	0.035	0.005	6	A	1		0.015	0.010	
18:1-11 t (18:1t n-7) g									
20:1 g	0.044	0.002	6	A	1		0.019	0.013	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.003	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.002	
Fatty acids, total polyunsaturated g	4.045		0	NC	4		1.780	1.173	
18:2 undifferentiated g	3.699	0.205	6	AS	1		1.628	1.073	
18:2 n-6 c,c g	3.645	0.200	6	A	1		1.604	1.057	
18:2 CLAs g	0.014	0.001	6	A	1		0.006	0.004	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.040	0.004	6	A	1		0.018	0.012	
18:3 undifferentiated g	0.186	0.012	6	AS	1		0.082	0.054	
18:3 n-3 c,c,c (ALA) g	0.175	0.012	6	A	1		0.077	0.051	
18:3 n-6 c,c,c g	0.011	0.001	6	A	1		0.005	0.003	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.014	0.001	6	A	1		0.006	0.004	
20:3 undifferentiated g	0.029	0.001	6	AS	1		0.013	0.008	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6 g	0.028	0.001	6	A	1		0.012	0.008	
20:4 undifferentiated g	0.073	0.003	6	A	1		0.032	0.021	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.001	
21:5 g									
22:4 g	0.025	0.001	6	A	1		0.011	0.007	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.002	
22:6 n-3 (DHA) g	0.005	0.000	6	A	1		0.002	0.002	
Fatty acids, total trans g	0.079		0	NC	4		0.035	0.023	
Fatty acids, total trans-monoenoic g	0.038		0	NC	4		0.017	0.011	
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.018	0.012	
Cholesterol mg	146		0	BFSN	4		64	42	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	A	1		0.096	0.064	
Threonine g	0.946		0	A	1		0.416	0.274	
Isoleucine g	0.841		0	A	1		0.370	0.244	
Leucine g	1.748		0	A	1		0.769	0.507	
Lysine g	1.244		0	A	1		0.547	0.361	
Methionine g	0.415		0	A	1		0.183	0.120	
Cystine g	0.332		0	A	1		0.146	0.096	
Phenylalanine g	1.096		0	A	1		0.482	0.318	
Tyrosine g	0.877		0	A	1		0.386	0.254	

NDB No. 21433

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	1.044		0	A	1		0.460	0.303	
Arginine.....g	1.621		0	A	1		0.713	0.470	
Histidine.....g	0.683		0	A	1		0.300	0.198	
Alanine.....g	1.633		0	A	1		0.718	0.474	
Aspartic acid.....g	1.947		0	A	1		0.857	0.565	
Glutamic acid.....g	6.703		0	A	1		2.949	1.944	
Glycine.....g	2.410		0	A	1		1.060	0.699	
Proline.....g	2.300		0	A	1		1.012	0.667	
Serine.....g	1.117		0	A	1		0.491	0.324	
Hydroxyproline.....g	0.787		0	BFPN	4		0.346	0.228	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 wing, without skin

Measure 2 = 29g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21434

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 18% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.16		0	RKA	1		119.05	85.36	64.58
Energy....kcal	231		0	RKI	6		490	351	266
Energy....kJ	966		0	RKI	6		2048	1468	1111
Protein....g	21.94		0	RKA	1		46.52	33.36	25.24
Total lipid (fat)....g	13.11		0	RKA	1		27.79	19.93	15.08
Ash....g	2.51		0	RKA	1		5.32	3.81	2.88
Carbohydrate, by difference....g	6.28		0	RKI	6		13.32	9.55	7.23
Fiber, total dietary....g									
Sugars, total....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	5.85		0	RKA	1		12.41	8.90	6.73
Minerals:									
Calcium, Ca....mg	33		0	RKA	1		70	50	38
Iron, Fe....mg	0.60		0	RKA	1		1.28	0.92	0.69
Magnesium, Mg....mg	25		0	RKA	1		54	38	29
Phosphorus, P....mg	225		0	RKA	1		478	342	259
Potassium, K....mg	267		0	RKA	1		566	406	307
Sodium, Na....mg	606		0	RKA	1		1284	921	697
Zinc, Zn....mg	0.81		0	RKA	1		1.72	1.23	0.93
Copper, Cu....mg	0.054		0	RKA	1		0.114	0.081	0.062
Manganese, Mn....mg	0.142		0	RKA	1		0.301	0.216	0.163
Selenium, Se....µg	22.4		0	RKA	1		47.4	34.0	25.7
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.046		0	RKA	1		0.097	0.069	0.053
Riboflavin....mg	0.116		0	RKA	1		0.246	0.176	0.133
Niacin....mg	8.596		0	RKA	1		18.225	13.067	9.886
Pantothenic acid....mg	1.397		0	RKA	1		2.963	2.124	1.607
Vitamin B-6....mg	0.326		0	RKA	1		0.690	0.495	0.375
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.31		0	RKA	1		0.65	0.47	0.35
Vitamin A, RAE....µg	17		0	RKA	1		36	26	20
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:									

NDB No. 21434
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.981		0	RKI	6		6.319	4.531	3.428
4:0....g	0.003		0	RKA	1		0.006	0.004	0.003
6:0....g	0.001		0	RKA	1		0.002	0.001	0.001
8:0....g	0.002		0	RKA	1		0.004	0.003	0.002
10:0....g	0.004		0	RKA	1		0.008	0.006	0.004
12:0....g	0.006		0	RKA	1		0.012	0.009	0.007
13:0....g									
14:0....g	0.047		0	RKA	1		0.100	0.072	0.055
15:0....g	0.007		0	RKA	1		0.014	0.010	0.007
16:0....g	2.239		0	RKA	1		4.747	3.404	2.575
17:0....g	0.012		0	RKA	1		0.026	0.019	0.014
18:0....g	0.614		0	RKA	1		1.301	0.933	0.706
20:0....g	0.020		0	RKA	1		0.043	0.031	0.023
22:0....g	0.019		0	RKA	1		0.040	0.029	0.022
24:0....g	0.008		0	RKA	1		0.017	0.013	0.009
Fatty acids, total monounsaturated....g	4.653		0	RKI	6		9.865	7.073	5.351
14:1....g	0.016		0	RKA	1		0.035	0.025	0.019
15:1....g	0.003		0	RKA	1		0.007	0.005	0.004
16:1 undifferentiated....g	0.554		0	RKA	1		1.174	0.842	0.637
17:1....g	0.013		0	RKA	1		0.028	0.020	0.015
18:1 undifferentiated....g	4.011		0	RKA	1		8.504	6.097	4.613
20:1....g	0.048		0	RKA	1		0.102	0.073	0.055
22:1 undifferentiated....g	0.003		0	RKA	1		0.006	0.004	0.003
24:1 c....g	0.005		0	RKA	1		0.010	0.007	0.005
Fatty acids, total polyunsaturated....g	4.166		0	RKI	6		8.833	6.333	4.791
18:2 undifferentiated....g	3.866		0	RKA	1		8.196	5.876	4.446
18:3 undifferentiated....g	0.189		0	RKA	1		0.400	0.287	0.217
18:4....g	0.003		0	RKA	1		0.006	0.004	0.003
20:2 n-6 c,c....g	0.013		0	RKA	1		0.027	0.019	0.015
20:3 undifferentiated....g	0.023		0	RKA	1		0.049	0.035	0.027
20:4 undifferentiated....g	0.046		0	RKA	1		0.098	0.071	0.053
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.005	0.003	0.003
21:5....g									
22:4....g	0.016		0	RKA	1		0.034	0.024	0.019
22:5 n-3 (DPA)....g	0.004		0	RKA	1		0.009	0.007	0.005
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.006	0.005	0.003
Fatty acids, total trans....g	0.078		0	RKI	6		0.166	0.119	0.090
Cholesterol....mg	81		0	RKA	1		172	123	93
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.166		0	RKA	1		0.351	0.252	0.190
Threonine....g	0.714		0	RKA	1		1.515	1.086	0.822
Isoleucine....g	0.636		0	RKA	1		1.348	0.966	0.731
Leucine....g	1.320		0	RKA	1		2.799	2.007	1.518
Lysine....g	0.939		0	RKA	1		1.992	1.428	1.080
Methionine....g	0.314		0	RKA	1		0.665	0.477	0.361
Cystine....g	0.251		0	RKA	1		0.532	0.381	0.289
Phenylalanine....g	0.828		0	RKA	1		1.756	1.259	0.952
Tyrosine....g	0.663		0	RKA	1		1.405	1.007	0.762
Valine....g	0.789		0	RKA	1		1.673	1.199	0.907
Arginine....g	1.225		0	RKA	1		2.596	1.861	1.408
Histidine....g	0.516		0	RKA	1		1.094	0.784	0.593
Alanine....g	1.233		0	RKA	1		2.615	1.875	1.418
Aspartic acid....g	1.471		0	RKA	1		3.118	2.236	1.692
Glutamic acid....g	5.063		0	RKA	1		10.735	7.696	5.823
Glycine....g	1.820		0	RKA	1		3.859	2.767	2.093
Proline....g	1.738		0	RKA	1		3.684	2.641	1.998
Serine....g	0.844		0	RKA	1		1.788	1.282	0.970
Hydroxyproline....g	0.633		0	RKI	6		1.341	0.962	0.727

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 21434

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading

Common Measures:

Measure 1 = 212g: 1 breast, with skin

Measure 2 = 152g: 1 breast, without skin

Measure 3 = 115g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21425

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 47% Skin, subcutaneous fat and breading, 28%; Cartilage and bone, 18%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.44	0.241	6	A	1		100.99	76.41	
Energy....kcal	149		0	NC	4		226	171	
Energy....kJ	622		0	NC	4		945	715	
Protein....g	26.89	0.362	6	A	1		40.87	30.92	
Total lipid (fat)....g	4.56	0.205	6	A	1		6.93	5.24	
Ash....g	2.28	0.130	6	A	1		3.46	2.62	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25	3.463	6	A	1		38	29	
Iron, Fe....mg	0.53	0.020	6	A	1		0.80	0.60	
Magnesium, Mg....mg	27	0.407	6	A	1		41	31	
Phosphorus, P....mg	255	4.964	6	A	1		388	294	
Potassium, K....mg	285	9.554	6	A	1		434	328	
Sodium, Na....mg	499	30.344	6	A	1		758	574	
Zinc, Zn....mg	0.97	0.043	6	A	1		1.47	1.11	
Copper, Cu....mg	0.063	0.005	6	A	1		0.096	0.073	
Manganese, Mn....mg	0.042	0.003	6	A	1		0.064	0.049	
Selenium, Se....µg	33.1	5.465	3	A	1		50.3	38.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.102	0.005	3	A	1		0.155	0.117	
Riboflavin....mg	0.223	0.018	3	A	1		0.339	0.257	
Niacin....mg	8.667	0.285	3	A	1		13.173	9.967	
Pantothenic acid....mg	1.140		2	A	1		1.733	1.311	
Vitamin B-6....mg	0.280	0.006	3	A	1		0.426	0.322	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	93.4		1	A	1		142.0	107.5	
Betaine....mg	10.7		1	A	1		16.2	12.3	
Vitamin B-12....µg	0.26	0.038	3	A	1		0.40	0.30	
Vitamin A, RAE....µg	5		0	AS	1		7	5	
Vitamin A, IU....IU	15		0	AS	1		23	18	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.33	0.066	3	A	1		0.50	0.38	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.19	0.017	3	A	1		0.28	0.21	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.030		0	NC	4		1.565	1.184	
4:0....g	0.008	0.000	5	A	1		0.012	0.009	
6:0....g	0.000	0.000	5	A	1		0.000	0.000	
8:0....g	0.000	0.000	5	A	1		0.000	0.000	

NDB No. 21425

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.017	0.002	5	A	1		0.026	0.020	
12:0 g	0.003	0.000	5	A	1		0.005	0.004	
13:0 g									
14:0 g	0.018	0.001	5	A	1		0.027	0.020	
15:0 g	0.003	0.000	5	A	1		0.005	0.004	
16:0 g	0.716	0.052	5	A	1		1.088	0.823	
17:0 g	0.003	0.000	5	A	1		0.005	0.004	
18:0 g	0.247	0.012	5	A	1		0.376	0.284	
20:0 g	0.009	0.000	5	A	1		0.013	0.010	
22:0 g	0.004	0.000	5	A	1		0.007	0.005	
24:0 g	0.002	0.000	5	A	1		0.003	0.002	
Fatty acids, total monounsaturated g	2.313		0	NC	4		3.516	2.660	
14:1 g	0.006	0.000	5	A	1		0.009	0.007	
15:1 g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated g	0.169	0.017	5	AS	1		0.257	0.194	
16:1 c g	0.168	0.017	5	A	1		0.255	0.193	
16:1 t g	0.001	0.000	5	A	1		0.002	0.001	
17:1 g	0.002	0.000	5	A	1		0.003	0.003	
18:1 undifferentiated g	1.744	0.089	5	AS	1		2.651	2.006	
18:1 c g	1.733	0.089	5	A	1		2.633	1.992	
18:1 t g	0.012	0.001	5	A	1		0.018	0.013	
18:1-11 t (18:1t n-7) g									
20:1 g	0.038	0.002	5	A	1		0.057	0.043	
22:1 undifferentiated g	0.004	0.000	5	AS	1		0.005	0.004	
22:1 c g	0.004	0.000	5	A	1		0.005	0.004	
22:1 t g									
24:1 c g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.982		0	NC	4		1.492	1.129	
18:2 undifferentiated g	0.650	0.040	5	AS	1		0.988	0.747	
18:2 n-6 c,c g	0.642	0.040	5	A	1		0.976	0.739	
18:2 CLAs g	0.003	0.000	5	A	1		0.005	0.003	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.005	0.000	5	A	1		0.007	0.005	
18:3 undifferentiated g	0.088	0.005	5	AS	1		0.134	0.102	
18:3 n-3 c,c,c (ALA) g	0.084	0.005	5	A	1		0.127	0.096	
18:3 n-6 c,c,c g	0.005	0.000	5	A	1		0.007	0.005	
18:3i g	0.000	0.000	5	A	1		0.000	0.000	
18:4 g	0.000	0.000	5	A	1		0.001	0.000	
20:2 n-6 c,c g	0.008	0.000	5	A	1		0.012	0.009	
20:3 undifferentiated g	0.019	0.001	5	AS	1		0.029	0.022	
20:3 n-3 g	0.002	0.000	5	A	1		0.003	0.002	
20:3 n-6 g	0.017	0.001	5	A	1		0.026	0.020	
20:4 undifferentiated g	0.051	0.003	5	A	1		0.077	0.058	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	5	A	1		0.000	0.000	
21:5 g									
22:4 g	0.013	0.001	5	A	1		0.020	0.015	
22:5 n-3 (DPA) g	0.005	0.000	5	A	1		0.007	0.005	
22:6 n-3 (DHA) g	0.003	0.000	5	A	1		0.005	0.004	
Fatty acids, total trans g	0.017		0	NC	4		0.026	0.020	
Fatty acids, total trans-monoenoic g	0.013		0	NC	4		0.019	0.015	
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.007	0.005	
Cholesterol mg	96	6.158	3	A	1		146	111	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.206		0	A	1		0.312	0.236	
Threonine g	0.887		0	A	1		1.348	1.020	
Isoleucine g	0.789		0	A	1		1.200	0.908	
Leucine g	1.639		0	A	1		2.492	1.885	
Lysine g	1.166		0	A	1		1.773	1.341	
Methionine g	0.389		0	A	1		0.592	0.448	
Cystine g	0.311		0	A	1		0.473	0.358	

NDB No. 21425

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	1.028		0	A	1		1.563	1.182	
Tyrosine.....g	0.823		0	A	1		1.251	0.946	
Valine.....g	0.980		0	A	1		1.489	1.127	
Arginine.....g	1.520		0	A	1		2.311	1.748	
Histidine.....g	0.640		0	A	1		0.974	0.737	
Alanine.....g	1.531		0	A	1		2.328	1.761	
Aspartic acid.....g	1.826		0	A	1		2.776	2.100	
Glutamic acid.....g	6.287		0	A	1		9.556	7.230	
Glycine.....g	2.260		0	A	1		3.435	2.599	
Proline.....g	2.158		0	A	1		3.279	2.481	
Serine.....g	1.047		0	A	1		1.592	1.204	
Hydroxyproline.....g	0.704		0	BFPN	4		1.070	0.809	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 breast without skin

Measure 2 = 115g: 1 breast bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21435

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 24% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.60		0	RKA	1		41.70	31.69	22.24
Energy....kcal	239		0	RKI	6		179	136	95
Energy....kJ	999		0	RKI	6		749	569	400
Protein....g	22.30		0	RKA	1		16.72	12.71	8.92
Total lipid (fat)....g	14.22		0	RKA	1		10.67	8.11	5.69
Ash....g	2.49		0	RKA	1		1.87	1.42	1.00
Carbohydrate, by difference....g	5.39		0	RKI	6		4.04	3.07	2.15
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0	RKA	1		22	17	12
Iron, Fe....mg	0.97		0	RKA	1		0.73	0.55	0.39
Magnesium, Mg....mg	23		0	RKA	1		17	13	9
Phosphorus, P....mg	211		0	RKA	1		158	120	84
Potassium, K....mg	250		0	RKA	1		188	143	100
Sodium, Na....mg	625		0	RKA	1		469	356	250
Zinc, Zn....mg	1.96		0	RKA	1		1.47	1.12	0.78
Copper, Cu....mg	0.080		0	RKA	1		0.060	0.046	0.032
Manganese, Mn....mg	0.135		0	RKA	1		0.101	0.077	0.054
Selenium, Se....µg	25.5		0	RKA	1		19.2	14.6	10.2
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.041		0	RKA	1		0.031	0.023	0.016
Riboflavin....mg	0.213		0	RKA	1		0.160	0.121	0.085
Niacin....mg	4.993		0	RKA	1		3.745	2.846	1.997
Pantothenic acid....mg	1.202		0	RKA	1		0.902	0.685	0.481
Vitamin B-6....mg	0.221		0	RKA	1		0.166	0.126	0.088
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.54		0	RKA	1		0.41	0.31	0.22
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	3.240		0	RKI	6		2.430	1.847	1.296
4:0....g	0.002		0	RKA	1		0.002	0.001	0.001
6:0....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0....g	0.002		0	RKA	1		0.001	0.001	0.001
10:0....g	0.003		0	RKA	1		0.003	0.002	0.001
12:0....g	0.006		0	RKA	1		0.005	0.004	0.003

NDB No. 21435

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.051		0	RKA	1		0.039	0.029	0.021
15:0....g	0.007		0	RKA	1		0.005	0.004	0.003
16:0....g	2.423		0	RKA	1		1.817	1.381	0.969
17:0....g	0.013		0	RKA	1		0.010	0.007	0.005
18:0....g	0.681		0	RKA	1		0.511	0.388	0.273
20:0....g	0.021		0	RKA	1		0.016	0.012	0.008
22:0....g	0.020		0	RKA	1		0.015	0.011	0.008
24:0....g	0.009		0	RKA	1		0.007	0.005	0.004
Fatty acids, total monounsaturated....g	5.115		0	RKI	6		3.836	2.916	2.046
14:1....g	0.019		0	RKA	1		0.014	0.011	0.008
15:1....g	0.003		0	RKA	1		0.002	0.002	0.001
16:1 undifferentiated....g	0.667		0	RKA	1		0.500	0.380	0.267
16:1 c....g	0.663		0	RKA	1		0.497	0.378	0.265
16:1 t....g	0.004		0	RKA	1		0.003	0.003	0.002
17:1....g	0.012		0	RKA	1		0.009	0.007	0.005
18:1 undifferentiated....g	4.354		0	RKA	1		3.265	2.482	1.741
18:1 c....g	4.317		0	RKA	1		3.237	2.460	1.727
18:1 t....g	0.037		0	RKA	1		0.028	0.021	0.015
18:1-11 t (18:1t n-7)....g									
20:1....g	0.051		0	RKA	1		0.038	0.029	0.020
22:1 undifferentiated....g	0.003		0	RKA	1		0.002	0.002	0.001
22:1 c....g	0.003		0	RKA	1		0.002	0.002	0.001
22:1 t....g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c....g	0.006		0	RKA	1		0.005	0.004	0.003
Fatty acids, total polyunsaturated....g	4.290		0	RKI	6		3.218	2.445	1.716
18:2 undifferentiated....g	3.940		0	RKA	1		2.955	2.246	1.576
18:2 n-6 c,c....g	3.885		0	RKA	1		2.914	2.215	1.554
18:2 CLAs....g	0.015		0	RKA	1		0.012	0.009	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.039		0	RKA	1		0.029	0.022	0.016
18:3 undifferentiated....g	0.192		0	RKA	1		0.144	0.110	0.077
18:3 n-3 c,c,c (ALA)....g	0.176		0	RKA	1		0.132	0.100	0.070
18:3 n-6 c,c,c....g	0.017		0	RKA	1		0.013	0.010	0.007
18:3i....g									
18:4....g	0.003		0	RKA	1		0.002	0.002	0.001
20:2 n-6 c,c....g	0.014		0	RKA	1		0.010	0.008	0.006
20:3 undifferentiated....g	0.027		0	RKA	1		0.021	0.016	0.011
20:3 n-3....g	0.001		0	RKA	1		0.001	0.001	0.000
20:3 n-6....g	0.026		0	RKA	1		0.020	0.015	0.011
20:4 undifferentiated....g	0.076		0	RKA	1		0.057	0.043	0.030
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.002	0.002	0.001
21:5....g									
22:4....g	0.023		0	RKA	1		0.018	0.013	0.009
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.005	0.004	0.003
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.003	0.002	0.002
Fatty acids, total trans....g	0.081		0	RKI	6		0.061	0.046	0.032
Fatty acids, total trans-monoenoic....g	0.041		0	RKI	6		0.031	0.024	0.017
Fatty acids, total trans-polyenoic....g	0.039		0	RKI	6		0.029	0.022	0.016
Cholesterol....mg	117		0	RKA	1		88	67	47
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.169		0	RKA	1		0.126	0.096	0.067
Threonine....g	0.727		0	RKA	1		0.546	0.415	0.291
Isoleucine....g	0.647		0	RKA	1		0.485	0.369	0.259
Leucine....g	1.344		0	RKA	1		1.008	0.766	0.538
Lysine....g	0.957		0	RKA	1		0.717	0.545	0.383
Methionine....g	0.319		0	RKA	1		0.239	0.182	0.128
Cystine....g	0.255		0	RKA	1		0.192	0.146	0.102
Phenylalanine....g	0.843		0	RKA	1		0.632	0.481	0.337
Tyrosine....g	0.675		0	RKA	1		0.506	0.385	0.270

NDB No. 21435

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.803		0	RKA	1		0.603	0.458	0.321
Arginine....g	1.247		0	RKA	1		0.935	0.711	0.499
Histidine....g	0.525		0	RKA	1		0.394	0.299	0.210
Alanine....g	1.256		0	RKA	1		0.942	0.716	0.502
Aspartic acid....g	1.498		0	RKA	1		1.123	0.854	0.599
Glutamic acid....g	5.156		0	RKA	1		3.867	2.939	2.062
Glycine....g	1.853		0	RKA	1		1.390	1.056	0.741
Proline....g	1.769		0	RKA	1		1.327	1.009	0.708
Serine....g	0.859		0	RKA	1		0.644	0.490	0.344
Hydroxyproline....g	0.605		0	RKI	6		0.454	0.345	0.242

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 drumstick, with skin

Measure 2 = 57g: 1 drumstick, without skin

Measure 3 = 40g: 1 drumstick, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21426

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 47% Skin, subcutaneous fat and breading, 23%; Cartilage and bone, 24%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.77	0.276	6	A	1		25.51	36.35	
Energy....kcal	175		0	NC	4		70	99	
Energy....kJ	730		0	NC	4		292	416	
Protein....g	26.30	0.302	6	A	1		10.52	14.99	
Total lipid (fat)....g	7.66	0.163	6	A	1		3.06	4.36	
Ash....g	2.16	0.087	6	A	1		0.87	1.23	
Carbohydrate, by difference....g	0.11		0	NC	4		0.05	0.06	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.171	6	A	1		7	9	
Iron, Fe....mg	1.04	0.040	6	A	1		0.42	0.60	
Magnesium, Mg....mg	23	0.504	6	A	1		9	13	
Phosphorus, P....mg	223	2.565	6	A	1		89	127	
Potassium, K....mg	273	5.712	6	A	1		109	156	
Sodium, Na....mg	524	38.053	6	A	1		210	299	
Zinc, Zn....mg	2.50	0.094	6	A	1		1.00	1.42	
Copper, Cu....mg	0.083	0.003	6	A	1		0.033	0.048	
Manganese, Mn....mg	0.056	0.004	6	A	1		0.022	0.032	
Selenium, Se....µg	30.9	4.249	6	A	1		12.3	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.050	0.000	4	A	1		0.020	0.029	
Riboflavin....mg	0.264	0.006	4	A	1		0.105	0.150	
Niacin....mg	5.277	0.210	4	A	1		2.111	3.008	
Pantothenic acid....mg	1.300	0.071	4	A	1		0.520	0.741	
Vitamin B-6....mg	0.248	0.037	4	A	1		0.099	0.141	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.64	0.029	4	A	1		0.25	0.36	
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	1.838		0	NC	4		0.735	1.048	
4:0....g	0.002	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.000	
10:0....g	0.003	0.000	6	A	1		0.001	0.002	
12:0....g	0.004	0.001	6	A	1		0.002	0.002	

NDB No. 21426

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.030	0.001	6	A	1		0.012	0.017	
15:0 g	0.004	0.000	6	A	1		0.002	0.002	
16:0 g	1.336	0.028	6	A	1		0.534	0.762	
17:0 g	0.007	0.000	6	A	1		0.003	0.004	
18:0 g	0.426	0.011	6	A	1		0.170	0.243	
20:0 g	0.010	0.001	6	A	1		0.004	0.006	
22:0 g	0.010	0.000	6	A	1		0.004	0.006	
24:0 g	0.005	0.000	6	A	1		0.002	0.003	
Fatty acids, total monounsaturated g	2.816		0	NC	4		1.126	1.605	
14:1 g	0.011	0.001	6	A	1		0.004	0.006	
15:1 g	0.002	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated g	0.415	0.020	6	AS	1		0.166	0.236	
16:1 c g	0.412	0.020	6	A	1		0.165	0.235	
16:1 t g	0.003	0.000	6	A	1		0.001	0.002	
17:1 g	0.009	0.003	6	A	1		0.004	0.005	
18:1 undifferentiated g	2.343	0.047	6	AS	1		0.937	1.335	
18:1 c g	2.319	0.046	6	A	1		0.928	1.322	
18:1 t g	0.023	0.001	6	A	1		0.009	0.013	
18:1-11 t (18:1t n-7) g									
20:1 g	0.028	0.001	6	A	1		0.011	0.016	
22:1 undifferentiated g	0.003	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.007	0.000	6	A	1		0.003	0.004	
Fatty acids, total polyunsaturated g	1.963		0	NC	4		0.785	1.119	
18:2 undifferentiated g	1.721	0.096	6	AS	1		0.688	0.981	
18:2 n-6 c,c g	1.694	0.095	6	A	1		0.678	0.966	
18:2 CLAs g	0.009	0.000	6	A	1		0.003	0.005	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018	0.001	6	A	1		0.007	0.010	
18:3 undifferentiated g	0.083	0.004	6	AS	1		0.033	0.047	
18:3 n-3 c,c,c (ALA) g	0.073	0.004	6	A	1		0.029	0.042	
18:3 n-6 c,c,c g	0.010	0.001	6	A	1		0.004	0.006	
18:3i g									
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.010	0.000	6	A	1		0.004	0.006	
20:3 undifferentiated g	0.026	0.000	6	AS	1		0.010	0.015	
20:3 n-3 g	0.001	0.000	6	A	1		0.000	0.001	
20:3 n-6 g	0.025	0.000	6	A	1		0.010	0.014	
20:4 undifferentiated g	0.083	0.003	6	A	1		0.033	0.047	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.002	
21:5 g									
22:4 g	0.024	0.001	6	A	1		0.010	0.014	
22:5 n-3 (DPA) g	0.007	0.000	6	A	1		0.003	0.004	
22:6 n-3 (DHA) g	0.005	0.000	6	A	1		0.002	0.003	
Fatty acids, total trans g	0.044		0	NC	4		0.018	0.025	
Fatty acids, total trans-monoenoic g	0.026		0	NC	4		0.011	0.015	
Fatty acids, total trans-polyenoic g	0.018		0	NC	4		0.007	0.010	
Cholesterol mg	137	3.110	6	A	1		55	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	A	1		0.080	0.115	
Threonine g	0.868		0	A	1		0.347	0.495	
Isoleucine g	0.772		0	A	1		0.309	0.440	
Leucine g	1.604		0	A	1		0.641	0.914	
Lysine g	1.141		0	A	1		0.456	0.650	
Methionine g	0.381		0	A	1		0.152	0.217	
Cystine g	0.305		0	A	1		0.122	0.174	
Phenylalanine g	1.006		0	A	1		0.402	0.573	
Tyrosine g	0.805		0	A	1		0.322	0.459	

NDB No. 21426

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.958		0	A	1		0.383	0.546	
Arginine....g	1.487		0	A	1		0.595	0.848	
Histidine....g	0.627		0	A	1		0.251	0.357	
Alanine....g	1.498		0	A	1		0.599	0.854	
Aspartic acid....g	1.787		0	A	1		0.715	1.018	
Glutamic acid....g	6.150		0	A	1		2.460	3.506	
Glycine....g	2.211		0	A	1		0.884	1.260	
Proline....g	2.111		0	A	1		0.844	1.203	
Serine....g	1.025		0	A	1		0.410	0.584	
Hydroxyproline....g	0.705		0	BFPN	4		0.282	0.402	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 drumstick, bone and skin removed

Measure 2 = 57g: 1 drumstick, without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21424

KFC, Fried Chicken, ORIGINAL RECIPE, Skin and Breading

Kentucky Fried Chicken

KFC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	35.52	1.845	6	A	1				
Energy ... kcal	384		0	NC	4				
Energy ... kJ	1606		0	NC	4				
Protein ... g	14.17	0.987	6	A	1				
Total lipid (fat) ... g	28.01	1.111	6	A	1				
Ash ... g	3.51	0.139	6	A	1				
Carbohydrate, by difference ... g	18.79		0	NC	4				
Fiber, total dietary ... g	0.0		1	A	1				
Sugars, total ... g	0.00		1	A	1				
Sucrose ... g	0.00		1	A	1				
Glucose (dextrose) ... g	0.00		1	A	1				
Fructose ... g	0.00		1	A	1				
Lactose ... g	0.00		1	A	1				
Maltose ... g	0.00		1	A	1				
Galactose ... g	0.00		1	A	1				
Starch ... g	16.72	0.176	6	A	1				
Minerals:									
Calcium, Ca ... mg	117	18.311	6	A	1				
Iron, Fe ... mg	0.88	0.102	6	A	1				
Magnesium, Mg ... mg	25	0.872	6	A	1				
Phosphorus, P ... mg	252	8.080	6	A	1				
Potassium, K ... mg	244	10.528	6	A	1				
Sodium, Na ... mg	1042	62.944	6	A	1				
Zinc, Zn ... mg	0.87	0.039	6	A	1				
Copper, Cu ... mg	0.082	0.007	6	A	1				
Manganese, Mn ... mg	0.298	0.015	6	A	1				
Selenium, Se ... µg	17.2	1.286	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.080		1	A	1				
Riboflavin ... mg	0.197	0.018	3	A	1				
Niacin ... mg	5.420	0.510	3	A	1				
Pantothenic acid ... mg	0.880		2	A	1				
Vitamin B-6 ... mg	0.140	0.000	3	A	1				
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.32	0.019	3	A	1				
Vitamin A, RAE ... µg	20		0	AS	1				
Vitamin A, IU ... IU	66		0	AS	1				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	1.20	0.113	3	A	1				
Tocopherol, beta ... mg	0.05	0.034	3	A	1				
Tocopherol, gamma ... mg	1.78	0.144	3	A	1				
Tocopherol, delta ... mg	0.07	0.036	3	A	1				
Tocotrienol, alpha ... mg	0.02	0.017	3	A	1				
Tocotrienol, beta ... mg	0.33	0.111	3	A	1				
Tocotrienol, gamma ... mg	0.00	0.000	3	A	1				
Tocotrienol, delta ... mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21424
KFC, Fried Chicken, ORIGINAL RECIPE, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.343		0	NC	4				
4:0....g	0.000	0.000	5	A	1				
6:0....g	0.000	0.000	5	A	1				
8:0....g	0.007	0.001	5	A	1				
10:0....g	0.010	0.001	5	A	1				
12:0....g	0.013	0.002	5	A	1				
13:0....g									
14:0....g	0.147	0.040	5	A	1				
15:0....g	0.021	0.007	5	A	1				
16:0....g	4.427	0.242	5	A	1				
17:0....g	0.044	0.021	5	A	1				
18:0....g	1.524	0.208	5	A	1				
20:0....g	0.079	0.005	5	A	1				
22:0....g	0.051	0.004	5	A	1				
24:0....g	0.021	0.002	5	A	1				
Fatty acids, total monounsaturated....g	14.448		0	NC	4				
14:1....g	0.045	0.010	5	A	1				
15:1....g	0.000	0.000	5	A	1				
16:1 undifferentiated....g	1.110	0.030	5	AS	1				
16:1 c....g	1.098	0.028	5	A	1				
16:1 t....g	0.013	0.006	5	A	1				
17:1....g	0.031	0.011	5	A	1				
18:1 undifferentiated....g	12.926	0.418	5	AS	1				
18:1 c....g	12.771	0.422	5	A	1				
18:1 t....g	0.156	0.076	5	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.280	0.015	5	A	1				
22:1 undifferentiated....g	0.034	0.005	5	AS	1				
22:1 c....g	0.034	0.005	5	A	1				
22:1 t....g	0.000	0.000	5	A	1				
24:1 c....g	0.022	0.002	5	A	1				
Fatty acids, total polyunsaturated....g	5.375		0	NC	4				
18:2 undifferentiated....g	4.415	0.245	5	AS	1				
18:2 n-6 c,c....g	4.343	0.252	5	A	1				
18:2 CLAs....g	0.027	0.006	5	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.008	5	A	1				
18:3 undifferentiated....g	0.809	0.056	5	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.764	0.052	5	A	1				
18:3 n-6 c,c,c....g	0.045	0.005	5	A	1				
18:3i....g	0.000	0.000	5	A	1				
18:4....g	0.003	0.001	5	A	1				
20:2 n-6 c,c....g	0.023	0.001	5	A	1				
20:3 undifferentiated....g	0.030	0.001	5	AS	1				
20:3 n-3....g	0.002	0.000	5	A	1				
20:3 n-6....g	0.029	0.001	5	A	1				
20:4 undifferentiated....g	0.065	0.005	5	A	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	5	A	1				
21:5....g									
22:4....g	0.015	0.001	5	A	1				
22:5 n-3 (DPA)....g	0.006	0.000	5	A	1				
22:6 n-3 (DHA)....g	0.003	0.000	5	A	1				
Fatty acids, total trans....g	0.214		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.168		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4				
Cholesterol....mg	82	9.287	3	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0	A	1				
Threonine....g	0.467		0	A	1				

NDB No. 21424
KFC, Fried Chicken, ORIGINAL RECIPE, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.416		0	A	1				
Leucine....g	0.864		0	A	1				
Lysine....g	0.615		0	A	1				
Methionine....g	0.205		0	A	1				
Cystine....g	0.164		0	A	1				
Phenylalanine....g	0.542		0	A	1				
Tyrosine....g	0.434		0	A	1				
Valine....g	0.516		0	A	1				
Arginine....g	0.801		0	A	1				
Histidine....g	0.337		0	A	1				
Alanine....g	0.807		0	A	1				
Aspartic acid....g	0.962		0	A	1				
Glutamic acid....g	3.313		0	A	1				
Glycine....g	1.191		0	A	1				
Proline....g	1.137		0	A	1				
Serine....g	0.552		0	A	1				
Hydroxyproline....g	0.371		0	BFPN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21436

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 19% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.09		0	RKA	1		70.33	44.80	31.26
Energy....kcal	269		0	RKI	6		363	231	161
Energy....kJ	1125		0	RKI	6		1519	968	675
Protein....g	18.90		0	RKA	1		25.52	16.26	11.34
Total lipid (fat)....g	17.73		0	RKA	1		23.93	15.24	10.64
Ash....g	2.82		0	RKA	1		3.80	2.42	1.69
Carbohydrate, by difference....g	8.46		0	RKI	6		11.42	7.27	5.07
Fiber, total dietary....g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	7.53		0	RKA	1		10.16	6.47	4.52
Minerals:									
Calcium, Ca....mg	64		0	RKA	1		86	55	38
Iron, Fe....mg	0.88		0	RKA	1		1.18	0.75	0.53
Magnesium, Mg....mg	22		0	RKA	1		30	19	13
Phosphorus, P....mg	230		0	RKA	1		311	198	138
Potassium, K....mg	237		0	RKA	1		319	204	142
Sodium, Na....mg	781		0	RKA	1		1054	672	469
Zinc, Zn....mg	1.44		0	RKA	1		1.94	1.24	0.86
Copper, Cu....mg	0.082		0	RKA	1		0.110	0.070	0.049
Manganese, Mn....mg	0.161		0	RKA	1		0.218	0.139	0.097
Selenium, Se....µg	23.5		0	RKA	1		31.8	20.2	14.1
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.085		0	RKA	1		0.114	0.073	0.051
Riboflavin....mg	0.259		0	RKA	1		0.350	0.223	0.155
Niacin....mg	5.524		0	RKA	1		7.458	4.751	3.315
Pantothenic acid....mg	0.974		0	RKA	1		1.314	0.837	0.584
Vitamin B-6....mg	0.138		0	RKA	1		0.187	0.119	0.083
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	64.5		0	RKA	1		87.1	55.5	38.7
Betaine....mg	7.0		0	RKA	1		9.5	6.0	4.2
Vitamin B-12....µg	0.40		0	RKA	1		0.55	0.35	0.24
Vitamin A, RAE....µg	15		0	RKA	1		20	13	9
Vitamin A, IU....IU	50		0	RKA	1		67	43	30
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.77		0	RKA	1		1.03	0.66	0.46
Tocopherol, beta....mg	0.02		0	RKA	1		0.03	0.02	0.01
Tocopherol, gamma....mg	0.92		0	RKA	1		1.24	0.79	0.55
Tocopherol, delta....mg	0.03		0	RKA	1		0.04	0.03	0.02
Tocotrienol, alpha....mg	0.01		0	RKA	1		0.01	0.01	0.00
Tocotrienol, beta....mg	0.17		0	RKA	1		0.23	0.15	0.10
Tocotrienol, gamma....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21436

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.123		0	RKI	6		5.567	3.546	2.474
4:0....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0....g	0.003		0	RKA	1		0.005	0.003	0.002
10:0....g	0.006		0	RKA	1		0.008	0.005	0.003
12:0....g	0.008		0	RKA	1		0.011	0.007	0.005
13:0....g									
14:0....g	0.090		0	RKA	1		0.121	0.077	0.054
15:0....g	0.012		0	RKA	1		0.017	0.011	0.007
16:0....g	2.934		0	RKA	1		3.960	2.523	1.760
17:0....g	0.024		0	RKA	1		0.032	0.020	0.014
18:0....g	0.963		0	RKA	1		1.300	0.828	0.578
20:0....g	0.043		0	RKA	1		0.057	0.037	0.026
22:0....g	0.029		0	RKA	1		0.039	0.025	0.017
24:0....g	0.013		0	RKA	1		0.017	0.011	0.008
Fatty acids, total monounsaturated....g	8.608		0	RKI	6		11.621	7.403	5.165
14:1....g	0.028		0	RKA	1		0.038	0.024	0.017
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.753		0	RKA	1		1.017	0.648	0.452
17:1....g	0.017		0	RKA	1		0.023	0.015	0.010
18:1 undifferentiated....g	7.618		0	RKA	1		10.285	6.552	4.571
20:1....g	0.160		0	RKA	1		0.216	0.138	0.096
22:1 undifferentiated....g	0.018		0	RKA	1		0.024	0.015	0.011
24:1 c....g	0.013		0	RKA	1		0.018	0.011	0.008
Fatty acids, total polyunsaturated....g	3.277		0	RKI	6		4.424	2.818	1.966
18:2 undifferentiated....g	2.708		0	RKA	1		3.656	2.329	1.625
18:3 undifferentiated....g	0.426		0	RKA	1		0.575	0.366	0.256
18:4....g	0.002		0	RKA	1		0.002	0.001	0.001
20:2 n-6 c,c....g	0.016		0	RKA	1		0.021	0.014	0.010
20:3 undifferentiated....g	0.027		0	RKA	1		0.036	0.023	0.016
20:4 undifferentiated....g	0.069		0	RKA	1		0.093	0.059	0.041
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.003	0.002	0.001
21:5....g									
22:4....g	0.017		0	RKA	1		0.023	0.014	0.010
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.004	0.003	0.002
Fatty acids, total trans....g	0.119		0	RKI	6		0.161	0.103	0.072
Cholesterol....mg	104		0	RKA	1		141	90	63
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	RKA	1		0.195	0.124	0.087
Threonine....g	0.624		0	RKA	1		0.842	0.536	0.374
Isoleucine....g	0.555		0	RKA	1		0.749	0.477	0.333
Leucine....g	1.153		0	RKA	1		1.556	0.991	0.692
Lysine....g	0.820		0	RKA	1		1.107	0.705	0.492
Methionine....g	0.274		0	RKA	1		0.370	0.235	0.164
Cystine....g	0.219		0	RKA	1		0.296	0.188	0.131
Phenylalanine....g	0.723		0	RKA	1		0.976	0.622	0.434
Tyrosine....g	0.579		0	RKA	1		0.781	0.498	0.347
Valine....g	0.689		0	RKA	1		0.930	0.592	0.413
Arginine....g	1.069		0	RKA	1		1.443	0.919	0.641
Histidine....g	0.450		0	RKA	1		0.608	0.387	0.270
Alanine....g	1.077		0	RKA	1		1.454	0.926	0.646
Aspartic acid....g	1.284		0	RKA	1		1.734	1.104	0.770
Glutamic acid....g	4.420		0	RKA	1		5.968	3.802	2.652
Glycine....g	1.589		0	RKA	1		2.145	1.367	0.953
Proline....g	1.517		0	RKA	1		2.048	1.305	0.910
Serine....g	0.736		0	RKA	1		0.994	0.633	0.442
Hydroxyproline....g	0.495		0	RKI	6		0.668	0.426	0.297

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21436

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 135g: 1 thigh, with skin

Measure 2 = 86g: 1 thigh, without skin

Measure 3 = 60g: 1 thigh, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21427

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 56% Skin, subcutaneous fat and breading, 36%; Cartilage and bone, 19%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.65	0.282	6	A	1		56.46	39.39	
Energy....kcal	175		0	NC	4		150	105	
Energy....kJ	732		0	NC	4		630	439	
Protein....g	22.78	0.455	6	A	1		19.59	13.67	
Total lipid (fat)....g	9.31	0.321	6	A	1		8.00	5.58	
Ash....g	2.25	0.128	6	A	1		1.94	1.35	
Carbohydrate, by difference....g	0.01		0	NC	4		0.01	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.324	6	A	1		17	12	
Iron, Fe....mg	0.87	0.026	6	A	1		0.75	0.52	
Magnesium, Mg....mg	20	0.304	6	A	1		17	12	
Phosphorus, P....mg	213	6.097	6	A	1		183	128	
Potassium, K....mg	230	2.028	6	A	1		198	138	
Sodium, Na....mg	568	45.106	6	A	1		488	341	
Zinc, Zn....mg	1.91	0.046	6	A	1		1.64	1.14	
Copper, Cu....mg	0.082	0.005	6	A	1		0.070	0.049	
Manganese, Mn....mg	0.050	0.005	6	A	1		0.043	0.030	
Selenium, Se....µg	28.7	4.092	3	A	1		24.7	17.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.089	0.004	3	A	1		0.076	0.053	
Riboflavin....mg	0.310	0.010	3	A	1		0.267	0.186	
Niacin....mg	5.610	0.303	3	A	1		4.825	3.366	
Pantothenic acid....mg	1.050		2	A	1		0.903	0.630	
Vitamin B-6....mg	0.137	0.003	3	A	1		0.118	0.082	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	117.3		1	A	1		100.9	70.4	
Betaine....mg	12.7		1	A	1		10.9	7.6	
Vitamin B-12....µg	0.47	0.151	3	A	1		0.40	0.28	
Vitamin A, RAE....µg	11		0	AS	1		9	7	
Vitamin A, IU....IU	37		0	AS	1		32	22	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.41	0.034	3	A	1		0.35	0.25	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.21	0.002	3	A	1		0.18	0.13	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.03	0.017	3	A	1		0.03	0.02	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.308		0	NC	4		1.984	1.385	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 21427

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002	0.001	6	A	1		0.002	0.001	
12:0 g	0.004	0.001	6	A	1		0.003	0.002	
13:0 g									
14:0 g	0.043	0.001	6	A	1		0.037	0.026	
15:0 g	0.006	0.000	6	A	1		0.005	0.003	
16:0 g	1.712	0.059	6	A	1		1.472	1.027	
17:0 g	0.008	0.000	6	A	1		0.007	0.005	
18:0 g	0.504	0.012	6	A	1		0.434	0.302	
20:0 g	0.013	0.001	6	A	1		0.011	0.008	
22:0 g	0.010	0.002	6	A	1		0.009	0.006	
24:0 g	0.006	0.001	6	A	1		0.005	0.003	
Fatty acids, total monounsaturated g	3.830		0	NC	4		3.294	2.298	
14:1 g	0.014	0.000	6	A	1		0.012	0.008	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.461	0.018	6	AS	1		0.397	0.277	
16:1 c g	0.459	0.018	6	A	1		0.395	0.275	
16:1 t g	0.003	0.000	6	A	1		0.002	0.002	
17:1 g	0.006	0.000	6	A	1		0.005	0.004	
18:1 undifferentiated g	3.276	0.118	6	AS	1		2.817	1.965	
18:1 c g	3.248	0.118	6	A	1		2.793	1.949	
18:1 t g	0.028	0.001	6	A	1		0.024	0.017	
18:1-11 t (18:1t n-7) g									
20:1 g	0.063	0.002	6	A	1		0.054	0.038	
22:1 undifferentiated g	0.005	0.000	6	AS	1		0.004	0.003	
22:1 c g	0.005	0.000	6	A	1		0.004	0.003	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.006	0.001	6	A	1		0.005	0.004	
Fatty acids, total polyunsaturated g	1.561		0	NC	4		1.342	0.936	
18:2 undifferentiated g	1.312	0.048	6	AS	1		1.128	0.787	
18:2 n-6 c,c g	1.293	0.048	6	A	1		1.112	0.776	
18:2 CLAs g	0.007	0.000	6	A	1		0.006	0.004	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.012	0.000	6	A	1		0.010	0.007	
18:3 undifferentiated g	0.113	0.006	6	AS	1		0.097	0.068	
18:3 n-3 c,c,c (ALA) g	0.108	0.006	6	A	1		0.093	0.065	
18:3 n-6 c,c,c g	0.005	0.000	6	A	1		0.004	0.003	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c g	0.010	0.000	6	A	1		0.009	0.006	
20:3 undifferentiated g	0.024	0.001	6	AS	1		0.021	0.014	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6 g	0.023	0.001	6	A	1		0.020	0.014	
20:4 undifferentiated g	0.072	0.001	6	A	1		0.062	0.043	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	A	1		0.002	0.001	
21:5 g									
22:4 g	0.018	0.001	6	A	1		0.015	0.011	
22:5 n-3 (DPA) g	0.006	0.000	6	A	1		0.005	0.004	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.002	
Fatty acids, total trans g	0.042		0	NC	4		0.036	0.025	
Fatty acids, total trans-monoenoic g	0.030		0	NC	4		0.026	0.018	
Fatty acids, total trans-polyenoic g	0.012		0	NC	4		0.010	0.007	
Cholesterol mg	122	4.070	3	A	1		105	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.174		0	A	1		0.150	0.105	
Threonine g	0.752		0	A	1		0.646	0.451	
Isoleucine g	0.669		0	A	1		0.575	0.401	
Leucine g	1.389		0	A	1		1.195	0.833	
Lysine g	0.988		0	A	1		0.850	0.593	
Methionine g	0.330		0	A	1		0.284	0.198	
Cystine g	0.264		0	A	1		0.227	0.158	

NDB No. 21427

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.871		0	A	1		0.749	0.523	
Tyrosine.....g	0.697		0	A	1		0.600	0.418	
Valine.....g	0.830		0	A	1		0.714	0.498	
Arginine.....g	1.288		0	A	1		1.108	0.773	
Histidine.....g	0.543		0	A	1		0.467	0.326	
Alanine.....g	1.298		0	A	1		1.116	0.779	
Aspartic acid.....g	1.547		0	A	1		1.331	0.928	
Glutamic acid.....g	5.327		0	A	1		4.581	3.196	
Glycine.....g	1.915		0	A	1		1.647	1.149	
Proline.....g	1.828		0	A	1		1.572	1.097	
Serine.....g	0.887		0	A	1		0.763	0.532	
Hydroxyproline.....g	0.596		0	BFPN	4		0.513	0.358	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh without skin

Measure 2 = 60g: 1 thigh bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21437

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse: 26% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.40		0	RKA	1		27.84	18.10	10.67
Energy....kcal	297		0	RKI	6		178	116	68
Energy....kJ	1241		0	RKI	6		745	484	285
Protein....g	21.70		0	RKA	1		13.02	8.46	4.99
Total lipid (fat)....g	18.90		0	RKA	1		11.34	7.37	4.35
Ash....g	3.07		0	RKA	1		1.84	1.20	0.71
Carbohydrate, by difference....g	9.93		0	RKI	6		5.96	3.87	2.28
Fiber, total dietary....g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	8.03		0	RKA	1		4.82	3.13	1.85
Minerals:									
Calcium, Ca....mg	77		0	RKA	1		46	30	18
Iron, Fe....mg	0.93		0	RKA	1		0.56	0.36	0.21
Magnesium, Mg....mg	24		0	RKA	1		14	9	5
Phosphorus, P....mg	250		0	RKA	1		150	98	58
Potassium, K....mg	266		0	RKA	1		159	104	61
Sodium, Na....mg	884		0	RKA	1		530	345	203
Zinc, Zn....mg	1.36		0	RKA	1		0.82	0.53	0.31
Copper, Cu....mg	0.075		0	RKA	1		0.045	0.029	0.017
Manganese, Mn....mg	0.175		0	RKA	1		0.105	0.068	0.040
Selenium, Se....µg	27.0		0	RKA	1		16.2	10.5	6.2
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.072		0	RKA	1		0.043	0.028	0.017
Riboflavin....mg	0.221		0	RKA	1		0.133	0.086	0.051
Niacin....mg	6.335		0	RKA	1		3.801	2.471	1.457
Pantothenic acid....mg	0.966		0	RKA	1		0.579	0.377	0.222
Vitamin B-6....mg	0.188		0	RKA	1		0.113	0.074	0.043
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	62.7		0	RKA	1		37.6	24.5	14.4
Betaine....mg	6.4		0	RKA	1		3.8	2.5	1.5
Vitamin B-12....µg	0.39		0	RKA	1		0.23	0.15	0.09
Vitamin A, RAE....µg	14		0	RKA	1		9	6	3
Vitamin A, IU....IU	48		0	RKA	1		29	19	11
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.92		0	RKA	1		0.55	0.36	0.21
Tocopherol, beta....mg	0.03		0	RKA	1		0.02	0.01	0.01
Tocopherol, gamma....mg	1.16		0	RKA	1		0.70	0.45	0.27
Tocopherol, delta....mg	0.03		0	RKA	1		0.02	0.01	0.01
Tocotrienol, alpha....mg	0.01		0	RKA	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.21		0	RKA	1		0.13	0.08	0.05
Tocotrienol, gamma....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21437

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.251		0	RKI	6		2.551	1.658	0.978
4:0....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0....g	0.004		0	RKA	1		0.002	0.002	0.001
10:0....g	0.005		0	RKA	1		0.003	0.002	0.001
12:0....g	0.009		0	RKA	1		0.005	0.003	0.002
13:0....g									
14:0....g	0.092		0	RKA	1		0.055	0.036	0.021
15:0....g	0.013		0	RKA	1		0.008	0.005	0.003
16:0....g	2.985		0	RKA	1		1.791	1.164	0.687
17:0....g	0.025		0	RKA	1		0.015	0.010	0.006
18:0....g	1.017		0	RKA	1		0.610	0.397	0.234
20:0....g	0.052		0	RKA	1		0.031	0.020	0.012
22:0....g	0.034		0	RKA	1		0.020	0.013	0.008
24:0....g	0.015		0	RKA	1		0.009	0.006	0.003
Fatty acids, total monounsaturated....g	9.595		0	RKI	6		5.757	3.742	2.207
14:1....g	0.028		0	RKA	1		0.017	0.011	0.007
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.758		0	RKA	1		0.455	0.296	0.174
17:1....g	0.017		0	RKA	1		0.010	0.007	0.004
18:1 undifferentiated....g	8.566		0	RKA	1		5.139	3.341	1.970
20:1....g	0.187		0	RKA	1		0.112	0.073	0.043
22:1 undifferentiated....g	0.022		0	RKA	1		0.013	0.009	0.005
24:1 c....g	0.017		0	RKA	1		0.010	0.007	0.004
Fatty acids, total polyunsaturated....g	3.669		0	RKI	6		2.202	1.431	0.844
18:2 undifferentiated....g	2.982		0	RKA	1		1.789	1.163	0.686
18:3 undifferentiated....g	0.529		0	RKA	1		0.317	0.206	0.122
18:4....g	0.002		0	RKA	1		0.001	0.001	0.000
20:2 n-6 c,c....g	0.018		0	RKA	1		0.011	0.007	0.004
20:3 undifferentiated....g	0.030		0	RKA	1		0.018	0.012	0.007
20:4 undifferentiated....g	0.073		0	RKA	1		0.044	0.028	0.017
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.002	0.001	0.001
21:5....g									
22:4....g	0.019		0	RKA	1		0.011	0.007	0.004
22:5 n-3 (DPA)....g	0.007		0	RKA	1		0.004	0.003	0.002
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans....g	0.127		0	RKI	6		0.076	0.050	0.029
Cholesterol....mg	113		0	RKA	1		68	44	26
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.166		0	RKA	1		0.100	0.065	0.038
Threonine....g	0.716		0	RKA	1		0.429	0.279	0.165
Isoleucine....g	0.637		0	RKA	1		0.382	0.248	0.146
Leucine....g	1.323		0	RKA	1		0.794	0.516	0.304
Lysine....g	0.941		0	RKA	1		0.565	0.367	0.216
Methionine....g	0.314		0	RKA	1		0.188	0.123	0.072
Cystine....g	0.251		0	RKA	1		0.151	0.098	0.058
Phenylalanine....g	0.830		0	RKA	1		0.498	0.324	0.191
Tyrosine....g	0.664		0	RKA	1		0.398	0.259	0.153
Valine....g	0.790		0	RKA	1		0.474	0.308	0.182
Arginine....g	1.227		0	RKA	1		0.736	0.479	0.282
Histidine....g	0.517		0	RKA	1		0.310	0.202	0.119
Alanine....g	1.236		0	RKA	1		0.741	0.482	0.284
Aspartic acid....g	1.474		0	RKA	1		0.884	0.575	0.339
Glutamic acid....g	5.073		0	RKA	1		3.044	1.979	1.167
Glycine....g	1.824		0	RKA	1		1.094	0.711	0.419
Proline....g	1.741		0	RKA	1		1.045	0.679	0.400
Serine....g	0.845		0	RKA	1		0.507	0.330	0.194
Hydroxyproline....g	0.596		0	RKI	6		0.357	0.232	0.137

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21437
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 60g: 1 wing, with skin

Measure 2 = 39g: 1 wing, without skin

Measure 3 = 23g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21428

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse: 63% Skin, subcutaneous fat and breading, 35%; Cartilage and bone, 26%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.44	0.724	6	A	1		22.01	12.98	
Energy....kcal	216		0	NC	4		84	50	
Energy....kJ	904		0	NC	4		353	208	
Protein....g	28.65	0.680	6	A	1		11.17	6.59	
Total lipid (fat)....g	10.49	0.485	6	A	1		4.09	2.41	
Ash....g	2.67	0.133	6	A	1		1.04	0.61	
Carbohydrate, by difference....g	1.76		0	NC	4		0.69	0.40	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40	5.335	6	A	1		16	9	
Iron, Fe....mg	0.98	0.060	6	A	1		0.38	0.23	
Magnesium, Mg....mg	23	0.383	6	A	1		9	5	
Phosphorus, P....mg	249	5.678	6	A	1		97	57	
Potassium, K....mg	286	17.372	6	A	1		111	66	
Sodium, Na....mg	738	33.624	6	A	1		288	170	
Zinc, Zn....mg	1.82	0.077	6	A	1		0.71	0.42	
Copper, Cu....mg	0.069	0.009	6	A	1		0.027	0.016	
Manganese, Mn....mg	0.061	0.004	6	A	1		0.024	0.014	
Selenium, Se....µg	36.0	4.324	3	A	1		14.1	8.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.064	0.003	3	A	1		0.025	0.015	
Riboflavin....mg	0.243	0.012	3	A	1		0.095	0.056	
Niacin....mg	7.180	0.297	3	A	1		2.800	1.651	
Pantothenic acid....mg	1.045		2	A	1		0.408	0.240	
Vitamin B-6....mg	0.233	0.014	3	A	1		0.091	0.054	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	120.6		1	A	1		47.0	27.7	
Betaine....mg	12.3		1	A	1		4.8	2.8	
Vitamin B-12....µg	0.45	0.058	3	A	1		0.18	0.10	
Vitamin A, RAE....µg	9		0	AS	1		4	2	
Vitamin A, IU....IU	31		0	AS	1		12	7	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.66	0.049	3	A	1		0.26	0.15	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.59	0.064	3	A	1		0.23	0.14	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.09	0.015	3	A	1		0.04	0.02	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.321		0	NC	4		0.905	0.534	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.001	0.000	6	A	1		0.000	0.000	

NDB No. 21428

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.001	0.000	6	A	1		0.001	0.000	
12:0 g	0.005	0.001	6	A	1		0.002	0.001	
13:0 g									
14:0 g	0.041	0.002	6	A	1		0.016	0.009	
15:0 g	0.005	0.000	6	A	1		0.002	0.001	
16:0 g	1.654	0.057	6	A	1		0.645	0.380	
17:0 g	0.008	0.000	6	A	1		0.003	0.002	
18:0 g	0.550	0.015	6	A	1		0.214	0.126	
20:0 g	0.028	0.001	6	A	1		0.011	0.006	
22:0 g	0.019	0.001	6	A	1		0.007	0.004	
24:0 g	0.010	0.000	6	A	1		0.004	0.002	
Fatty acids, total monounsaturated g	5.115		0	NC	4		1.995	1.176	
14:1 g	0.013	0.001	6	A	1		0.005	0.003	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.432	0.017	6	AS	1		0.169	0.099	
16:1 c g	0.430	0.016	6	A	1		0.168	0.099	
16:1 t g	0.002	0.000	6	A	1		0.001	0.001	
17:1 g	0.005	0.002	6	A	1		0.002	0.001	
18:1 undifferentiated g	4.541	0.188	6	AS	1		1.771	1.044	
18:1 c g	4.509	0.187	6	A	1		1.759	1.037	
18:1 t g	0.031	0.001	6	A	1		0.012	0.007	
18:1-11 t (18:1t n-7) g									
20:1 g	0.101	0.005	6	A	1		0.039	0.023	
22:1 undifferentiated g	0.011	0.001	6	AS	1		0.004	0.003	
22:1 c g	0.011	0.001	6	A	1		0.004	0.003	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.012	0.001	6	A	1		0.005	0.003	
Fatty acids, total polyunsaturated g	2.095		0	NC	4		0.817	0.482	
18:2 undifferentiated g	1.660	0.058	6	AS	1		0.647	0.382	
18:2 n-6 c,c g	1.638	0.057	6	A	1		0.639	0.377	
18:2 CLAs g	0.009	0.000	6	A	1		0.003	0.002	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.013	0.000	6	A	1		0.005	0.003	
18:3 undifferentiated g	0.269	0.018	6	AS	1		0.105	0.062	
18:3 n-3 c,c,c (ALA) g	0.255	0.018	6	A	1		0.099	0.059	
18:3 n-6 c,c,c g	0.015	0.001	6	A	1		0.006	0.003	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c g	0.014	0.000	6	A	1		0.006	0.003	
20:3 undifferentiated g	0.030	0.001	6	AS	1		0.012	0.007	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6 g	0.029	0.001	6	A	1		0.011	0.007	
20:4 undifferentiated g	0.081	0.002	6	A	1		0.031	0.019	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001	0.001	
21:5 g									
22:4 g	0.022	0.001	6	A	1		0.009	0.005	
22:5 n-3 (DPA) g	0.008	0.000	6	A	1		0.003	0.002	
22:6 n-3 (DHA) g	0.006	0.000	6	A	1		0.002	0.001	
Fatty acids, total trans g	0.047		0	NC	4		0.018	0.011	
Fatty acids, total trans-monoenoic g	0.033		0	NC	4		0.013	0.008	
Fatty acids, total trans-polyenoic g	0.013		0	NC	4		0.005	0.003	
Cholesterol mg	141	7.484	3	A	1		55	32	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	A	1		0.085	0.050	
Threonine g	0.945		0	A	1		0.369	0.217	
Isoleucine g	0.841		0	A	1		0.328	0.193	
Leucine g	1.747		0	A	1		0.681	0.402	
Lysine g	1.243		0	A	1		0.485	0.286	
Methionine g	0.415		0	A	1		0.162	0.095	
Cystine g	0.332		0	A	1		0.129	0.076	

NDB No. 21428

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	1.096		0	A	1		0.427	0.252	
Tyrosine.....g	0.877		0	A	1		0.342	0.202	
Valine.....g	1.044		0	A	1		0.407	0.240	
Arginine.....g	1.620		0	A	1		0.632	0.373	
Histidine.....g	0.682		0	A	1		0.266	0.157	
Alanine.....g	1.632		0	A	1		0.636	0.375	
Aspartic acid.....g	1.946		0	A	1		0.759	0.448	
Glutamic acid.....g	6.698		0	A	1		2.612	1.541	
Glycine.....g	2.408		0	A	1		0.939	0.554	
Proline.....g	2.299		0	A	1		0.897	0.529	
Serine.....g	1.116		0	A	1		0.435	0.257	
Hydroxyproline.....g	0.803		0	BFPN	4		0.313	0.185	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 wing wing without skin

Measure 2 = 23g: 1 wing bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21422
KFC, Popcorn Chicken
Kentucky Fried Chicken
KFC
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.62	1.780	6	A	1		2.28	19.95	
Energy....kcal	351		0	NC	4		22	197	
Energy....kJ	1469		0	NC	4		94	823	
Protein....g	17.67	1.002	6	A	1		1.13	9.89	
Total lipid (fat)....g	21.74	0.612	6	A	1		1.39	12.17	
Ash....g	3.79	0.185	6	A	1		0.24	2.12	
Carbohydrate, by difference....g	21.18		0	NC	4		1.36	11.86	
Fiber, total dietary....g	1.0		2	A	1		0.1	0.6	
Sugars, total....g	0.00		2	A	1		0.00	0.00	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	18.35	0.524	4	A	1		1.17	10.28	
Minerals:									
Calcium, Ca....mg	32	0.651	4	A	1		2	18	
Iron, Fe....mg	1.42	0.087	4	A	1		0.09	0.80	
Magnesium, Mg....mg	28	0.381	4	A	1		2	16	
Phosphorus, P....mg	299	8.836	4	A	1		19	167	
Potassium, K....mg	288	5.039	4	A	1		18	161	
Sodium, Na....mg	1140	61.006	4	A	1		73	639	
Zinc, Zn....mg	0.98	0.281	4	A	1		0.06	0.55	
Copper, Cu....mg	0.078	0.003	4	A	1		0.005	0.044	
Manganese, Mn....mg	0.232	0.004	4	A	1		0.015	0.130	
Selenium, Se....µg	26.1	1.586	4	A	1		1.7	14.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.177	0.014	4	A	1		0.011	0.099	
Riboflavin....mg	0.130	0.012	4	A	1		0.008	0.073	
Niacin....mg	8.108	0.327	4	A	1		0.519	4.540	
Pantothenic acid....mg	1.125	0.025	4	A	1		0.072	0.630	
Vitamin B-6....mg	0.502	0.015	4	A	1		0.032	0.281	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14	0.003	4	A	1		0.01	0.08	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.32	0.181	4	A	1		0.08	0.74	
Tocopherol, beta....mg	0.09	0.026	4	A	1		0.01	0.05	
Tocopherol, gamma....mg	5.88	1.412	4	A	1		0.38	3.29	
Tocopherol, delta....mg	3.02	0.440	4	A	1		0.19	1.69	
Tocotrienol, alpha....mg	0.00	0.005	4	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.10	0.050	4	A	1		0.01	0.06	
Tocotrienol, delta....mg	0.00	0.000	4	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	17.4		1	A	1		1.1	9.7	
Dihydrophylloquinone....µg	62.3		1	A	1		4.0	34.9	
Menaquinone-4....µg	7.1		1	A	1		0.5	4.0	

NDB No. 21422
KFC, Popcorn Chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.954		0	NC	4		0.253	2.214	
4:0....g	0.003	0.000	6	A	1		0.000	0.002	
6:0....g	0.001	0.000	6	A	1		0.000	0.000	
8:0....g	0.009	0.001	6	A	1		0.001	0.005	
10:0....g	0.003	0.000	6	A	1		0.000	0.002	
12:0....g	0.004	0.000	6	A	1		0.000	0.002	
13:0....g									
14:0....g	0.037	0.002	6	A	1		0.002	0.021	
15:0....g	0.006	0.000	6	A	1		0.000	0.003	
16:0....g	2.689	0.075	6	A	1		0.172	1.506	
17:0....g	0.022	0.001	6	A	1		0.001	0.012	
18:0....g	1.044	0.061	6	A	1		0.067	0.585	
20:0....g	0.057	0.003	6	A	1		0.004	0.032	
22:0....g	0.057	0.003	6	A	1		0.004	0.032	
24:0....g	0.023	0.001	6	A	1		0.001	0.013	
Fatty acids, total monounsaturated....g	5.660		0	NC	4		0.362	3.170	
14:1....g	0.007	0.001	6	A	1		0.000	0.004	
15:1....g	0.003	0.000	6	A	1		0.000	0.002	
16:1 undifferentiated....g	0.233	0.028	6	AS	1		0.015	0.131	
16:1 c....g	0.231	0.028	6	A	1		0.015	0.130	
16:1 t....g	0.002	0.000	6	A	1		0.000	0.001	
17:1....g	0.010	0.002	6	A	1		0.001	0.006	
18:1 undifferentiated....g	5.311	0.201	6	AS	1		0.340	2.974	
18:1 c....g	5.259	0.205	6	A	1		0.337	2.945	
18:1 t....g	0.052	0.007	6	A	1		0.003	0.029	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.081	0.002	6	A	1		0.005	0.046	
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.000	0.002	
22:1 c....g	0.003	0.000	6	A	1		0.000	0.002	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.011	0.001	6	A	1		0.001	0.006	
Fatty acids, total polyunsaturated....g	10.093		0	NC	4		0.646	5.652	
18:2 undifferentiated....g	9.420	0.606	6	AS	1		0.603	5.275	
18:2 n-6 c,c....g	9.288	0.607	6	A	1		0.594	5.201	
18:2 CLAs....g	0.028	0.001	6	A	1		0.002	0.015	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.104	0.003	6	A	1		0.007	0.058	
18:3 undifferentiated....g	0.583	0.028	6	AS	1		0.037	0.326	
18:3 n-3 c,c,c (ALA)....g	0.577	0.028	6	A	1		0.037	0.323	
18:3 n-6 c,c,c....g	0.006	0.001	6	A	1		0.000	0.003	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.000	0.001	
20:2 n-6 c,c....g	0.014	0.000	6	A	1		0.001	0.008	
20:3 undifferentiated....g	0.012	0.001	6	AS	1		0.001	0.007	
20:3 n-3....g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.011	0.001	6	A	1		0.001	0.006	
20:4 undifferentiated....g	0.035	0.001	6	A	1		0.002	0.020	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.000	0.001	
21:5....g									
22:4....g	0.022	0.001	6	A	1		0.001	0.012	
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.000	0.002	
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.000	0.001	
Fatty acids, total trans....g	0.158		0	NC	4		0.010	0.089	
Fatty acids, total trans-monoenoic....g	0.054		0	NC	4		0.003	0.030	
Fatty acids, total trans-polyenoic....g	0.104		0	NC	4		0.007	0.058	
Cholesterol....mg	40	1.415	4	A	1		3	23	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	A	1		0.015	0.130	
Threonine....g	0.724		0	A	1		0.046	0.405	

NDB No. 21422
KFC, Popcorn Chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.791		0	A	1		0.051	0.443	
Leucine....g	1.379		0	A	1		0.088	0.773	
Lysine....g	1.293		0	A	1		0.083	0.724	
Methionine....g	0.357		0	A	1		0.023	0.200	
Cystine....g	0.212		0	A	1		0.014	0.119	
Phenylalanine....g	0.743		0	A	1		0.048	0.416	
Tyrosine....g	0.473		0	A	1		0.030	0.265	
Valine....g	0.859		0	A	1		0.055	0.481	
Arginine....g	1.042		0	A	1		0.067	0.583	
Histidine....g	0.579		0	A	1		0.037	0.324	
Alanine....g	0.974		0	A	1		0.062	0.546	
Aspartic acid....g	1.563		0	A	1		0.100	0.875	
Glutamic acid....g	3.772		0	A	1		0.241	2.112	
Glycine....g	0.762		0	A	1		0.049	0.427	
Proline....g	0.878		0	A	1		0.056	0.492	
Serine....g	0.714		0	A	1		0.046	0.400	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.4g: 1 piece

Measure 2 = 56g: 10 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21419
KFC, biscuit
Kentucky Fried Chicken
KFC
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	28.40	0.580	6	A	1		13.92		
Energy ... kcal	358		0	NC	4		175		
Energy ... kJ	1496		0	NC	4		733		
Protein ... g	7.50	0.137	6	A	1		3.67		
Total lipid (fat) ... g	17.05	0.459	6	A	1		8.36		
Ash ... g	3.50	0.052	6	A	1		1.71		
Carbohydrate, by difference ... g	43.55		0	NC	4		21.34		
Fiber, total dietary ... g	2.0	0.271	3	A	1		1.0		
Sugars, total ... g	4.04	0.105	3	A	1		1.98		
Sucrose ... g	1.87	0.064	3	A	1		0.91		
Glucose (dextrose) ... g	0.00	0.000	3	A	1		0.00		
Fructose ... g	0.00	0.000	3	A	1		0.00		
Lactose ... g	1.67	0.060	3	A	1		0.82		
Maltose ... g	0.50	0.033	3	A	1		0.25		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	37.87	0.233	3	A	1		18.55		
Minerals:									
Calcium, Ca ... mg	55	0.935	6	A	1		27		
Iron, Fe ... mg	2.86	0.032	6	A	1		1.40		
Magnesium, Mg ... mg	16	0.186	6	A	1		8		
Phosphorus, P ... mg	538	5.082	6	A	1		264		
Potassium, K ... mg	115	4.310	6	A	1		56		
Sodium, Na ... mg	1070	24.098	6	A	1		524		
Zinc, Zn ... mg	0.50	0.006	6	A	1		0.25		
Copper, Cu ... mg	0.087	0.002	6	A	1		0.043		
Manganese, Mn ... mg	0.422	0.010	6	A	1		0.207		
Selenium, Se ... µg	15.2	1.667	3	A	1		7.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.433	0.009	3	A	1		0.212		
Riboflavin ... mg	0.313	0.012	3	A	1		0.154		
Niacin ... mg	3.897	0.087	3	A	1		1.909		
Pantothenic acid ... mg	0.400		2	A	1		0.196		
Vitamin B-6 ... mg	0.063	0.003	3	A	1		0.031		
Folate, total ... µg	81	3.910	3	A	1		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	AS	1		0		
Vitamin A, IU ... IU	0		0	AS	1		0		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.26	0.080	3	A	1		0.13		
Tocopherol, beta ... mg	0.04	0.023	3	A	1		0.02		
Tocopherol, gamma ... mg	0.96	0.561	3	A	1		0.47		
Tocopherol, delta ... mg	0.32	0.190	3	A	1		0.16		
Tocotrienol, alpha ... mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta ... mg	0.18	0.046	3	A	1		0.09		
Tocotrienol, gamma ... mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta ... mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21419
KFC, biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.916		0	NC	4		5.839		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.040	0.001	3	A	1		0.020		
8:0....g	0.507	0.010	3	A	1		0.248		
10:0....g	0.409	0.008	3	A	1		0.200		
12:0....g	4.474	0.098	3	A	1		2.192		
13:0....g									
14:0....g	1.364	0.031	3	A	1		0.668		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	1.447	0.070	3	A	1		0.709		
17:0....g	0.007	0.001	3	A	1		0.003		
18:0....g	3.593	0.117	3	A	1		1.760		
20:0....g	0.046	0.003	3	A	1		0.023		
22:0....g	0.016	0.002	3	A	1		0.008		
24:0....g	0.014	0.001	3	A	1		0.007		
Fatty acids, total monounsaturated....g	1.243		0	NC	4		0.609		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.004	0.001	3	AS	1		0.002		
16:1 c....g	0.004	0.001	3	A	1		0.002		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.002	0.000	3	A	1		0.001		
18:1 undifferentiated....g	1.228	0.168	3	AS	1		0.602		
18:1 c....g	1.004	0.117	3	A	1		0.492		
18:1 t....g	0.223	0.083	3	A	1		0.109		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009	0.001	3	A	1		0.005		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.352		0	NC	4		0.662		
18:2 undifferentiated....g	1.224	0.351	3	AS	1		0.600		
18:2 n-6 c,c....g	1.184	0.361	3	A	1		0.580		
18:2 CLAs....g	0.004	0.001	3	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.037	0.013	3	A	1		0.018		
18:3 undifferentiated....g	0.124	0.050	3	AS	1		0.061		
18:3 n-3 c,c,c (ALA)....g	0.118	0.047	3	A	1		0.058		
18:3 n-6 c,c,c....g	0.006	0.003	3	A	1		0.003		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.003	0.000	3	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.260		0	NC	4		0.127		
Fatty acids, total trans-monoenoic....g	0.223		0	NC	4		0.109		
Fatty acids, total trans-polyenoic....g	0.037		0	NC	4		0.018		
Cholesterol....mg	1		2	A	1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0	A	1		0.050		
Threonine....g	0.256		0	A	1		0.126		

NDB No. 21419
KFC, biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.308		0	A	1		0.151		
Leucine....g	0.595		0	A	1		0.291		
Lysine....g	0.256		0	A	1		0.126		
Methionine....g	0.113		0	A	1		0.055		
Cystine....g	0.144		0	A	1		0.070		
Phenylalanine....g	0.400		0	A	1		0.196		
Tyrosine....g	0.215		0	A	1		0.105		
Valine....g	0.359		0	A	1		0.176		
Arginine....g	0.287		0	A	1		0.141		
Histidine....g	0.174		0	A	1		0.085		
Alanine....g	0.256		0	A	1		0.126		
Aspartic acid....g	0.400		0	A	1		0.196		
Glutamic acid....g	2.533		0	A	1		1.241		
Glycine....g	0.256		0	A	1		0.126		
Proline....g	0.892		0	A	1		0.437		
Serine....g	0.379		0	A	1		0.186		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 biscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21290

LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.90	0.569	3	A	1		45.80	412.63	
Energy....kcal	263		0	NC	4		268	2416	
Energy....kJ	1100		0	NC	4		1122	10108	
Protein....g	12.63	1.053	3	A	1		12.88	116.03	
Total lipid (fat)....g	10.22	1.310	3	A	1		10.43	93.93	
Ash....g	2.16	0.225	3	A	1		2.20	19.82	
Carbohydrate, by difference....g	30.10		0	NC	4		30.70	276.59	
Fiber, total dietary....g	1.3	0.095	3	A	1		1.4	12.3	
Sugars, total....g	3.66	0.288	3	A	1		3.74	33.68	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.94	0.091	3	A	1		0.96	8.67	
Fructose....g	1.08	0.117	3	A	1		1.10	9.89	
Lactose....g	0.07	0.000	3	A	1		0.08	0.68	
Maltose....g	1.42	0.178	3	A	1		1.45	13.05	
Galactose....g	0.15	0.017	3	A	1		0.15	1.38	
Starch....g	24.07	2.534	3	A	1		24.55	221.17	
Minerals:									
Calcium, Ca....mg	224	50.808	3	A	1		229	2062	
Iron, Fe....mg	2.31	0.174	3	A	1		2.35	21.20	
Magnesium, Mg....mg	27	1.313	3	A	1		28	249	
Phosphorus, P....mg	221	25.166	3	A	1		225	2031	
Potassium, K....mg	160	17.559	3	A	1		163	1470	
Sodium, Na....mg	432	24.915	3	A	1		440	3967	
Zinc, Zn....mg	1.52	0.169	3	A	1		1.55	13.94	
Copper, Cu....mg	0.116	0.009	3	A	1		0.118	1.066	
Manganese, Mn....mg	0.311	0.028	3	A	1		0.317	2.858	
Selenium, Se....µg	30.0	0.601	3	A	1		30.6	275.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.440	0.037	3	A	1		0.448	4.041	
Riboflavin....mg	0.273	0.007	3	A	1		0.279	2.512	
Niacin....mg	2.967	0.186	3	A	1		3.026	27.263	
Pantothenic acid....mg	0.570	0.020	3	A	1		0.581	5.238	
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.43	0.135	3	A	1		0.44	3.98	
Vitamin A, RAE....µg	76		0	AS	1		77	697	
Vitamin A, IU....IU	334		0	AS	1		340	3067	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.81	0.252	3	A	1		0.83	7.47	
Tocopherol, beta....mg	0.05	0.009	3	A	1		0.05	0.43	
Tocopherol, gamma....mg	1.25	0.262	3	A	1		1.28	11.52	
Tocopherol, delta....mg	0.39	0.064	3	A	1		0.39	3.55	
Tocotrienol, alpha....mg	0.04	0.040	3	A	1		0.04	0.37	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.8	0.888	3	A	1		6.9	62.2	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21290
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.237		0	NC	4		4.322	38.941	
4:0....g									
6:0....g									
8:0....g	0.067	0.018	3	A	1		0.069	0.618	
10:0....g	0.154	0.040	3	A	1		0.157	1.418	
12:0....g	0.181	0.046	3	A	1		0.185	1.663	
13:0....g									
14:0....g	0.614	0.148	3	A	1		0.626	5.639	
15:0....g	0.062	0.014	3	A	1		0.064	0.573	
16:0....g	2.166	0.395	3	A	1		2.209	19.905	
17:0....g	0.039	0.008	3	A	1		0.039	0.355	
18:0....g	0.922	0.189	3	A	1		0.941	8.476	
20:0....g	0.020	0.001	3	A	1		0.020	0.180	
22:0....g	0.012	0.000	3	A	1		0.013	0.113	
24:0....g									
Fatty acids, total monounsaturated....g	2.757		0	NC	4		2.812	25.338	
14:1....g	0.048	0.011	3	A	1		0.049	0.438	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.023	3	A	1		0.115	1.035	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.576	0.295	3	A	1		2.627	23.670	
20:1....g	0.021	0.002	3	A	1		0.022	0.195	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.728		0	NC	4		1.762	15.879	
18:2 undifferentiated....g	1.534	0.109	3	A	1		1.565	14.100	
18:3 undifferentiated....g	0.183		0	AS	1		0.187	1.681	
18:3 n-3 c,c,c (ALA)....g	0.183	0.014	3	A	1		0.187	1.681	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.011	0.003	3	A	1		0.011	0.097	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	23	4.759	3	A	1		24	213	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.156		0	A	1		0.159	1.431	
Threonine....g	0.435		0	A	1		0.444	4.001	
Isoleucine....g	0.632		0	A	1		0.645	5.811	
Leucine....g	1.280		0	A	1		1.305	11.761	
Lysine....g	1.112		0	A	1		1.134	10.219	
Methionine....g	0.313		0	A	1		0.320	2.880	
Cystine....g	0.473		0	A	1		0.483	4.347	
Phenylalanine....g	0.766		0	A	1		0.781	7.035	
Tyrosine....g	0.506		0	A	1		0.516	4.648	
Valine....g	0.806		0	A	1		0.822	7.409	
Arginine....g	0.618		0	A	1		0.630	5.678	
Histidine....g	0.291		0	A	1		0.296	2.671	
Alanine....g	0.347		0	A	1		0.354	3.190	
Aspartic acid....g	0.939		0	A	1		0.957	8.626	
Glutamic acid....g	4.217		0	A	1		4.301	38.753	
Glycine....g	0.445		0	A	1		0.454	4.091	

NDB No. 21290
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.608		0	A	1		1.640	14.779	
Serine.....g	0.872		0	A	1		0.890	8.017	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 102g: 1 slice

Measure 2 = 919g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21292

LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.21		2	A	1		19.78	231.60	149.18
Energy....kcal	309		0	NC	4		148	1738	1119
Energy....kJ	1294		0	NC	4		621	7271	4683
Protein....g	16.23		2	A	1		7.79	91.21	58.75
Total lipid (fat)....g	16.99		2	A	1		8.15	95.48	61.50
Ash....g	2.73		2	A	1		1.31	15.32	9.87
Carbohydrate, by difference....g	22.85		0	NC	4		10.97	128.39	82.70
Fiber, total dietary....g	1.6		2	A	1		0.8	9.1	5.9
Sugars, total....g	2.76		2	A	1		1.33	15.54	10.01
Sucrose....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.89		2	A	1		0.43	5.00	3.22
Fructose....g	0.89		2	A	1		0.42	4.97	3.20
Lactose....g	0.07		2	A	1		0.04	0.42	0.27
Maltose....g	0.66		2	A	1		0.32	3.71	2.39
Galactose....g	0.25		2	A	1		0.12	1.43	0.92
Starch....g	17.70		2	A	1		8.50	99.47	64.07
Minerals:									
Calcium, Ca....mg	422		2	A	1		202	2369	1526
Iron, Fe....mg	0.64		2	A	1		0.31	3.58	2.31
Magnesium, Mg....mg	28		2	A	1		13	158	102
Phosphorus, P....mg	297		2	A	1		143	1669	1075
Potassium, K....mg	177		2	A	1		85	992	639
Sodium, Na....mg	455		2	A	1		218	2557	1647
Zinc, Zn....mg	2.12		2	A	1		1.02	11.94	7.69
Copper, Cu....mg	0.082		2	A	1		0.039	0.458	0.295
Manganese, Mn....mg	0.211		2	A	1		0.101	1.183	0.762
Selenium, Se....µg	28.1		2	A	1		13.5	158.2	101.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.139		2	A	1		0.067	0.781	0.503
Riboflavin....mg	0.185		2	A	1		0.089	1.039	0.669
Niacin....mg	0.850		2	A	1		0.408	4.777	3.077
Pantothenic acid....mg	0.425		2	A	1		0.204	2.388	1.538
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.71		2	A	1		0.34	3.99	2.57
Vitamin A, RAE....µg	123		0	AS	1		59	694	447
Vitamin A, IU....IU	542		0	AS	1		260	3046	1962
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.21		2	A	1		0.58	6.80	4.38
Tocopherol, beta....mg	0.06		2	A	1		0.03	0.34	0.22
Tocopherol, gamma....mg	2.36		2	A	1		1.13	13.26	8.54
Tocopherol, delta....mg	0.87		2	A	1		0.42	4.89	3.15
Tocotrienol, alpha....mg	0.05		2	A	1		0.02	0.28	0.18
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.01		2	A	1		0.00	0.06	0.04
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	9.6		2	A	1		4.6	53.7	34.6
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									

NDB No. 21292
LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.327		0	NC	4		3.517	41.177	26.523
4:0....g									
6:0....g									
8:0....g	0.120		2	A	1		0.058	0.677	0.436
10:0....g	0.274		2	A	1		0.132	1.542	0.994
12:0....g	0.318		2	A	1		0.153	1.790	1.153
13:0....g									
14:0....g	1.078		2	A	1		0.517	6.058	3.902
15:0....g	0.109		2	A	1		0.052	0.612	0.394
16:0....g	3.669		2	A	1		1.761	20.622	13.283
17:0....g	0.068		2	A	1		0.033	0.382	0.246
18:0....g	1.636		2	A	1		0.785	9.194	5.922
20:0....g	0.032		2	A	1		0.015	0.180	0.116
22:0....g	0.021		2	A	1		0.010	0.120	0.077
24:0....g									
Fatty acids, total monounsaturated....g	4.420		0	NC	4		2.122	24.843	16.002
14:1....g	0.084		2	A	1		0.040	0.469	0.302
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.185		2	A	1		0.089	1.040	0.670
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.118		2	A	1		1.977	23.143	14.907
20:1....g	0.034		2	A	1		0.016	0.191	0.123
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.161		0	NC	4		1.517	17.764	11.442
18:2 undifferentiated....g	2.763		2	A	1		1.326	15.525	10.000
18:3 undifferentiated....g	0.378		0	AS	1		0.181	2.124	1.368
18:3 n-3 c,c,c (ALA)....g	0.378		2	A	1		0.181	2.124	1.368
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.021		2	A	1		0.010	0.115	0.074
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	39		2	A	1		19	222	143
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.065	0.762	0.491
Threonine....g	0.556		0	A	1		0.267	3.124	2.012
Isoleucine....g	0.798		0	A	1		0.383	4.486	2.890
Leucine....g	1.655		0	A	1		0.794	9.301	5.991
Lysine....g	1.328		0	A	1		0.637	7.463	4.807
Methionine....g	0.461		0	A	1		0.221	2.591	1.669
Cystine....g	0.436		0	A	1		0.209	2.453	1.580
Phenylalanine....g	0.963		0	A	1		0.462	5.413	3.487
Tyrosine....g	0.818		0	A	1		0.393	4.600	2.963
Valine....g	1.051		0	A	1		0.504	5.905	3.803
Arginine....g	0.699		0	A	1		0.336	3.929	2.531
Histidine....g	0.257		0	A	1		0.123	1.445	0.931
Alanine....g	0.514		0	A	1		0.247	2.887	1.860
Aspartic acid....g	1.303		0	A	1		0.626	7.324	4.718
Glutamic acid....g	4.781		0	A	1		2.295	26.868	17.306
Glycine....g	0.396		0	A	1		0.190	2.223	1.432

NDB No. 21292
LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.688		0	A	1		0.810	9.486	6.110
Serine.....g	1.122		0	A	1		0.539	6.308	4.063
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 slice

Measure 2 = 562g: 1 pie

Measure 3 = 362g: .5 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21287

LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.39	1.102	8	A	1		38.62	328.88	
Energy....kcal	265		0	NC	4		236	2012	
Energy....kJ	1110		0	NC	4		988	8417	
Protein....g	13.39	0.385	8	A	1		11.92	101.52	
Total lipid (fat)....g	9.54	0.511	8	A	1		8.49	72.30	
Ash....g	2.18	0.045	8	A	1		1.94	16.56	
Carbohydrate, by difference....g	31.50		0	NC	4		28.03	238.75	
Fiber, total dietary....g	1.7	0.077	8	A	1		1.5	13.2	
Sugars, total....g	4.02	0.142	8	A	1		3.58	30.50	
Sucrose....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose)....g	0.98	0.034	8	A	1		0.87	7.42	
Fructose....g	1.13	0.053	8	A	1		1.01	8.57	
Lactose....g	0.07	0.000	8	A	1		0.07	0.56	
Maltose....g	1.67	0.128	8	A	1		1.49	12.70	
Galactose....g	0.16	0.010	8	A	1		0.15	1.25	
Starch....g	25.29	1.102	8	A	1		22.51	191.68	
Minerals:									
Calcium, Ca....mg	233	17.331	8	A	1		207	1766	
Iron, Fe....mg	2.34	0.088	8	A	1		2.09	17.77	
Magnesium, Mg....mg	28	0.651	8	A	1		25	213	
Phosphorus, P....mg	231	8.884	8	A	1		206	1753	
Potassium, K....mg	170	6.344	8	A	1		151	1285	
Sodium, Na....mg	454	10.912	8	A	1		404	3441	
Zinc, Zn....mg	1.61	0.066	8	A	1		1.44	12.23	
Copper, Cu....mg	0.126	0.006	8	A	1		0.112	0.955	
Manganese, Mn....mg	0.321	0.017	8	A	1		0.285	2.431	
Selenium, Se....µg	31.4	1.462	3	A	1		27.9	237.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.377	0.015	8	A	1		0.335	2.855	
Riboflavin....mg	0.297	0.007	8	A	1		0.265	2.254	
Niacin....mg	3.237	0.200	8	A	1		2.881	24.540	
Pantothenic acid....mg	0.447	0.015	3	A	1		0.397	3.385	
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.40	0.037	8	A	1		0.35	3.02	
Vitamin A, RAE....µg	78		0	AS	1		69	590	
Vitamin A, IU....IU	360		0	AS	1		320	2726	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.61	0.076	3	A	1		0.54	4.62	
Tocopherol, beta....mg	0.04	0.003	3	A	1		0.03	0.28	
Tocopherol, gamma....mg	1.05	0.058	3	A	1		0.94	7.98	
Tocopherol, delta....mg	0.33	0.025	3	A	1		0.29	2.50	
Tocotrienol, alpha....mg	0.01	0.010	3	A	1		0.01	0.08	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone)....µg	5.9	0.153	3	A	1		5.3	44.7	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21287
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.206		0	NC	4		3.743	31.882	
4:0....g									
6:0....g									
8:0....g	0.069	0.005	8	A	1		0.062	0.524	
10:0....g	0.159	0.012	8	A	1		0.141	1.203	
12:0....g	0.187	0.014	8	A	1		0.166	1.416	
13:0....g									
14:0....g	0.634	0.045	8	A	1		0.564	4.805	
15:0....g	0.064	0.004	8	A	1		0.057	0.489	
16:0....g	2.115	0.127	8	A	1		1.882	16.029	
17:0....g	0.039	0.002	8	A	1		0.035	0.298	
18:0....g	0.913	0.062	8	A	1		0.813	6.922	
20:0....g	0.016	0.001	8	A	1		0.015	0.125	
22:0....g	0.009	0.001	8	A	1		0.008	0.070	
24:0....g									
Fatty acids, total monounsaturated....g	2.380		0	NC	4		2.118	18.039	
14:1....g	0.050	0.003	8	A	1		0.044	0.376	
15:1....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated....g	0.111	0.007	8	A	1		0.099	0.843	
17:1....g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated....g	2.201	0.127	8	A	1		1.959	16.680	
20:1....g	0.019	0.001	8	A	1		0.016	0.141	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.461		0	NC	4		1.300	11.076	
18:2 undifferentiated....g	1.294	0.043	8	A	1		1.152	9.812	
18:3 undifferentiated....g	0.155		0	AS	1		0.138	1.177	
18:3 n-3 c,c,c (ALA)....g	0.155	0.005	8	A	1		0.138	1.177	
18:3 n-6 c,c,c....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.011	0.001	8	A	1		0.010	0.087	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	24	2.296	8	A	1		21	180	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.133	1.136	
Threonine....g	0.393		0	A	1		0.350	2.980	
Isoleucine....g	0.547		0	A	1		0.486	4.142	
Leucine....g	1.137		0	A	1		1.012	8.615	
Lysine....g	0.523		0	A	1		0.466	3.966	
Methionine....g	0.300		0	A	1		0.267	2.273	
Cystine....g	0.335		0	A	1		0.298	2.539	
Phenylalanine....g	0.717		0	A	1		0.638	5.432	
Tyrosine....g	0.503		0	A	1		0.448	3.814	
Valine....g	0.700		0	A	1		0.623	5.306	
Arginine....g	0.513		0	A	1		0.457	3.890	
Histidine....g	0.360		0	A	1		0.320	2.728	
Alanine....g	0.256		0	A	1		0.228	1.938	
Aspartic acid....g	0.860		0	A	1		0.765	6.518	
Glutamic acid....g	3.997		0	A	1		3.557	30.294	
Glycine....g	0.350		0	A	1		0.311	2.652	

NDB No. 21287
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.090		0	A	1		0.970	8.262	
Serine.....g	0.542		0	A	1		0.483	4.111	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 slice

Measure 2 = 758g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.10	0.352	3	A	1		58.76	532.97	
Energy....kcal	243		0	NC	4		280	2536	
Energy....kJ	1017		0	NC	4		1170	10609	
Protein....g	12.12	0.372	3	A	1		13.94	126.46	
Total lipid (fat)....g	11.35	0.167	3	A	1		13.06	118.42	
Ash....g	2.32	0.056	3	A	1		2.66	24.17	
Carbohydrate, by difference....g	23.10		0	NC	4		26.57	240.98	
Fiber, total dietary....g	2.1	0.179	3	A	1		2.4	21.6	
Sugars, total....g	3.74	0.059	3	A	1		4.30	38.98	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.09	0.107	3	A	1		1.25	11.33	
Fructose....g	0.92	0.047	3	A	1		1.06	9.63	
Lactose....g	0.07	0.000	3	A	1		0.09	0.78	
Maltose....g	1.52	0.211	3	A	1		1.75	15.85	
Galactose....g	0.13	0.009	3	A	1		0.15	1.39	
Starch....g	16.13	0.960	3	A	1		18.55	168.27	
Minerals:									
Calcium, Ca....mg	167	10.440	3	A	1		192	1742	
Iron, Fe....mg	2.11	0.057	3	A	1		2.43	22.04	
Magnesium, Mg....mg	24	0.636	3	A	1		28	251	
Phosphorus, P....mg	207	3.844	3	A	1		238	2156	
Potassium, K....mg	195	6.692	3	A	1		224	2030	
Sodium, Na....mg	578	9.821	3	A	1		664	6025	
Zinc, Zn....mg	1.55	0.026	3	A	1		1.78	16.13	
Copper, Cu....mg	0.142	0.012	3	A	1		0.164	1.484	
Manganese, Mn....mg	0.265	0.021	3	A	1		0.304	2.760	
Selenium, Se....µg	27.1	0.833	3	A	1		31.2	282.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.286	0.011	3	A	1		0.329	2.982	
Riboflavin....mg	0.263	0.009	3	A	1		0.303	2.746	
Niacin....mg	3.567	0.203	3	A	1		4.102	37.200	
Pantothenic acid....mg	0.573	0.038	3	A	1		0.659	5.979	
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.61	0.046	3	A	1		0.70	6.33	
Vitamin A, RAE....µg	48		0	AS	1		56	506	
Vitamin A, IU....IU	211		0	AS	1		243	2200	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.90	0.118	3	A	1		1.04	9.42	
Tocopherol, beta....mg	0.04	0.010	3	A	1		0.05	0.42	
Tocopherol, gamma....mg	0.73	0.069	3	A	1		0.84	7.61	
Tocopherol, delta....mg	0.22	0.003	3	A	1		0.25	2.26	
Tocotrienol, alpha....mg	0.05	0.027	3	A	1		0.06	0.56	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.7	0.379	3	A	1		6.6	59.5	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.561		0	NC	4		5.245	47.566	
4:0....g									
6:0....g									
8:0....g	0.048	0.000	3	A	1		0.055	0.501	
10:0....g	0.108	0.001	3	A	1		0.124	1.126	
12:0....g	0.123	0.000	3	A	1		0.141	1.279	
13:0....g									
14:0....g	0.486	0.002	3	A	1		0.559	5.072	
15:0....g	0.049	0.000	3	A	1		0.057	0.514	
16:0....g	2.509	0.059	3	A	1		2.885	26.168	
17:0....g	0.051	0.001	3	A	1		0.059	0.531	
18:0....g	1.167	0.032	3	A	1		1.342	12.175	
20:0....g	0.019	0.000	3	A	1		0.022	0.201	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	4.063		0	NC	4		4.673	42.378	
14:1....g	0.043	0.001	3	A	1		0.050	0.452	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.214	0.006	3	A	1		0.246	2.234	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	3.757	0.117	3	A	1		4.321	39.189	
20:1....g	0.048	0.000	3	A	1		0.056	0.504	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.720		0	NC	4		1.979	17.944	
18:2 undifferentiated....g	1.525	0.041	3	A	1		1.754	15.909	
18:3 undifferentiated....g	0.149		0	AS	1		0.171	1.550	
18:3 n-3 c,c,c (ALA)....g	0.149	0.004	3	A	1		0.171	1.550	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.024	0.001	3	A	1		0.028	0.254	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022	0.001	3	A	1		0.026	0.232	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	31	2.691	3	A	1		36	323	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1		0.130	1.180	
Threonine....g	0.393		0	A	1		0.452	4.103	
Isoleucine....g	0.554		0	A	1		0.637	5.776	
Leucine....g	1.024		0	A	1		1.177	10.678	
Lysine....g	0.576		0	A	1		0.663	6.011	
Methionine....g	0.280		0	A	1		0.322	2.922	
Cystine....g	0.345		0	A	1		0.396	3.593	
Phenylalanine....g	0.604		0	A	1		0.694	6.295	
Tyrosine....g	0.447		0	A	1		0.514	4.663	
Valine....g	0.647		0	A	1		0.744	6.748	
Arginine....g	0.577		0	A	1		0.664	6.022	
Histidine....g	0.350		0	A	1		0.403	3.655	
Alanine....g	0.474		0	A	1		0.545	4.940	
Aspartic acid....g	0.934		0	A	1		1.074	9.740	
Glutamic acid....g	3.152		0	A	1		3.624	32.872	
Glycine....g	0.468		0	A	1		0.538	4.878	

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.952		0	A	1		1.095	9.932	
Serine.....g	0.691		0	A	1		0.794	7.204	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 slice

Measure 2 = 1043g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.57	1.011	8	A	1		38.31	362.67	
Energy....kcal	273		0	NC	4		246	2325	
Energy....kJ	1142		0	NC	4		1028	9730	
Protein....g	13.59	0.243	8	A	1		12.23	115.76	
Total lipid (fat)....g	10.50	0.287	8	A	1		9.45	89.50	
Ash....g	2.33	0.035	8	A	1		2.10	19.84	
Carbohydrate, by difference....g	31.01		0	NC	4		27.91	264.23	
Fiber, total dietary....g	1.7	0.175	8	A	1		1.5	14.5	
Sugars, total....g	3.76	0.123	8	A	1		3.39	32.07	
Sucrose....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose)....g	0.98	0.046	8	A	1		0.88	8.36	
Fructose....g	1.12	0.060	8	A	1		1.00	9.51	
Lactose....g	0.07	0.000	8	A	1		0.07	0.63	
Maltose....g	1.45	0.072	8	A	1		1.31	12.37	
Galactose....g	0.14	0.017	8	A	1		0.13	1.19	
Starch....g	24.52	0.852	8	A	1		22.07	208.95	
Minerals:									
Calcium, Ca....mg	210	10.232	8	A	1		189	1790	
Iron, Fe....mg	2.34	0.068	8	A	1		2.11	19.95	
Magnesium, Mg....mg	28	0.610	8	A	1		25	235	
Phosphorus, P....mg	224	4.762	8	A	1		202	1908	
Potassium, K....mg	178	5.428	8	A	1		161	1520	
Sodium, Na....mg	518	6.193	8	A	1		466	4411	
Zinc, Zn....mg	1.66	0.040	8	A	1		1.50	14.17	
Copper, Cu....mg	0.125	0.003	8	A	1		0.112	1.061	
Manganese, Mn....mg	0.338	0.022	8	A	1		0.304	2.878	
Selenium, Se....µg	32.0	1.899	3	A	1		28.8	272.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.338	0.015	8	A	1		0.304	2.882	
Riboflavin....mg	0.311	0.007	8	A	1		0.280	2.652	
Niacin....mg	3.737	0.143	8	A	1		3.364	31.843	
Pantothenic acid....mg	0.530	0.021	3	A	1		0.477	4.516	
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.52	0.047	8	A	1		0.47	4.45	
Vitamin A, RAE....µg	71		0	AS	1		64	605	
Vitamin A, IU....IU	331		0	AS	1		298	2818	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.76	0.063	3	A	1		0.69	6.50	
Tocopherol, beta....mg	0.04	0.007	3	A	1		0.04	0.37	
Tocopherol, gamma....mg	1.05	0.019	3	A	1		0.95	8.97	
Tocopherol, delta....mg	0.31	0.033	3	A	1		0.28	2.67	
Tocotrienol, alpha....mg	0.07	0.015	3	A	1		0.06	0.60	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.007	3	A	1		0.01	0.06	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone)....µg	5.9	0.503	3	A	1		5.3	50.3	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.541		0	NC	4		4.087	38.690	
4:0....g									
6:0....g									
8:0....g	0.065	0.004	8	A	1		0.059	0.555	
10:0....g	0.146	0.009	8	A	1		0.131	1.241	
12:0....g	0.167	0.010	8	A	1		0.151	1.426	
13:0....g									
14:0....g	0.599	0.034	8	A	1		0.539	5.106	
15:0....g	0.061	0.003	8	A	1		0.055	0.517	
16:0....g	2.370	0.091	8	A	1		2.133	20.191	
17:0....g	0.047	0.002	8	A	1		0.043	0.404	
18:0....g	1.060	0.044	8	A	1		0.954	9.031	
20:0....g	0.017	0.001	8	A	1		0.016	0.148	
22:0....g	0.008	0.001	8	A	1		0.007	0.071	
24:0....g									
Fatty acids, total monounsaturated....g	3.108		0	NC	4		2.797	26.476	
14:1....g	0.050	0.002	8	A	1		0.045	0.426	
15:1....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated....g	0.162	0.006	8	A	1		0.146	1.381	
17:1....g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated....g	2.862	0.094	8	A	1		2.575	24.381	
20:1....g	0.034	0.001	8	A	1		0.030	0.288	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.603		0	NC	4		1.443	13.660	
18:2 undifferentiated....g	1.420	0.056	8	A	1		1.278	12.095	
18:3 undifferentiated....g	0.158		0	AS	1		0.142	1.344	
18:3 n-3 c,c,c (ALA)....g	0.158	0.006	8	A	1		0.142	1.344	
18:3 n-6 c,c,c....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.010	0.002	8	A	1		0.009	0.082	
20:3 undifferentiated....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.016	0.001	8	A	1		0.015	0.139	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	28	1.233	8	A	1		25	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	A	1		0.117	1.107	
Threonine....g	0.430		0	A	1		0.387	3.663	
Isoleucine....g	0.623		0	A	1		0.561	5.311	
Leucine....g	1.220		0	A	1		1.098	10.394	
Lysine....g	0.927		0	A	1		0.834	7.894	
Methionine....g	0.323		0	A	1		0.291	2.755	
Cystine....g	0.353		0	A	1		0.318	3.009	
Phenylalanine....g	0.753		0	A	1		0.678	6.418	
Tyrosine....g	0.497		0	A	1		0.447	4.230	
Valine....g	0.777		0	A	1		0.699	6.617	
Arginine....g	0.603		0	A	1		0.543	5.140	
Histidine....g	0.393		0	A	1		0.354	3.350	
Alanine....g	0.293		0	A	1		0.264	2.498	
Aspartic acid....g	0.980		0	A	1		0.882	8.349	
Glutamic acid....g	4.107		0	A	1		3.696	34.988	
Glycine....g	0.440		0	A	1		0.396	3.748	

NDB No. 21288
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.430		0	A	1		1.287	12.184	
Serine.....g	0.823		0	A	1		0.741	7.015	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 slice

Measure 2 = 852g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21291

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Little Caesar's Pizza

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.98	1.806	3	A	1		46.77	421.87	
Energy ... kcal	265		0	NC	4		276	2487	
Energy ... kJ	1109		0	NC	4		1154	10406	
Protein ... g	12.93	0.793	3	A	1		13.45	121.30	
Total lipid (fat) ... g	10.81	1.217	3	A	1		11.24	101.39	
Ash ... g	2.25	0.127	3	A	1		2.34	21.12	
Carbohydrate, by difference ... g	29.03		0	NC	4		30.19	272.32	
Fiber, total dietary ... g	1.5	0.065	3	A	1		1.5	13.8	
Sugars, total ... g	3.39	0.248	3	A	1		3.52	31.79	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.86	0.119	3	A	1		0.90	8.10	
Fructose ... g	0.97	0.163	3	A	1		1.01	9.13	
Lactose ... g	0.07	0.000	3	A	1		0.08	0.70	
Maltose ... g	1.35	0.054	3	A	1		1.40	12.63	
Galactose ... g	0.13	0.029	3	A	1		0.14	1.23	
Starch ... g	22.30	1.419	3	A	1		23.19	209.17	
Minerals:									
Calcium, Ca ... mg	201	34.429	3	A	1		209	1885	
Iron, Fe ... mg	2.30	0.120	3	A	1		2.39	21.57	
Magnesium, Mg ... mg	27	1.115	3	A	1		28	254	
Phosphorus, P ... mg	215	18.977	3	A	1		223	2014	
Potassium, K ... mg	173	15.431	3	A	1		180	1626	
Sodium, Na ... mg	492	27.168	3	A	1		511	4612	
Zinc, Zn ... mg	1.57	0.124	3	A	1		1.63	14.69	
Copper, Cu ... mg	0.121	0.001	3	A	1		0.126	1.137	
Manganese, Mn ... mg	0.316	0.018	3	A	1		0.329	2.967	
Selenium, Se ... µg	30.9	1.097	3	A	1		32.1	289.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin ... mg	0.373	0.026	3	A	1		0.388	3.495	
Riboflavin ... mg	0.280	0.010	3	A	1		0.291	2.625	
Niacin ... mg	3.767	0.176	3	A	1		3.917	35.331	
Pantothenic acid ... mg	0.483	0.029	3	A	1		0.503	4.533	
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.46	0.035	3	A	1		0.48	4.31	
Vitamin A, RAE ... µg	65		0	AS	1		68	612	
Vitamin A, IU ... IU	315		0	AS	1		327	2952	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.81	0.067	3	A	1		0.84	7.57	
Tocopherol, beta ... mg	0.05	0.010	3	A	1		0.05	0.47	
Tocopherol, gamma ... mg	1.13	0.148	3	A	1		1.18	10.63	
Tocopherol, delta ... mg	0.34	0.034	3	A	1		0.36	3.22	
Tocotrienol, alpha ... mg	0.07	0.012	3	A	1		0.07	0.63	
Tocotrienol, beta ... mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.01	0.013	3	A	1		0.01	0.12	
Tocotrienol, delta ... mg	0.00	0.000	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	7.1	0.839	3	A	1		7.4	66.6	
Dihydrophylloquinone ... µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4 ... µg									

NDB No. 21291
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.314		0	NC	4		4.487	40.467	
4:0....g									
6:0....g									
8:0....g	0.061	0.010	3	A	1		0.063	0.572	
10:0....g	0.138	0.026	3	A	1		0.143	1.291	
12:0....g	0.158	0.031	3	A	1		0.165	1.485	
13:0....g									
14:0....g	0.560	0.105	3	A	1		0.582	5.249	
15:0....g	0.056	0.010	3	A	1		0.059	0.528	
16:0....g	2.274	0.342	3	A	1		2.365	21.326	
17:0....g	0.043	0.007	3	A	1		0.045	0.406	
18:0....g	0.997	0.160	3	A	1		1.037	9.352	
20:0....g	0.019	0.001	3	A	1		0.019	0.174	
22:0....g	0.009	0.002	3	A	1		0.009	0.084	
24:0....g									
Fatty acids, total monounsaturated....g	3.151		0	NC	4		3.277	29.552	
14:1....g	0.046	0.008	3	A	1		0.047	0.427	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.148	0.020	3	A	1		0.154	1.388	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.925	0.351	3	A	1		3.042	27.440	
20:1....g	0.032	0.001	3	A	1		0.033	0.297	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.756		0	NC	4		1.826	16.469	
18:2 undifferentiated....g	1.557	0.098	3	A	1		1.619	14.601	
18:3 undifferentiated....g	0.177		0	AS	1		0.184	1.662	
18:3 n-3 c,c,c (ALA)....g	0.177	0.011	3	A	1		0.184	1.662	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.008	0.004	3	A	1		0.008	0.072	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.014	0.003	3	A	1		0.015	0.134	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	26	4.071	3	A	1		27	245	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.114	1.033	
Threonine....g	0.369		0	A	1		0.384	3.462	
Isoleucine....g	0.515		0	A	1		0.535	4.828	
Leucine....g	1.066		0	A	1		1.108	9.995	
Lysine....g	0.795		0	A	1		0.827	7.458	
Methionine....g	0.275		0	A	1		0.286	2.579	
Cystine....g	0.463		0	A	1		0.482	4.347	
Phenylalanine....g	0.661		0	A	1		0.688	6.204	
Tyrosine....g	0.456		0	A	1		0.474	4.275	
Valine....g	0.640		0	A	1		0.666	6.005	
Arginine....g	0.520		0	A	1		0.540	4.874	
Histidine....g	0.342		0	A	1		0.356	3.211	
Alanine....g	0.403		0	A	1		0.420	3.785	
Aspartic acid....g	0.842		0	A	1		0.875	7.894	
Glutamic acid....g	3.689		0	A	1		3.837	34.604	
Glycine....g	0.384		0	A	1		0.399	3.601	

NDB No. 21291
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.026		0	A	1		1.067	9.626	
Serine.....g	0.751		0	A	1		0.781	7.043	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 104g: 1 slice

Measure 2 = 938g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21413
Light Ice Cream, soft serve, blended with cookie pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.90		0	RKA	1		215.36		
Energy....kcal	169		0	RKI	6		570		
Energy....kJ	707		0	RKI	6		2383		
Protein....g	3.97		0	RKA	1		13.37		
Total lipid (fat)....g	5.66		0	RKA	1		19.08		
Ash....g	0.92		0	RKA	1		3.09		
Carbohydrate, by difference....g	25.55		0	RKI	6		86.10		
Fiber, total dietary....g	0.1		0	RKA	1		0.5		
Sugars, total....g	21.19		0	RKA	1		71.40		
Sucrose....g	14.20		0	RKA	1		47.87		
Glucose (dextrose)....g	0.89		0	RKA	1		3.01		
Fructose....g	0.18		0	RKA	1		0.61		
Lactose....g	5.62		0	RKA	1		18.94		
Maltose....g	0.28		0	RKA	1		0.96		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	129		0	RKA	1		436		
Iron, Fe....mg	0.61		0	RKA	1		2.06		
Magnesium, Mg....mg	14		0	RKA	1		48		
Phosphorus, P....mg	111		0	RKA	1		373		
Potassium, K....mg	198		0	RKA	1		667		
Sodium, Na....mg	75		0	RKA	1		251		
Zinc, Zn....mg	0.50		0	RKA	1		1.67		
Copper, Cu....mg	0.030		0	RKA	1		0.100		
Manganese, Mn....mg	0.042		0	RKA	1		0.143		
Selenium, Se....µg	4.0		0	FLA	4		13.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	FLA	4		2.7		
Thiamin....mg	0.048		0	RKA	1		0.163		
Riboflavin....mg	0.229		0	RKA	1		0.773		
Niacin....mg	0.264		0	RKA	1		0.889		
Pantothenic acid....mg	0.722		0	RKA	1		2.433		
Vitamin B-6....mg	0.058		0	RKA	1		0.196		
Folate, total....µg	10		0	FLA	4		33		
Folic acid....µg	5		0	FLA	4		16		
Folate, food....µg	5		0	FLA	4		17		
Folate, DFE....µg	13		0	NC	4		44		
Choline, total....mg	18.6		0	FLA	4		62.7		
Betaine....mg									
Vitamin B-12....µg	0.58		0	RKA	1		1.95		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	26		0	FLA	4		87		
Retinol....µg	25		0	FLA	4		86		
Carotene, beta....µg	5		0	FLA	4		16		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	93		0	NC	4		313		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.09		0	RKA	1		0.30		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 21413
Light Ice Cream, soft serve, blended with cookie pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	3.3		0	FLA	4		11.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.754		0	NC	4		9.279		
4:0....g	0.114		0	FLA	4		0.383		
6:0....g	0.063		0	FLA	4		0.213		
8:0....g	0.038		0	RKA	1		0.126		
10:0....g	0.087		0	RKA	1		0.295		
12:0....g	0.102		0	RKA	1		0.343		
13:0....g									
14:0....g	0.367		0	RKA	1		1.236		
15:0....g	0.038		0	RKA	1		0.127		
16:0....g	1.254		0	RKA	1		4.226		
17:0....g	0.025		0	RKA	1		0.083		
18:0....g	0.653		0	RKA	1		2.202		
20:0....g	0.010		0	RKA	1		0.034		
22:0....g	0.003		0	RKA	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	1.716		0	NC	4		5.784		
14:1....g	0.025		0	RKA	1		0.085		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.042		0	RKA	1		0.143		
17:1....g	0.008		0	RKA	1		0.027		
18:1 undifferentiated....g	1.639		0	RKA	1		5.524		
20:1....g	0.002		0	RKA	1		0.006		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.364		0	NC	4		1.227		
18:2 undifferentiated....g	0.339		0	RKA	1		1.141		
18:3 undifferentiated....g	0.020		0	RKA	1		0.067		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.018		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
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	15		0	RKA	1		52		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	1		0	FLA	4		4		
Theobromine....mg	43		0	FLA	4		145		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 337g: 12 fl oz cup

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21413

Light Ice Cream, soft serve, blended with cookie pieces

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21412

Light Ice Cream, soft serve, blended with milk chocolate candies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.74		0	RKA	1		214.84		
Energy....kcal	182		0	RKI	6		632		
Energy....kJ	760		0	RKI	6		2643		
Protein....g	4.02		0	RKA	1		13.99		
Total lipid (fat)....g	6.46		0	RKA	1		22.49		
Ash....g	0.96		0	RKA	1		3.33		
Carbohydrate, by difference....g	26.82		0	RKI	6		93.35		
Fiber, total dietary....g	0.2		0	RKA	1		0.7		
Sugars, total....g	24.37		0	RKA	1		84.81		
Sucrose....g	16.90		0	RKA	1		58.82		
Glucose (dextrose)....g	0.75		0	RKA	1		2.62		
Fructose....g	0.21		0	RKA	1		0.74		
Lactose....g	6.23		0	RKA	1		21.66		
Maltose....g	0.28		0	RKA	1		0.96		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	135		0	RKA	1		470		
Iron, Fe....mg	0.27		0	RKA	1		0.94		
Magnesium, Mg....mg	17		0	RKA	1		59		
Phosphorus, P....mg	116		0	RKA	1		402		
Potassium, K....mg	208		0	RKA	1		725		
Sodium, Na....mg	54		0	RKA	1		188		
Zinc, Zn....mg	0.54		0	RKA	1		1.86		
Copper, Cu....mg	0.044		0	RKA	1		0.155		
Manganese, Mn....mg	0.046		0	RKA	1		0.158		
Selenium, Se....µg	3.6		0	FLA	4		12.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	FLA	4		3.0		
Thiamin....mg	0.051		0	RKA	1		0.177		
Riboflavin....mg	0.243		0	RKA	1		0.847		
Niacin....mg	0.139		0	RKA	1		0.484		
Pantothenic acid....mg	0.730		0	RKA	1		2.541		
Vitamin B-6....mg	0.053		0	RKA	1		0.185		
Folate, total....µg	3		0	RKA	1		9		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	3		0	RKA	1		9		
Folate, DFE....µg	3		0	NC	4		9		
Choline, total....mg	20.4		0	FLA	4		71.2		
Betaine....mg	0.1		0	FLA	4		0.3		
Vitamin B-12....µg	0.60		0	RKA	1		2.08		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	31		0	NC	4		109		
Retinol....µg	31		0	FLA	4		108		
Carotene, beta....µg	5		0	FLA	4		16		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	111		0	NC	4		388		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	RKA	1		0.26		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma....mg	0.06		0	FLA	4		0.22		
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 21412

Light Ice Cream, soft serve, blended with milk chocolate candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.7		0	FLA	4		2.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.633		0	NC	4		12.644		
4:0....g	0.156		0	FLA	4		0.543		
6:0....g	0.076		0	FLA	4		0.263		
8:0....g	0.040		0	RKA	1		0.141		
10:0....g	0.094		0	RKA	1		0.326		
12:0....g	0.109		0	RKA	1		0.379		
13:0....g									
14:0....g	0.392		0	RKA	1		1.366		
15:0....g	0.041		0	RKA	1		0.143		
16:0....g	1.577		0	RKA	1		5.487		
17:0....g	0.028		0	RKA	1		0.097		
18:0....g	1.095		0	RKA	1		3.810		
20:0....g	0.022		0	RKA	1		0.078		
22:0....g	0.003		0	RKA	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	1.670		0	NC	4		5.811		
14:1....g	0.028		0	RKA	1		0.096		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.049		0	RKA	1		0.170		
17:1....g	0.008		0	RKA	1		0.027		
18:1 undifferentiated....g	1.586		0	RKA	1		5.518		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0	NC	4		0.981		
18:2 undifferentiated....g	0.254		0	RKA	1		0.884		
18:3 undifferentiated....g	0.023		0	RKA	1		0.078		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.018		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
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	16		0	RKA	1		56		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	1		0	FLA	4		5		
Theobromine....mg	14		0	FLA	4		50		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 348g: 12 fl oz cup

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 21412

Light Ice Cream, soft serve, blended with milk chocolate candies

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21515

MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve

Kellogg, Co.

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	45.30		1	MC	9		72.48		
Energy	kcal	252		0	NC	4		403		
Energy	kJ	1055		0	NC	4		1688		
Protein (N x 6.25)	g	10.60		1	MC	9		16.96		
Total lipid (fat)	g	6.90		1	MC	9		11.04		
Ash	g	0.30		1	MC	9		0.48		
Carbohydrate, by difference	g	36.90		1	MC	9		59.04		
Fiber, total dietary	g	5.2		1	MC	9		8.3		
Sugars, total	g	3.30		1	MC	9		5.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	121		1	MC	9		193		
Iron, Fe	mg	1.50		1	MC	9		2.40		
Magnesium, Mg	mg	10		1	MC	9		16		
Phosphorus, P	mg	84		1	MC	9		134		
Potassium, K	mg	187		1	MC	9		299		
Sodium, Na	mg	261		1	MC	9		418		
Zinc, Zn	mg	0.40		1	MC	9		0.64		
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	0.300		1	MC	9		0.480		
Riboflavin	mg	0.200		1	MC	9		0.320		
Niacin	mg	3.800		1	MC	9		6.080		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	µg	37		1	MC	9		59		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.10		1	MC	9		0.16		
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	0.0		0	MC	9		0.0		
Vitamin D	IU	0		1	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.700		1	MC	9		4.320		
Fatty acids, total monounsaturated	g	2.200		1	MC	9		3.520		
Fatty acids, total polyunsaturated	g	1.200		1	MC	9		1.920		
Fatty acids, total trans	g	0.100		1	MC	9		0.160		
Cholesterol	mg	12		1	MC	9		19		
Phytosterols	mg									

NDB No. 21515
MORNINGSTAR FARMS Pizza, Baja Black Bean, single 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 = 160g: 1 Pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21377

McDONALD'S Bacon Ranch Salad with Crispy Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	77.38		0	RKI	6		246.85		
Energy ... kcal	122		0	MC	9		390		
Energy ... kJ	512		0	MC	9		1633		
Protein ... g	8.82		0	RKI	6		28.14		
Total lipid (fat) ... g	6.30		0	RKI	6		20.11		
Ash ... g	1.41		0	RKI	6		4.50		
Carbohydrate, by difference ... g	6.08		0	RKI	6		19.41		
Fiber, total dietary ... g	1.0		0	RKI	6		3.3		
Sugars, total ... g	1.53		0	RKI	6		4.87		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	46		0	RKI	6		146		
Iron, Fe ... mg	0.61		0	RKI	6		1.96		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	273		0	MC	9		870		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	9.7		0	RKI	6		30.9		
Thiamin ... mg	0.060		0	RKI	6		0.190		
Riboflavin ... mg	0.071		0	RKI	6		0.225		
Niacin ... mg	3.025		0	RKI	6		9.650		
Pantothenic acid ... mg	0.561		0	RKI	6		1.791		
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	2485		0	RKI	6		7927		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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	1.622		0	RKI	6		5.175		
Fatty acids, total monounsaturated ... g	2.467		0	RKI	6		7.870		
Fatty acids, total polyunsaturated ... g	1.619		0	RKI	6		5.165		
Fatty acids, total trans ... g	0.105		0	RKI	6		0.336		
Cholesterol ... mg	22		0	RKI	6		71		
Phytosterols ... mg									

NDB No. 21377
McDONALD'S Bacon Ranch Salad with Crispy Chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 319g: 1 item 11.3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21341
McDONALD'S, BIG BREAKFAST
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.68		0	RKA	1		136.34		
Energy....kcal	285		0	RKI	6		766		
Energy....kJ	1192		0	RKI	6		3207		
Protein....g	10.16		0	RKA	1		27.32		
Total lipid (fat)....g	19.37		0	RKA	1		52.09		
Ash....g	2.30		0	RKA	1		6.18		
Carbohydrate, by difference....g	17.50		0	RKI	6		47.07		
Fiber, total dietary....g	1.1		0	RKA	1		2.9		
Sugars, total....g	0.93		0	RKA	1		2.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	51		0	RKA	1		137		
Iron, Fe....mg	1.74		0	RKA	1		4.69		
Magnesium, Mg....mg	15		0	RKA	1		39		
Phosphorus, P....mg	256		0	RKA	1		687		
Potassium, K....mg	207		0	RKA	1		557		
Sodium, Na....mg	549		0	RKA	1		1476		
Zinc, Zn....mg	0.97		0	RKA	1		2.61		
Copper, Cu....mg	0.082		0	RKA	1		0.222		
Manganese, Mn....mg	0.119		0	RKA	1		0.320		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RKA	1		0.9		
Thiamin....mg	0.229		0	RKA	1		0.615		
Riboflavin....mg	0.352		0	RKA	1		0.946		
Niacin....mg	2.273		0	RKA	1		6.113		
Pantothenic acid....mg	0.745		0	RKA	1		2.005		
Vitamin B-6....mg	0.174		0	RKA	1		0.467		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.57		0	RKA	1		1.54		
Vitamin A, RAE....µg	70		0	RKA	1		189		
Vitamin A, IU....IU	234		0	RKA	1		630		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	6.405		0	RKI	6		17.230		
4:0....g									
6:0....g									
8:0....g	0.047		0	RKA	1		0.127		
10:0....g	0.039		0	RKA	1		0.105		
12:0....g	0.462		0	RKA	1		1.244		

NDB No. 21341
McDONALD'S, BIG BREAKFAST

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.267		0	RKA	1		0.717		
15:0....g	0.002		0	RKA	1		0.005		
16:0....g	4.030		0	RKA	1		10.841		
17:0....g	0.035		0	RKA	1		0.095		
18:0....g	1.447		0	RKA	1		3.891		
20:0....g	0.043		0	RKA	1		0.117		
22:0....g	0.017		0	RKA	1		0.046		
24:0....g									
Fatty acids, total monounsaturated....g	7.372		0	RKI	6		19.830		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.245		0	RKA	1		0.659		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	7.029		0	RKA	1		18.908		
20:1....g	0.098		0	RKA	1		0.264		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.195		0	RKI	6		8.594		
18:2 undifferentiated....g	2.915		0	RKA	1		7.841		
18:3 undifferentiated....g	0.193		0	RKA	1		0.520		
18:4....g									
20:2 n-6 c,c....g	0.045		0	RKA	1		0.121		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.042		0	RKA	1		0.112		
20:5 n-3 (EPA)....g									
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	173		0	RKA	1		466		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 item 9.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21237
McDONALD'S, BIG MAC
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.30		0	RKI	6		112.34		
Energy	kcal	257		0	MC	9		563		
Energy	kJ	1076		0	MC	9		2356		
Protein	g	11.82		0	RKI	6		25.89		
Total lipid (fat)	g	14.96		0	RKI	6		32.77		
Ash	g	1.87		0	RKA	1		4.10		
Carbohydrate, by difference	g	20.08		0	RKI	6		43.97		
Fiber, total dietary	g	1.6		0	RKA	1		3.4		
Sugars, total	g	3.97		0	RKA	1		8.70		
Sucrose	g	0.46		0	RKA	1		1.00		
Glucose (dextrose)	g	1.04		0	RKA	1		2.27		
Fructose	g	1.69		0	RKA	1		3.71		
Lactose	g	0.32		0	RKA	1		0.71		
Maltose	g	0.49		0	RKA	1		1.07		
Galactose	g	0.00		0	RKI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	116		0	RKA	1		255		
Iron, Fe	mg	2.00		0	RKA	1		4.39		
Magnesium, Mg	mg	20		0	RKA	1		44		
Phosphorus, P	mg	122		0	RKA	1		268		
Potassium, K	mg	181		0	RKA	1		396		
Sodium, Na	mg	460		0	MC	9		1008		
Zinc, Zn	mg	1.91		0	RKA	1		4.19		
Copper, Cu	mg	0.098		0	RKA	1		0.215		
Manganese, Mn	mg	0.206		0	RKA	1		0.451		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RKA	1		0.8		
Thiamin	mg	0.176		0	RKA	1		0.385		
Riboflavin	mg	0.209		0	RKA	1		0.458		
Niacin	mg	3.384		0	RKA	1		7.412		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	46		0	RKA	1		100		
Folic acid	µg									
Folate, food	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.88		0	RKI	6		1.93		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	188		0	RKA	1		412		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	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. 21237
McDONALD'S, BIG MAC

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.803		0	RKI	6		8.328		
Fatty acids, total monounsaturated....g	3.474		0	RKI	6		7.607		
Fatty acids, total polyunsaturated....g	0.306		0	RKI	6		0.669		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.588		0	MC	9		1.288		
Cholesterol....mg	36		0	RKI	6		79		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 item 7.6 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21350

McDONALD'S, BIG MAC (without Big Mac Sauce)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.76		0	RKI	6		105.52		
Energy....kcal	234		0	MC	9		468		
Energy....kJ	978		0	MC	9		1956		
Protein....g	12.79		0	RKI	6		25.58		
Total lipid (fat)....g	11.57		0	RKI	6		23.13		
Ash....g	1.91		0	RKA	1		3.81		
Carbohydrate, by difference....g	21.01		0	RKI	6		42.02		
Fiber, total dietary....g	1.7		0	RKA	1		3.4		
Sugars, total....g	3.70		0	RKA	1		7.41		
Sucrose....g	0.21		0	RKA	1		0.41		
Glucose (dextrose)....g	0.96		0	RKA	1		1.93		
Fructose....g	1.74		0	RKA	1		3.48		
Lactose....g	0.35		0	RKA	1		0.71		
Maltose....g	0.47		0	RKA	1		0.94		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	124		0	RKA	1		247		
Iron, Fe....mg	2.14		0	RKA	1		4.27		
Magnesium, Mg....mg	21		0	RKA	1		42		
Phosphorus, P....mg	130		0	RKA	1		259		
Potassium, K....mg	192		0	RKA	1		385		
Sodium, Na....mg	454		0	MC	9		908		
Zinc, Zn....mg	2.07		0	RKA	1		4.13		
Copper, Cu....mg	0.105		0	RKA	1		0.210		
Manganese, Mn....mg	0.218		0	RKA	1		0.436		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RKA	1		0.8		
Thiamin....mg	0.190		0	RKA	1		0.379		
Riboflavin....mg	0.223		0	RKA	1		0.447		
Niacin....mg	3.693		0	RKA	1		7.386		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	50		0	RKA	1		99		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.94		0	RKI	6		1.89		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	186		0	RKA	1		373		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21350
McDONALD'S, BIG MAC (without Big Mac Sauce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.162		0	RKI	6		8.324		
Fatty acids, total monounsaturated....g	3.802		0	RKI	6		7.604		
Fatty acids, total polyunsaturated....g	0.334		0	RKI	6		0.669		
Fatty acids, total trans....g	0.644		0	MC	9		1.288		
Cholesterol....mg	35		0	RKI	6		69		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21360

McDONALD'S, Bacon Egg & Cheese Biscuit

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	42.29		0	RKA	1		60.05		
Energy ... kcal	304		0	MC	9		432		
Energy ... kJ	1272		0	MC	9		1806		
Protein ... g	13.45		0	RKA	1		19.10		
Total lipid (fat) ... g	18.77		0	RKA	1		26.66		
Ash ... g	3.23		0	RKA	1		4.59		
Carbohydrate, by difference ... g	22.26		0	RKI	6		31.60		
Fiber, total dietary ... g	0.9		0	RKA	1		1.3		
Sugars, total ... g	2.18		0	RKA	1		3.09		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	109		0	RKA	1		155		
Iron, Fe ... mg	2.13		0	RKA	1		3.02		
Magnesium, Mg ... mg	12		0	RKA	1		17		
Phosphorus, P ... mg	335		0	RKA	1		475		
Potassium, K ... mg	121		0	RKA	1		172		
Sodium, Na ... mg	863		0	RKA	1		1226		
Zinc, Zn ... mg	0.90		0	RKA	1		1.29		
Copper, Cu ... mg	0.073		0	RKA	1		0.104		
Manganese, Mn ... mg	0.137		0	RKA	1		0.195		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.1		0	RKA	1		3.0		
Thiamin ... mg	0.262		0	RKA	1		0.371		
Riboflavin ... mg	0.416		0	RKA	1		0.591		
Niacin ... mg	1.959		0	RKA	1		2.781		
Pantothenic acid ... mg	0.642		0	RKA	1		0.911		
Vitamin B-6 ... mg	0.093		0	RKA	1		0.132		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	399		0	RKA	1		566		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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	8.262		0	RKI	6		11.732		
Fatty acids, total monounsaturated ... g	5.546		0	RKI	6		7.875		
Fatty acids, total polyunsaturated ... g	2.625		0	RKI	6		3.728		
Fatty acids, total trans ... g	0.395		0	RKI	6		0.560		
Cholesterol ... mg	167		0	RKA	1		238		
Phytosterols ... mg									

NDB No. 21360
McDONALD'S, Bacon Egg & Cheese Biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 item 4.9 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21376

McDONALD'S, Bacon Ranch Salad with Grilled Chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.42		0	RKI	6		248.33		
Energy....kcal	81		0	MC	9		247		
Energy....kJ	339		0	MC	9		1034		
Protein....g	10.28		0	RKI	6		31.35		
Total lipid (fat)....g	3.14		0	RKI	6		9.59		
Ash....g	1.52		0	RKI	6		4.64		
Carbohydrate, by difference....g	3.64		0	RKI	6		11.09		
Fiber, total dietary....g	1.0		0	RKI	6		3.1		
Sugars, total....g	1.73		0	RKA	1		5.28		
Sucrose....g	0.49		0	RKI	6		1.48		
Glucose (dextrose)....g	0.55		0	RKI	6		1.67		
Fructose....g	0.68		0	RKI	6		2.09		
Lactose....g	0.01		0	RKI	6		0.02		
Maltose....g	0.00		0	RKI	6		0.00		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		0	RKI	6		147		
Iron, Fe....mg	0.65		0	RKI	6		1.99		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	230		0	MC	9		702		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.2		0	RKI	6		31.2		
Thiamin....mg	0.056		0	RKI	6		0.170		
Riboflavin....mg	0.083		0	RKI	6		0.255		
Niacin....mg	3.703		0	RKI	6		11.293		
Pantothenic acid....mg	0.487		0	RKI	6		1.485		
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	2012		0	RKI	6		6136		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21376
McDONALD'S, Bacon Ranch Salad with Grilled Chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.235		0	RKI	6		3.768		
Fatty acids, total monounsaturated.....g	1.014		0	RKI	6		3.092		
Fatty acids, total polyunsaturated.....g	0.431		0	RKI	6		1.316		
Fatty acids, total trans.....g	0.091		0	RKI	6		0.279		
Cholesterol.....mg	28		0	RKI	6		86		
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 = 305g: 1 item 10.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21378

McDONALD'S, Bacon Ranch Salad without chicken

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.20		0	RKI	6		194.45		
Energy....kcal	61		0	MC	9		135		
Energy....kJ	253		0	MC	9		564		
Protein....g	4.14		0	RKI	6		9.24		
Total lipid (fat)....g	3.64		0	RKI	6		8.12		
Ash....g	0.96		0	RKI	6		2.14		
Carbohydrate, by difference....g	4.20		0	RKI	6		9.36		
Fiber, total dietary....g	1.5		0	RKI	6		3.3		
Sugars, total....g	2.14		0	NR	4		4.77		
Sucrose....g	0.35		0	RKI	6		0.78		
Glucose (dextrose)....g	0.79		0	RKI	6		1.76		
Fructose....g	0.98		0	RKI	6		2.20		
Lactose....g	0.01		0	RKI	6		0.02		
Maltose....g	0.00		0	RKI	6		0.00		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	63		0	RKI	6		139		
Iron, Fe....mg	0.67		0	RKI	6		1.50		
Magnesium, Mg....mg	10		0	RKI	6		22		
Phosphorus, P....mg	45		0	RKI	6		100		
Potassium, K....mg	201		0	RKI	6		448		
Sodium, Na....mg	132		0	RKI	6		294		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.5		0	RKI	6		30.0		
Thiamin....mg	0.044		0	RKI	6		0.097		
Riboflavin....mg	0.058		0	RKI	6		0.130		
Niacin....mg	0.206		0	RKI	6		0.459		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	53		0	RKI	6		118		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0	RKI	6		0.21		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2891		0	RKI	6		6448		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21378
McDONALD'S, Bacon Ranch Salad without chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.507		0	RKI	6		3.360		
Fatty acids, total monounsaturated....g	1.057		0	RKI	6		2.357		
Fatty acids, total polyunsaturated....g	0.327		0	RKI	6		0.728		
Fatty acids, total trans....g	0.111		0	MC	9		0.248		
Cholesterol....mg	12		0	RKI	6		26		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 item 7.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21327

McDONALD'S, Bacon, Egg & Cheese McGRIDDLES

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.85		0	RKA	1		75.65		
Energy....kcal	272		0	RKI	6		448		
Energy....kJ	1137		0	RKI	6		1875		
Protein....g	12.03		0	RKA	1		19.86		
Total lipid (fat)....g	13.19		0	RKA	1		21.77		
Ash....g	2.73		0	RKA	1		4.50		
Carbohydrate, by difference....g	26.19		0	RKI	6		43.22		
Fiber, total dietary....g	0.8		0	RKA	1		1.3		
Sugars, total....g	9.56		0	RKA	1		15.78		
Sucrose....g	5.22		0	RKA	1		8.61		
Glucose (dextrose)....g	3.13		0	RKA	1		5.16		
Fructose....g	0.11		0	RKA	1		0.18		
Lactose....g	0.73		0	RKA	1		1.20		
Maltose....g	0.38		0	RKA	1		0.63		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	109		0	RKA	1		179		
Iron, Fe....mg	1.65		0	RKA	1		2.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	673		0	MC	9		1110		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0	RKA	1		3.0		
Thiamin....mg	0.126		0	RKA	1		0.208		
Riboflavin....mg	0.300		0	RKA	1		0.496		
Niacin....mg	1.319		0	RKA	1		2.176		
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	313		0	RKA	1		516		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21327
McDONALD'S, Bacon, Egg & Cheese McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.201		0	RKI	6		6.931		
Fatty acids, total monounsaturated.....g	4.686		0	RKI	6		7.731		
Fatty acids, total polyunsaturated.....g	1.775		0	RKI	6		2.929		
Fatty acids, total trans.....g	0.903		0	RKI	6		1.490		
Cholesterol.....mg	147		0	RKA	1		242		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 item 5.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21324
McDONALD'S, Baked Apple Pie
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.98		1	A	1		28.48		
Energy....kcal	323		0	MC	9		248		
Energy....kJ	1349		0	MC	9		1039		
Protein (N x 6.25)....g	3.07		1	A	1		2.36		
Total lipid (fat)....g	15.66		1	A	1		12.06		
Ash....g	0.67		1	A	1		0.52		
Carbohydrate, by difference....g	43.62		0	NC	4		33.59		
Fiber, total dietary....g	2.0		1	A	1		1.6		
Sugars, total....g	17.25		1	A	1		13.28		
Sucrose....g	7.86		1	A	1		6.05		
Glucose (dextrose)....g	4.57		1	A	1		3.52		
Fructose....g	4.30		1	A	1		3.31		
Lactose....g	0.20		1	A	1		0.15		
Maltose....g	0.31		1	A	1		0.24		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1	A	1		15		
Iron, Fe....mg	1.99		1	A	1		1.53		
Magnesium, Mg....mg	7		1	A	1		5		
Phosphorus, P....mg	36		1	A	1		27		
Potassium, K....mg	63		1	A	1		49		
Sodium, Na....mg	199		1	A	1		153		
Zinc, Zn....mg	0.23		1	A	1		0.17		
Copper, Cu....mg	0.056		1	A	1		0.043		
Manganese, Mn....mg	0.176		1	A	1		0.135		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.3		1	A	1		24.9		
Thiamin....mg	0.296		1	A	1		0.228		
Riboflavin....mg	0.213		1	A	1		0.164		
Niacin....mg	2.640		1	A	1		2.033		
Pantothenic acid....mg	0.237		1	A	1		0.182		
Vitamin B-6....mg	0.049		1	A	1		0.037		
Folate, total....µg	113		1	A	1		87		
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									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.94		1	A	1		1.49		
Tocopherol, beta....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. 21324
McDONALD'S, Baked Apple Pie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.995		0	NC	4		3.076		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.025		1	A	1		0.019		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.614		1	A	1		1.243		
17:0....g	0.000		1	A	1		0.000		
18:0....g	2.246		1	A	1		1.729		
20:0....g	0.058		1	A	1		0.044		
22:0....g	0.053		1	A	1		0.041		
24:0....g									
Fatty acids, total monounsaturated....g	9.183		0	NC	4		7.071		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	9.183		0	A	1		7.071		
18:1 c....g	3.754		1	A	1		2.891		
18:1 t....g	5.429		1	A	1		4.180		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.038		0	NC	4		0.799		
18:2 undifferentiated....g	1.038		0	AS	1		0.799		
18:2 n-6 c,c....g	0.341		1	A	1		0.262		
18:2 CLAs....g									
18:2 t,t....g	0.697		1	A	1		0.537		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	6.126		0	NC	4		4.717		
Fatty acids, total trans-monoenoic....g	5.429		0	NC	4		4.180		
Fatty acids, total trans-polyenoic....g	0.697		0	NC	4		0.537		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21324
McDONALD'S, Baked Apple Pie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 77g: 2.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21310
McDONALD'S, Barbeque Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.68		1	A	1		16.15		
Energy....kcal	165		0	NC	4		46		
Energy....kJ	690		0	NC	4		193		
Protein (N x 6.25)....g	1.55		1	A	1		0.43		
Total lipid (fat)....g	1.22		1	A	1		0.34		
Ash....g	2.63		1	A	1		0.74		
Carbohydrate, by difference....g	36.93		0	NC	4		10.34		
Fiber, total dietary....g	1.3		1	A	1		0.4		
Sugars, total....g	34.31		1	A	1		9.61		
Sucrose....g	0.15		1	A	1		0.04		
Glucose (dextrose)....g	18.27		1	A	1		5.11		
Fructose....g	15.44		1	A	1		4.32		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.45		1	A	1		0.13		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1	A	1		3		
Iron, Fe....mg	0.40		1	A	1		0.11		
Magnesium, Mg....mg	13		1	A	1		4		
Phosphorus, P....mg	30		1	A	1		8		
Potassium, K....mg	197		1	A	1		55		
Sodium, Na....mg	910		1	A	1		255		
Zinc, Zn....mg	0.17		1	A	1		0.05		
Copper, Cu....mg	0.037		1	A	1		0.010		
Manganese, Mn....mg	0.097		1	A	1		0.027		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.022		1	A	1		0.006		
Riboflavin....mg	0.043		1	A	1		0.012		
Niacin....mg	0.690		1	A	1		0.193		
Pantothenic acid....mg	0.196		1	A	1		0.055		
Vitamin B-6....mg	0.083		1	A	1		0.023		
Folate, total....µg	8		1	A	1		2		
Folic acid....µg									
Folate, food....µg	8		1	A	1		2		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	12		0	AS	1		3		
Retinol....µg									
Carotene, beta....µg	142		1	A	1		40		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	237		0	AS	1		66		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.07		1	A	1		0.30		
Tocopherol, beta....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. 21310
McDONALD'S, Barbeque Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.140		0	NC	4		0.039		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.091		1	A	1		0.026		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.038		1	A	1		0.011		
20:0....g	0.006		1	A	1		0.002		
22:0....g	0.005		1	A	1		0.001		
24:0....g									
Fatty acids, total monounsaturated....g	0.271		0	NC	4		0.076		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.235		0	A	1		0.066		
18:1 c....g	0.235		1	A	1		0.066		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036		1	A	1		0.010		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.504		0	NC	4		0.141		
18:2 undifferentiated....g	0.425		0	AS	1		0.119		
18:2 n-6 c,c....g	0.420		1	A	1		0.118		
18:2 CLAs....g									
18:2 t,t....g	0.005		1	A	1		0.001		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.076		0	AS	1		0.021		
18:3 n-3 c,c,c (ALA)....g	0.076		1	A	1		0.021		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.003		1	A	1		0.001		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.005		0	NC	4		0.001		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.001		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21310
McDONALD'S, Barbeque Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 28g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21233
McDONALD'S, Cheeseburger
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.00		0	RKA	1		53.55		
Energy....kcal	263		0	MC	9		313		
Energy....kJ	1100		0	MC	9		1309		
Protein....g	12.97		0	RKA	1		15.43		
Total lipid (fat)....g	11.79		0	RKA	1		14.03		
Ash....g	2.45		0	RKA	1		2.92		
Carbohydrate, by difference....g	27.81		0	RKI	6		33.10		
Fiber, total dietary....g	1.1		0	RKA	1		1.4		
Sugars, total....g	6.22		0	RKA	1		7.40		
Sucrose....g	0.24		0	RKA	1		0.28		
Glucose (dextrose)....g	2.01		0	RKA	1		2.39		
Fructose....g	2.59		0	RKA	1		3.08		
Lactose....g	0.54		0	RKA	1		0.65		
Maltose....g	0.84		0	RKA	1		0.99		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	167		0	RKA	1		199		
Iron, Fe....mg	2.35		0	RKA	1		2.80		
Magnesium, Mg....mg	20		0	RKA	1		24		
Phosphorus, P....mg	140		0	RKA	1		167		
Potassium, K....mg	200		0	RKA	1		238		
Sodium, Na....mg	626		0	MC	9		744		
Zinc, Zn....mg	1.91		0	RKA	1		2.27		
Copper, Cu....mg	0.097		0	RKA	1		0.116		
Manganese, Mn....mg	0.230		0	RKA	1		0.273		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	RKA	1		0.7		
Thiamin....mg	0.223		0	RKA	1		0.266		
Riboflavin....mg	0.260		0	RKA	1		0.310		
Niacin....mg	4.026		0	RKA	1		4.791		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	59		0	RKA	1		70		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.86		0	RKA	1		1.03		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	243		0	RKA	1		290		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21233
McDONALD'S, Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.435		0	RKI	6		5.277		
Fatty acids, total monounsaturated....g	3.631		0	RKI	6		4.321		
Fatty acids, total polyunsaturated....g	0.355		0	RKI	6		0.423		
Fatty acids, total trans....g	0.647		0	MC	9		0.770		
Cholesterol....mg	35		0	RKA	1		41		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 119g: 1 item 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21309
McDONALD'S, Chicken McNUGGETS
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.13	0.397	6	A	1		30.16	44.77	74.93
Energy....kcal	302		0	NC	4		193	287	480
Energy....kJ	1263		0	NC	4		808	1200	2008
Protein (N x 6.25)....g	15.79	0.279	6	A	1		10.11	15.00	25.11
Total lipid (fat)....g	19.81	0.544	6	A	1		12.68	18.82	31.49
Ash....g	2.19	0.081	6	A	1		1.40	2.08	3.48
Carbohydrate, by difference....g	15.09		0	NC	4		9.65	14.33	23.99
Fiber, total dietary....g									
Sugars, total....g	0.08	0.009	3	A	1		0.05	0.08	0.13
Sucrose....g	0.08	0.009	3	A	1		0.05	0.08	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	11	0.401	6	A	1		7	10	17
Iron, Fe....mg	0.89	0.036	6	A	1		0.57	0.84	1.41
Magnesium, Mg....mg	24	0.366	6	A	1		15	23	38
Phosphorus, P....mg	272	7.019	6	A	1		174	258	432
Potassium, K....mg	252	5.965	6	A	1		161	239	400
Sodium, Na....mg	566	26.590	6	A	1		362	538	900
Zinc, Zn....mg	0.59	0.007	6	A	1		0.38	0.56	0.94
Copper, Cu....mg	0.049	0.002	6	A	1		0.031	0.046	0.078
Manganese, Mn....mg	0.140	0.003	6	A	1		0.089	0.133	0.222
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.083	12	A	1		0.7	1.1	1.8
Thiamin....mg	0.160		1	A	1		0.102	0.152	0.254
Riboflavin....mg	0.110		1	A	1		0.070	0.104	0.175
Niacin....mg	7.400		1	A	1		4.736	7.030	11.766
Pantothenic acid....mg	0.880		1	A	1		0.563	0.836	1.399
Vitamin B-6....mg	0.398		1	A	1		0.255	0.378	0.633
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.33		1	A	1		0.21	0.31	0.52
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:									

NDB No. 21309
McDONALD'S, Chicken McNUGGETS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.261		0	NC	4		2.087	3.098	5.185
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	0.008	0.001	3	A	1		0.005	0.008	0.013
10:0....g	0.006	0.000	3	A	1		0.004	0.005	0.009
12:0....g	0.005	0.001	3	A	1		0.003	0.004	0.007
13:0....g									
14:0....g	0.035	0.003	3	A	1		0.023	0.034	0.056
15:0....g	0.006	0.000	3	A	1		0.004	0.006	0.010
16:0....g	2.058	0.164	3	A	1		1.317	1.955	3.272
17:0....g	0.015	0.001	3	A	1		0.010	0.014	0.024
18:0....g	0.991	0.051	3	A	1		0.634	0.941	1.575
20:0....g	0.074	0.003	3	A	1		0.047	0.070	0.118
22:0....g	0.039	0.002	3	A	1		0.025	0.037	0.062
24:0....g	0.025	0.001	3	A	1		0.016	0.023	0.039
Fatty acids, total monounsaturated....g	8.134		0	NC	4		5.206	7.728	12.933
14:1....g	0.010	0.001	3	A	1		0.006	0.009	0.015
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.281	0.028	3	AS	1		0.180	0.267	0.446
16:1 c....g	0.279	0.028	3	A	1		0.179	0.265	0.444
16:1 t....g	0.002	0.000	3	A	1		0.001	0.002	0.003
17:1....g	0.010	0.001	3	A	1		0.006	0.009	0.016
18:1 undifferentiated....g	7.675	0.425	3	AS	1		4.912	7.291	12.203
18:1 c....g	7.623	0.422	3	A	1		4.879	7.242	12.121
18:1 t....g	0.052	0.004	3	A	1		0.033	0.049	0.082
18:1-11 t (18:1t n-7)....g									
20:1....g	0.141	0.006	3	A	1		0.090	0.134	0.224
22:1 undifferentiated....g	0.004	0.001	3	AS	1		0.003	0.004	0.006
22:1 c....g	0.004	0.001	3	A	1		0.003	0.004	0.006
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.015	0.008	3	A	1		0.010	0.014	0.024
Fatty acids, total polyunsaturated....g	5.610		0	NC	4		3.590	5.329	8.919
18:2 undifferentiated....g	5.186	0.314	3	AS	1		3.319	4.927	8.245
18:2 n-6 c,c....g	5.105	0.313	3	A	1		3.267	4.850	8.117
18:2 CLAs....g	0.020	0.001	3	A	1		0.013	0.019	0.031
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.061	0.002	3	A	1		0.039	0.058	0.097
18:3 undifferentiated....g	0.321	0.015	3	AS	1		0.205	0.305	0.510
18:3 n-3 c,c,c (ALA)....g	0.296	0.016	3	A	1		0.190	0.281	0.471
18:3 n-6 c,c,c....g	0.025	0.002	3	A	1		0.016	0.023	0.039
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.000	0.001	0.001
20:2 n-6 c,c....g	0.014	0.001	3	A	1		0.009	0.013	0.022
20:3 undifferentiated....g	0.016	0.002	3	AS	1		0.010	0.015	0.025
20:3 n-3....g	0.001	0.001	3	A	1		0.001	0.001	0.002
20:3 n-6....g	0.015	0.001	3	A	1		0.009	0.014	0.023
20:4 undifferentiated....g	0.049	0.001	3	A	1		0.032	0.047	0.078
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	A	1		0.000	0.001	0.001
21:5....g									
22:4....g	0.015	0.001	3	A	1		0.010	0.015	0.024
22:5 n-3 (DPA)....g	0.004	0.000	3	A	1		0.003	0.004	0.007
22:6 n-3 (DHA)....g	0.003	0.000	3	A	1		0.002	0.003	0.005
Fatty acids, total trans....g	0.114		0	NC	4		0.073	0.108	0.182
Fatty acids, total trans-monoenoic....g	0.053		0	NC	4		0.034	0.051	0.085
Fatty acids, total trans-polyenoic....g	0.061		0	NC	4		0.039	0.058	0.097
Cholesterol....mg	44	0.758	12	A	1		28	42	70
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21309
McDONALD'S, Chicken McNUGGETS

Common Measures:

Measure 1 = 64g: 4 pieces
Measure 2 = 95g: 6 pieces
Measure 3 = 159g: 10 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21311
McDONALD'S, Creamy Ranch Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.36		1	A	1		17.79		
Energy....kcal	468		0	MC	9		201		
Energy....kJ	1958		0	MC	9		842		
Protein (N x 6.25)....g	1.11		1	A	1		0.48		
Total lipid (fat)....g	52.03		1	A	1		22.37		
Ash....g	2.01		1	A	1		0.86		
Carbohydrate, by difference....g	3.49		0	NC	4		1.50		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	3.45		1	A	1		1.48		
Sucrose....g	2.33		1	A	1		1.00		
Glucose (dextrose)....g	0.10		1	A	1		0.04		
Fructose....g	0.10		1	A	1		0.04		
Lactose....g	0.91		1	A	1		0.39		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	29		1	A	1		12		
Iron, Fe....mg	0.25		1	A	1		0.11		
Magnesium, Mg....mg	3		1	A	1		1		
Phosphorus, P....mg	30		1	A	1		13		
Potassium, K....mg	78		1	A	1		33		
Sodium, Na....mg	708		1	A	1		304		
Zinc, Zn....mg	0.13		1	A	1		0.06		
Copper, Cu....mg	0.037		1	A	1		0.016		
Manganese, Mn....mg	0.022		1	A	1		0.010		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.031		1	A	1		0.013		
Riboflavin....mg	0.079		1	A	1		0.034		
Niacin....mg	0.033		1	A	1		0.014		
Pantothenic acid....mg	0.189		1	A	1		0.081		
Vitamin B-6....mg	0.040		1	A	1		0.017		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg									
Folate, food....µg	0		1	A	1		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.23		1	A	1		0.10		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		1	A	1		0		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	3.42		1	A	1		1.47		
Tocopherol, beta....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. 21311
McDONALD'S, Creamy Ranch Sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.894		0	NC	4		3.394		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.059		1	A	1		0.025		
15:0....g	0.000		1	A	1		0.000		
16:0....g	5.199		1	A	1		2.236		
17:0....g	0.050		1	A	1		0.021		
18:0....g	2.232		1	A	1		0.960		
20:0....g	0.173		1	A	1		0.074		
22:0....g	0.181		1	A	1		0.078		
24:0....g									
Fatty acids, total monounsaturated....g	11.094		0	NC	4		4.771		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.057		1	A	1		0.025		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	10.928		0	A	1		4.699		
18:1 c....g	10.928		1	A	1		4.699		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.110		1	A	1		0.047		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.178		0	NC	4		12.117		
18:2 undifferentiated....g	24.943		0	AS	1		10.725		
18:2 n-6 c,c....g	24.752		1	A	1		10.643		
18:2 CLAs....g									
18:2 t,t....g	0.191		1	A	1		0.082		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	3.235		0	AS	1		1.391		
18:3 n-3 c,c,c (ALA)....g	3.235		1	A	1		1.391		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.191		0	NC	4		0.082		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.191		0	NC	4		0.082		
Cholesterol....mg	21		1	A	1		9		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21311
McDONALD'S, Creamy Ranch Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21345

McDONALD'S, DOUBLE QUARTER POUNDER with Cheese

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.34		0	RKI	6		140.96		
Energy....kcal	262		0	MC	9		734		
Energy....kJ	1096		0	MC	9		3069		
Protein....g	16.96		0	RKI	6		47.49		
Total lipid (fat)....g	16.22		0	RKI	6		45.41		
Ash....g	2.05		0	RKI	6		5.73		
Carbohydrate, by difference....g	14.43		0	RKI	6		40.41		
Fiber, total dietary....g	1.0		0	RKI	6		2.7		
Sugars, total....g	3.49		0	RKI	6		9.79		
Sucrose....g	0.14		0	RKI	6		0.38		
Glucose (dextrose)....g	1.17		0	RKI	6		3.28		
Fructose....g	1.35		0	RKI	6		3.78		
Lactose....g	0.39		0	RKI	6		1.10		
Maltose....g	0.45		0	RKI	6		1.25		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0	RKI	6		297		
Iron, Fe....mg	2.18		0	RKI	6		6.11		
Magnesium, Mg....mg	21		0	RKI	6		60		
Phosphorus, P....mg	165		0	RKI	6		463		
Potassium, K....mg	242		0	RKI	6		678		
Sodium, Na....mg	476		0	MC	9		1332		
Zinc, Zn....mg	3.33		0	RKI	6		9.31		
Copper, Cu....mg	0.091		0	RKI	6		0.254		
Manganese, Mn....mg	0.133		0	RKI	6		0.373		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	RKA	1		1.6		
Thiamin....mg	0.127		0	RKI	6		0.355		
Riboflavin....mg	0.303		0	RKI	6		0.848		
Niacin....mg	4.213		0	RKI	6		11.797		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	45		0	RKA	1		126		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.68		0	RKI	6		4.72		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	200		0	RKA	1		559		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21345
McDONALD'S, DOUBLE QUARTER POUNDER with Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.473		0	RKI	6		18.125		
Fatty acids, total monounsaturated....g	5.855		0	RKI	6		16.394		
Fatty acids, total polyunsaturated....g	0.480		0	RKI	6		1.345		
Fatty acids, total trans....g	1.027		0	MC	9		2.876		
Cholesterol....mg	57		0	RKI	6		161		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 280g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21363

McDONALD'S, Deluxe Breakfast, with syrup and margarine

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.91		0	RKA	1		192.82		
Energy....kcal	285		0	RKI	6		1198		
Energy....kJ	1193		0	RKI	6		5012		
Protein....g	7.56		0	RKA	1		31.77		
Total lipid (fat)....g	15.23		0	RKA	1		63.95		
Ash....g	1.82		0	RKA	1		7.66		
Carbohydrate, by difference....g	29.48		0	RKI	6		123.80		
Fiber, total dietary....g	1.0		0	RKA	1		4.1		
Sugars, total....g	9.88		0	RKA	1		41.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0	RKA	1		211		
Iron, Fe....mg	1.50		0	RKA	1		6.30		
Magnesium, Mg....mg	13		0	RKA	1		57		
Phosphorus, P....mg	216		0	RKA	1		905		
Potassium, K....mg	170		0	RKA	1		713		
Sodium, Na....mg	437		0	RKA	1		1835		
Zinc, Zn....mg	0.69		0	RKA	1		2.90		
Copper, Cu....mg	0.073		0	RKA	1		0.308		
Manganese, Mn....mg	0.130		0	RKA	1		0.545		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	RKA	1		0.9		
Thiamin....mg	0.207		0	RKA	1		0.871		
Riboflavin....mg	0.275		0	RKA	1		1.156		
Niacin....mg	1.879		0	RKA	1		7.892		
Pantothenic acid....mg	0.616		0	RKA	1		2.589		
Vitamin B-6....mg	0.124		0	RKA	1		0.519		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.35		0	RKA	1		1.48		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	258		0	RKA	1		1082		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	4.642		0	RKI	6		19.498		
Fatty acids, total monounsaturated....g	5.217		0	RKI	6		21.910		
Fatty acids, total polyunsaturated....g	2.811		0	RKI	6		11.806		
Fatty acids, total trans....g	1.053		0	RKI	6		4.422		
Cholesterol....mg	109		0	RKA	1		458		
Phytosterols....mg									

NDB No. 21363
McDONALD'S, Deluxe Breakfast, with syrup and 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 = 420g: 1 item 14.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21344

McDONALD'S, Double Cheeseburger

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.00	0.423	6	A	1		72.84		
Energy....kcal	282		0	NC	4		437		
Energy....kJ	1180		0	NC	4		1829		
Protein....g	15.50	0.303	6	A	1		24.02		
Total lipid (fat)....g	16.09	0.245	6	A	1		24.93		
Ash....g	2.63	0.067	6	A	1		4.08		
Carbohydrate, by difference....g	18.79		0	NC	4		29.12		
Fiber, total dietary....g	0.8		0	RKA	1		1.3		
Sugars, total....g	4.23	0.088	3	A	1		6.56		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.33	0.033	3	A	1		2.07		
Fructose....g	1.93	0.033	3	A	1		3.00		
Lactose....g	0.60	0.000	3	A	1		0.93		
Maltose....g	0.37	0.033	3	A	1		0.57		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	178	5.434	6	A	1		276		
Iron, Fe....mg	2.24	0.062	6	A	1		3.48		
Magnesium, Mg....mg	21	0.241	6	A	1		33		
Phosphorus, P....mg	166	1.721	6	A	1		257		
Potassium, K....mg	216	3.531	6	A	1		335		
Sodium, Na....mg	668	19.901	6	A	1		1035		
Zinc, Zn....mg	2.58	0.023	6	A	1		4.00		
Copper, Cu....mg	0.077	0.003	6	A	1		0.119		
Manganese, Mn....mg	0.202	0.006	6	A	1		0.313		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RKA	1		0.7		
Thiamin....mg	0.162		0	RKA	1		0.252		
Riboflavin....mg	0.247		0	RKA	1		0.384		
Niacin....mg	3.860		0	RKA	1		5.984		
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:									

NDB No. 21344
McDONALD'S, Double Cheeseburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.998		0	NC	4		10.847		
4:0....g	0.093	0.002	3	A	1		0.144		
6:0....g	0.080	0.002	3	A	1		0.124		
8:0....g	0.057	0.002	3	A	1		0.088		
10:0....g	0.138	0.003	3	A	1		0.214		
12:0....g	0.158	0.004	3	A	1		0.244		
13:0....g									
14:0....g	0.752	0.003	3	A	1		1.166		
15:0....g	0.096	0.002	3	A	1		0.149		
16:0....g	3.545	0.041	3	A	1		5.494		
17:0....g	0.144	0.007	3	A	1		0.223		
18:0....g	1.893	0.023	3	A	1		2.934		
20:0....g	0.023	0.001	3	A	1		0.036		
22:0....g	0.011	0.000	3	A	1		0.016		
24:0....g	0.006	0.000	3	A	1		0.010		
Fatty acids, total monounsaturated....g	5.655		0	NC	4		8.766		
14:1....g	0.127	0.003	3	A	1		0.196		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.391	0.013	3	AS	1		0.605		
16:1 c....g	0.341	0.013	3	A	1		0.528		
16:1 t....g	0.050	0.000	3	A	1		0.078		
17:1....g	0.086	0.005	3	A	1		0.133		
18:1 undifferentiated....g	4.999	0.015	3	AS	1		7.749		
18:1 c....g	4.475	0.041	3	A	1		6.936		
18:1 t....g	0.524	0.046	3	A	1		0.813		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.000	3	A	1		0.071		
22:1 undifferentiated....g	0.005	0.002	3	AS	1		0.007		
22:1 c....g	0.005	0.002	3	A	1		0.007		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.002	0.002	3	A	1		0.004		
Fatty acids, total polyunsaturated....g	1.351		0	NC	4		2.095		
18:2 undifferentiated....g	1.147	0.008	3	AS	1		1.778		
18:2 n-6 c,c....g	0.966	0.006	3	A	1		1.498		
18:2 CLAs....g	0.080	0.002	3	A	1		0.124		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.101	0.002	3	A	1		0.156		
18:3 undifferentiated....g	0.123	0.002	3	AS	1		0.191		
18:3 n-3 c,c,c (ALA)....g	0.119	0.003	3	A	1		0.184		
18:3 n-6 c,c,c....g	0.004	0.002	3	A	1		0.006		
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.002		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.008		
20:3 undifferentiated....g	0.021	0.000	3	AS	1		0.032		
20:3 n-3....g	0.002	0.000	3	A	1		0.004		
20:3 n-6....g	0.018	0.001	3	A	1		0.028		
20:4 undifferentiated....g	0.031	0.001	3	A	1		0.047		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	3	A	1		0.008		
21:5....g									
22:4....g	0.007	0.001	3	A	1		0.010		
22:5 n-3 (DPA)....g	0.011	0.001	3	A	1		0.017		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.675		0	NC	4		1.046		
Fatty acids, total trans-monoenoic....g	0.574		0	NC	4		0.890		
Fatty acids, total trans-polyenoic....g	0.101		0	NC	4		0.156		
Cholesterol....mg	48		0	RKA	1		74		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21344
McDONALD'S, Double Cheeseburger

Common Measures:

Measure 1 = 155g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21357
McDONALD'S, Egg McMUFFIN
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.58	0.422	6	A	1		66.26		
Energy....kcal	228		0	NC	4		287		
Energy....kJ	955		0	NC	4		1203		
Protein....g	13.64	0.217	6	A	1		17.18		
Total lipid (fat)....g	9.66	0.215	6	A	1		12.17		
Ash....g	2.45	0.066	6	A	1		3.08		
Carbohydrate, by difference....g	21.67		0	NC	4		27.31		
Fiber, total dietary....g	1.1		0	RKA	1		1.4		
Sugars, total....g	2.13	0.233	3	A	1		2.69		
Sucrose....g	0.40	0.000	3	A	1		0.50		
Glucose (dextrose)....g	0.40	0.100	3	A	1		0.50		
Fructose....g	0.43	0.033	3	A	1		0.55		
Lactose....g	0.33	0.033	3	A	1		0.42		
Maltose....g	0.57	0.067	3	A	1		0.71		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	192	18.721	6	A	1		242		
Iron, Fe....mg	2.30	0.048	6	A	1		2.90		
Magnesium, Mg....mg	20	0.568	6	A	1		26		
Phosphorus, P....mg	200	3.468	6	A	1		252		
Potassium, K....mg	173	4.633	6	A	1		218		
Sodium, Na....mg	617	10.886	6	A	1		777		
Zinc, Zn....mg	1.29	0.036	6	A	1		1.62		
Copper, Cu....mg	0.084	0.002	6	A	1		0.106		
Manganese, Mn....mg	0.235	0.005	6	A	1		0.296		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0	RKA	1		1.5		
Thiamin....mg	0.262		0	RKA	1		0.330		
Riboflavin....mg	0.368		0	RKA	1		0.463		
Niacin....mg	3.102		0	RKA	1		3.909		
Pantothenic acid....mg	0.836		0	RKA	1		1.054		
Vitamin B-6....mg	0.145		0	RKA	1		0.182		
Folate, total....µg	79		0	RKA	1		99		
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	0.59		0	RKA	1		0.75		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21357
McDONALD'S, Egg McMUFFIN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.592		0	NC	4		4.526		
4:0....g	0.063	0.003	3	A	1		0.079		
6:0....g	0.054	0.004	3	A	1		0.068		
8:0....g	0.080	0.009	3	A	1		0.100		
10:0....g	0.107	0.005	3	A	1		0.135		
12:0....g	0.098	0.003	3	A	1		0.124		
13:0....g									
14:0....g	0.329	0.008	3	A	1		0.414		
15:0....g	0.037	0.001	3	A	1		0.047		
16:0....g	2.007	0.020	3	A	1		2.529		
17:0....g	0.031	0.001	3	A	1		0.039		
18:0....g	0.760	0.010	3	A	1		0.958		
20:0....g	0.012	0.001	3	A	1		0.015		
22:0....g	0.008	0.001	3	A	1		0.010		
24:0....g	0.005	0.001	3	A	1		0.006		
Fatty acids, total monounsaturated....g	2.721		0	NC	4		3.429		
14:1....g	0.033	0.001	3	A	1		0.042		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.153	0.007	3	AS	1		0.193		
16:1 c....g	0.140	0.007	3	A	1		0.177		
16:1 t....g	0.013	0.001	3	A	1		0.016		
17:1....g	0.012	0.001	3	A	1		0.015		
18:1 undifferentiated....g	2.490	0.051	3	AS	1		3.137		
18:1 c....g	2.427	0.077	3	A	1		3.058		
18:1 t....g	0.063	0.031	3	A	1		0.080		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.002	3	A	1		0.039		
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.002		
22:1 c....g	0.001	0.001	3	A	1		0.002		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.735		0	NC	4		2.186		
18:2 undifferentiated....g	1.471	0.103	3	AS	1		1.854		
18:2 n-6 c,c....g	1.416	0.105	3	A	1		1.784		
18:2 CLAs....g	0.022	0.002	3	A	1		0.028		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033	0.003	3	A	1		0.041		
18:3 undifferentiated....g	0.115	0.011	3	AS	1		0.145		
18:3 n-3 c,c,c (ALA)....g	0.114	0.011	3	A	1		0.144		
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.010	0.000	3	A	1		0.012		
20:3 undifferentiated....g	0.015	0.000	3	AS	1		0.018		
20:3 n-3....g	0.002	0.001	3	A	1		0.003		
20:3 n-6....g	0.012	0.000	3	A	1		0.016		
20:4 undifferentiated....g	0.088	0.003	3	A	1		0.111		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.002		
21:5....g									
22:4....g	0.008	0.001	3	A	1		0.010		
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.007		
22:6 n-3 (DHA)....g	0.021	0.000	3	A	1		0.026		
Fatty acids, total trans....g	0.109		0	NC	4		0.138		
Fatty acids, total trans-monoenoic....g	0.076		0	NC	4		0.096		
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.041		
Cholesterol....mg	165		0	RKA	1		208		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21357
McDONALD'S, Egg McMUFFIN

Common Measures:

Measure 1 = 126g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21232
McDONALD'S, FILET-O-FISH
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.76	0.187	6	A	1		61.31		
Energy....kcal	282		0	NC	4		378		
Energy....kJ	1182		0	NC	4		1584		
Protein (N x 6.25)....g	11.26	0.118	6	A	1		15.09		
Total lipid (fat)....g	14.64	0.267	6	A	1		19.62		
Ash....g	1.95	0.026	6	A	1		2.61		
Carbohydrate, by difference....g	26.39		0	NC	4		35.36		
Fiber, total dietary....g	1.4		1	A	1		1.9		
Sugars, total....g	3.67	0.067	3	A	1		4.91		
Sucrose....g	0.10	0.000	3	A	1		0.13		
Glucose (dextrose)....g	1.00	0.000	3	A	1		1.34		
Fructose....g	1.93	0.033	3	A	1		2.59		
Lactose....g	0.20	0.000	3	A	1		0.27		
Maltose....g	0.43	0.033	3	A	1		0.58		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	120	4.879	6	A	1		161		
Iron, Fe....mg	1.56	0.073	6	A	1		2.09		
Magnesium, Mg....mg	27	0.518	6	A	1		36		
Phosphorus, P....mg	137	2.574	6	A	1		184		
Potassium, K....mg	220	5.244	6	A	1		295		
Sodium, Na....mg	434	6.627	6	A	1		581		
Zinc, Zn....mg	0.58	0.013	6	A	1		0.78		
Copper, Cu....mg	0.066	0.001	6	A	1		0.089		
Manganese, Mn....mg	0.262	0.007	6	A	1		0.351		
Selenium, Se....µg	25.5		1	A	1		34.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		0.4		
Thiamin....mg	0.211		1	A	1		0.283		
Riboflavin....mg	0.130		1	A	1		0.174		
Niacin....mg	2.220		1	A	1		2.975		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	21		1	A	1		28		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.08		1	A	1		1.45		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.17		1	A	1		1.57		
Tocopherol, beta....mg	0.10		1	A	1		0.13		
Tocopherol, gamma....mg	6.56		1	A	1		8.79		
Tocopherol, delta....mg	2.15		1	A	1		2.88		
Tocotrienol, alpha....mg	0.00		1	A	1		0.00		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	4.9		1	A	1		6.6		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									

NDB No. 21232
McDONALD'S, FILET-O-FISH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.833		0	NC	4		3.796		
4:0....g	0.025	0.005	3	A	1		0.034		
6:0....g	0.024	0.001	3	A	1		0.032		
8:0....g	0.020	0.001	3	A	1		0.027		
10:0....g	0.045	0.003	3	A	1		0.060		
12:0....g	0.048	0.002	3	A	1		0.064		
13:0....g									
14:0....g	0.164	0.006	3	A	1		0.220		
15:0....g	0.019	0.001	3	A	1		0.026		
16:0....g	1.613	0.005	3	A	1		2.162		
17:0....g	0.021	0.000	3	A	1		0.028		
18:0....g	0.750	0.010	3	A	1		1.005		
20:0....g	0.048	0.001	3	A	1		0.064		
22:0....g	0.038	0.000	3	A	1		0.050		
24:0....g	0.017	0.000	3	A	1		0.023		
Fatty acids, total monounsaturated....g	4.005		0	NC	4		5.367		
14:1....g	0.015	0.001	3	A	1		0.020		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.049	0.001	3	AS	1		0.066		
16:1 c....g	0.044	0.001	3	A	1		0.059		
16:1 t....g	0.006	0.001	3	A	1		0.008		
17:1....g	0.009	0.000	3	A	1		0.012		
18:1 undifferentiated....g	3.849	0.033	3	AS	1		5.158		
18:1 c....g	3.788	0.031	3	A	1		5.076		
18:1 t....g	0.061	0.005	3	A	1		0.082		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.070	0.001	3	A	1		0.094		
22:1 undifferentiated....g	0.007	0.000	3	AS	1		0.010		
22:1 c....g	0.007	0.000	3	A	1		0.010		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.005	0.005	3	A	1		0.007		
Fatty acids, total polyunsaturated....g	5.952		0	NC	4		7.976		
18:2 undifferentiated....g	5.187	0.121	3	AS	1		6.951		
18:2 n-6 c,c....g	5.106	0.127	3	A	1		6.842		
18:2 CLAs....g	0.020	0.002	3	A	1		0.027		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.061	0.005	3	A	1		0.082		
18:3 undifferentiated....g	0.639	0.017	3	AS	1		0.856		
18:3 n-3 c,c,c (ALA)....g	0.614	0.025	3	A	1		0.823		
18:3 n-6 c,c,c....g	0.024	0.012	3	A	1		0.033		
18:3i....g									
18:4....g	0.002	0.001	3	A	1		0.003		
20:2 n-6 c,c....g	0.007	0.001	3	A	1		0.009		
20:3 undifferentiated....g	0.006	0.001	3	AS	1		0.008		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.006	0.001	3	A	1		0.008		
20:4 undifferentiated....g	0.011	0.001	3	A	1		0.015		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.030	0.000	3	A	1		0.040		
21:5....g									
22:4....g	0.005	0.001	3	A	1		0.007		
22:5 n-3 (DPA)....g	0.005	0.000	3	A	1		0.006		
22:6 n-3 (DHA)....g	0.061	0.002	3	A	1		0.081		
Fatty acids, total trans....g	0.128		0	NC	4		0.171		
Fatty acids, total trans-monoenoic....g	0.067		0	NC	4		0.089		
Fatty acids, total trans-polyenoic....g	0.061		0	NC	4		0.082		
Cholesterol....mg	32		1	A	1		43		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21232
McDONALD'S, FILET-O-FISH

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 134g: 1 sandwich

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21382

McDONALD'S, FILET-O-FISH (without tartar sauce)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.90		0	RKA	1		58.15		
Energy	kcal	243		0	RKI	6		301		
Energy	kJ	1016		0	RKI	6		1260		
Protein	g	12.47		0	RKA	1		15.47		
Total lipid (fat)	g	7.62		0	RKA	1		9.45		
Ash	g	1.93		0	RKI	6		2.40		
Carbohydrate, by difference	g	31.08		0	RKI	6		38.54		
Fiber, total dietary	g	1.0		0	RKA	1		1.2		
Sugars, total	g	4.27		0	RKA	1		5.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	128		0	RKA	1		159		
Iron, Fe	mg	1.64		0	RKA	1		2.03		
Magnesium, Mg	mg	23		0	RKA	1		28		
Phosphorus, P	mg	131		0	RKA	1		163		
Potassium, K	mg	194		0	RKA	1		241		
Sodium, Na	mg	464		0	RKA	1		576		
Zinc, Zn	mg	0.54		0	RKA	1		0.67		
Copper, Cu	mg	0.065		0	RKA	1		0.081		
Manganese, Mn	mg	0.230		0	RKA	1		0.285		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RKA	1		0.1		
Thiamin	mg	0.283		0	RKA	1		0.351		
Riboflavin	mg	0.201		0	RKA	1		0.249		
Niacin	mg	2.748		0	RKA	1		3.407		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	57		0	RKA	1		70		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.81		0	RKA	1		1.01		
Vitamin A, RAE	µg									
Vitamin A, IU	IU	93		0	RKA	1		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	1.773		0	RKI	6		2.198		
Fatty acids, total monounsaturated	g	2.768		0	RKI	6		3.433		
Fatty acids, total polyunsaturated	g	2.323		0	RKI	6		2.881		
Fatty acids, total trans	g	0.160		0	RKI	6		0.198		
Cholesterol	mg	25		0	RKA	1		31		
Phytosterols	mg									

NDB No. 21382
McDONALD'S, FILET-O-FISH (without tartar sauce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21380

McDONALD'S, Fruit 'n Yogurt Parfait

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.61		0	RKA	1		111.17		
Energy	kcal	105		0	RKI	6		156		
Energy	kJ	439		0	RKI	6		655		
Protein	g	2.73		0	RKA	1		4.07		
Total lipid (fat)	g	1.30		0	RKA	1		1.94		
Ash	g	0.64		0	RKA	1		0.95		
Carbohydrate, by difference	g	20.72		0	RKI	6		30.87		
Fiber, total dietary	g	1.0		0	RKI	6		1.5		
Sugars, total	g	12.83		0	RKI	6		19.12		
Sucrose	g	7.92		0	RKA	1		11.80		
Glucose (dextrose)	g	0.78		0	RKA	1		1.17		
Fructose	g	1.76		0	RKA	1		2.63		
Lactose	g	2.11		0	RKA	1		3.15		
Maltose	g	0.07		0	RKA	1		0.11		
Galactose	g	0.17		0	RKA	1		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0	RKA	1		128		
Iron, Fe	mg	0.45		0	RKA	1		0.67		
Magnesium, Mg	mg	14		0	RKA	1		21		
Phosphorus, P	mg	84		0	RKA	1		125		
Potassium, K	mg	167		0	RKA	1		249		
Sodium, Na	mg	58		0	MC	9		87		
Zinc, Zn	mg	0.36		0	RKA	1		0.54		
Copper, Cu	mg	0.051		0	RKA	1		0.076		
Manganese, Mn	mg	0.203		0	RKA	1		0.303		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.9		0	RKA	1		20.6		
Thiamin	mg	0.046		0	RKA	1		0.069		
Riboflavin	mg	0.115		0	RKA	1		0.171		
Niacin	mg	0.237		0	RKA	1		0.354		
Pantothenic acid	mg	0.418		0	RKA	1		0.622		
Vitamin B-6	mg									
Folate, total	µg	13		0	RKA	1		20		
Folic acid	µg									
Folate, food	µg	13		0	RKA	1		20		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.19		0	RKI	6		0.29		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	59		0	RKI	6		88		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	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. 21380
McDONALD'S, Fruit 'n Yogurt Parfait

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.041		0	RKI	6		0.060		
Fatty acids, total monounsaturated....g	0.106		0	RKI	6		0.158		
Fatty acids, total polyunsaturated....g	0.095		0	RKI	6		0.142		
Fatty acids, total trans....g	0.052		0	MC	9		0.077		
Cholesterol....mg	5		0	RKI	6		7		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 item 5.2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21381

McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.18		0	RKA	1		111.01		
Energy	kcal	90		0	RKI	6		128		
Energy	kJ	377		0	RKI	6		535		
Protein	g	2.47		0	RKA	1		3.50		
Total lipid (fat)	g	1.13		0	RKA	1		1.60		
Ash	g	0.56		0	RKA	1		0.79		
Carbohydrate, by difference	g	17.67		0	RKI	6		25.09		
Fiber, total dietary	g	0.9		0	RKI	6		1.2		
Sugars, total	g	11.90		0	RKI	6		16.90		
Sucrose	g	6.97		0	RKA	1		9.89		
Glucose (dextrose)	g	0.75		0	RKA	1		1.07		
Fructose	g	1.78		0	RKA	1		2.53		
Lactose	g	2.22		0	RKA	1		3.15		
Maltose	g	0.00		0	RKA	1		0.00		
Galactose	g	0.18		0	RKA	1		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	87		0	RKA	1		124		
Iron, Fe	mg	0.36		0	RKA	1		0.51		
Magnesium, Mg	mg	12		0	RKA	1		16		
Phosphorus, P	mg	71		0	RKA	1		100		
Potassium, K	mg	165		0	RKA	1		234		
Sodium, Na	mg	38		0	RKA	1		54		
Zinc, Zn	mg	0.30		0	RKA	1		0.43		
Copper, Cu	mg	0.041		0	RKA	1		0.058		
Manganese, Mn	mg	0.122		0	RKA	1		0.173		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.5		0	RKA	1		20.7		
Thiamin	mg	0.033		0	RKA	1		0.047		
Riboflavin	mg	0.117		0	RKA	1		0.166		
Niacin	mg	0.188		0	RKA	1		0.267		
Pantothenic acid	mg	0.398		0	RKA	1		0.565		
Vitamin B-6	mg									
Folate, total	µg	11		0	RKA	1		16		
Folic acid	µg									
Folate, food	µg	11		0	RKA	1		16		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.20		0	RKI	6		0.29		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	62		0	RKI	6		89		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	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. 21381
McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.004		0	RKI	6		0.005		
Fatty acids, total monounsaturated....g	0.010		0	RKI	6		0.014		
Fatty acids, total polyunsaturated....g	0.033		0	RKI	6		0.047		
Fatty acids, total trans....g	0.054		0	RKA	1		0.077		
Cholesterol....mg	5		0	RKI	6		7		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21228
McDONALD'S, Hamburger
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.53	0.518	6	A	1		42.31		
Energy....kcal	264		0	NC	4		250		
Energy....kJ	1103		0	NC	4		1048		
Protein....g	12.92	0.137	6	A	1		12.27		
Total lipid (fat)....g	10.09	0.199	6	A	1		9.58		
Ash....g	2.18	0.072	6	A	1		2.08		
Carbohydrate, by difference....g	30.28		0	NC	4		28.76		
Fiber, total dietary....g	1.3		0	RKA	1		1.2		
Sugars, total....g	6.03	0.145	3	A	1		5.73		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	2.10	0.058	3	A	1		1.99		
Fructose....g	3.30	0.058	3	A	1		3.13		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.63	0.033	3	A	1		0.60		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	127	6.469	6	A	1		120		
Iron, Fe....mg	2.87	0.085	6	A	1		2.73		
Magnesium, Mg....mg	21	0.438	6	A	1		20		
Phosphorus, P....mg	107	1.478	6	A	1		101		
Potassium, K....mg	192	3.274	6	A	1		182		
Sodium, Na....mg	494	19.871	6	A	1		469		
Zinc, Zn....mg	1.95	0.016	6	A	1		1.85		
Copper, Cu....mg	0.096	0.002	6	A	1		0.091		
Manganese, Mn....mg	0.322	0.012	6	A	1		0.306		
Selenium, Se....µg	26.2	4.123	4	A	1		24.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	RKA	1		0.6		
Thiamin....mg	0.247		0	RKA	1		0.234		
Riboflavin....mg	0.239		0	RKA	1		0.227		
Niacin....mg	4.544		0	RKA	1		4.317		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	64		0	RKA	1		61		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.83		0	RKA	1		0.79		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	55		0	RKA	1		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:									

NDB No. 21228
McDONALD'S, Hamburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.504		0	NC	4		3.329		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.010	0.001	3	A	1		0.009		
12:0....g	0.008	0.000	3	A	1		0.007		
13:0....g									
14:0....g	0.218	0.008	3	A	1		0.207		
15:0....g	0.038	0.002	3	A	1		0.036		
16:0....g	1.928	0.033	3	A	1		1.831		
17:0....g	0.095	0.007	3	A	1		0.090		
18:0....g	1.179	0.028	3	A	1		1.120		
20:0....g	0.015	0.001	3	A	1		0.014		
22:0....g	0.010	0.000	3	A	1		0.009		
24:0....g	0.005	0.000	3	A	1		0.005		
Fatty acids, total monounsaturated....g	3.768		0	NC	4		3.579		
14:1....g	0.066	0.002	3	A	1		0.063		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.259	0.010	3	AS	1		0.246		
16:1 c....g	0.232	0.009	3	A	1		0.221		
16:1 t....g	0.027	0.001	3	A	1		0.026		
17:1....g	0.064	0.005	3	A	1		0.060		
18:1 undifferentiated....g	3.335	0.044	3	AS	1		3.168		
18:1 c....g	2.989	0.043	3	A	1		2.839		
18:1 t....g	0.346	0.035	3	A	1		0.329		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.035	0.002	3	A	1		0.033		
22:1 undifferentiated....g	0.006	0.003	3	AS	1		0.006		
22:1 c....g	0.006	0.003	3	A	1		0.006		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.003	0.003	3	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.420		0	NC	4		1.349		
18:2 undifferentiated....g	1.234	0.007	3	AS	1		1.172		
18:2 n-6 c,c....g	1.135	0.013	3	A	1		1.078		
18:2 CLAs....g	0.044	0.003	3	A	1		0.042		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.055	0.003	3	A	1		0.052		
18:3 undifferentiated....g	0.138	0.004	3	AS	1		0.131		
18:3 n-3 c,c,c (ALA)....g	0.134	0.002	3	A	1		0.127		
18:3 n-6 c,c,c....g	0.004	0.002	3	A	1		0.004		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.004	0.000	3	A	1		0.003		
20:3 undifferentiated....g	0.013	0.001	3	AS	1		0.012		
20:3 n-3....g	0.001	0.001	3	A	1		0.001		
20:3 n-6....g	0.011	0.001	3	A	1		0.011		
20:4 undifferentiated....g	0.017	0.001	3	A	1		0.016		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.002		
21:5....g									
22:4....g	0.007	0.001	3	A	1		0.007		
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.006		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.428		0	NC	4		0.406		
Fatty acids, total trans-monoenoic....g	0.373		0	NC	4		0.355		
Fatty acids, total trans-polyenoic....g	0.055		0	NC	4		0.052		
Cholesterol....mg	27		0	RKA	1		26		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

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McDONALD'S, Hamburger

Common Measures:

Measure 1 = 95g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21319
McDONALD'S, Hash Brown
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.42	0.593	6	A	1		26.72		
Energy....kcal	271		0	NC	4		144		
Energy....kJ	1133		0	NC	4		600		
Protein (N x 6.25)....g	2.48	0.133	6	A	1		1.31		
Total lipid (fat)....g	16.30	0.483	6	A	1		8.64		
Ash....g	2.25	0.081	6	A	1		1.19		
Carbohydrate, by difference....g	28.56		0	NC	4		15.13		
Fiber, total dietary....g	2.8	0.157	3	A	1		1.5		
Sugars, total....g	0.54	0.087	3	A	1		0.29		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.30	0.057	3	A	1		0.16		
Fructose....g	0.24	0.029	3	A	1		0.13		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	25.23	0.348	3	A	1		13.37		
Minerals:									
Calcium, Ca....mg	19	0.593	6	A	1		10		
Iron, Fe....mg	0.56	0.017	6	A	1		0.30		
Magnesium, Mg....mg	20	1.307	6	A	1		11		
Phosphorus, P....mg	99	4.962	6	A	1		52		
Potassium, K....mg	341	36.995	6	A	1		180		
Sodium, Na....mg	580	29.163	6	A	1		307		
Zinc, Zn....mg	0.34	0.032	6	A	1		0.18		
Copper, Cu....mg	0.093	0.011	6	A	1		0.049		
Manganese, Mn....mg	0.153	0.012	6	A	1		0.081		
Selenium, Se....µg	0.4		1	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.6	1.917	3	A	1		3.0		
Thiamin....mg	0.127	0.012	3	A	1		0.067		
Riboflavin....mg	0.032	0.010	3	A	1		0.017		
Niacin....mg	1.733	0.378	3	A	1		0.919		
Pantothenic acid....mg	0.345		2	A	1		0.183		
Vitamin B-6....mg	0.180	0.010	3	A	1		0.095		
Folate, total....µg	12	0.219	3	A	1		6		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0		
Vitamin A, IU....IU	2		0	AS	1		1		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	17		1	A	1		9		
Vitamin E (alpha-tocopherol)....mg	2.14	0.327	3	A	1		1.13		
Tocopherol, beta....mg	0.04	0.021	3	A	1		0.02		
Tocopherol, gamma....mg	4.22	1.452	3	A	1		2.24		
Tocopherol, delta....mg	0.58	0.128	3	A	1		0.31		
Tocotrienol, alpha....mg	0.07	0.005	3	A	1		0.03		
Tocotrienol, beta....mg	0.02	0.018	3	A	1		0.01		
Tocotrienol, gamma....mg	0.02	0.020	3	A	1		0.01		
Tocotrienol, delta....mg	0.08	0.076	3	A	1		0.04		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21319
McDONALD'S, Hash 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
Lipids:									
Fatty acids, total saturated....g	2.327		0	NC	4		1.233		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.008	0.002	3	A	1		0.004		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.004	0.000	3	A	1		0.002		
13:0....g									
14:0....g	0.012	0.000	3	A	1		0.006		
15:0....g	0.006	0.000	3	A	1		0.003		
16:0....g	1.081	0.050	3	A	1		0.573		
17:0....g	0.011	0.001	3	A	1		0.006		
18:0....g	1.038	0.034	3	A	1		0.550		
20:0....g	0.091	0.003	3	A	1		0.048		
22:0....g	0.049	0.001	3	A	1		0.026		
24:0....g	0.027	0.001	3	A	1		0.014		
Fatty acids, total monounsaturated....g	8.055		0	NC	4		4.269		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.028	0.001	3	AS	1		0.015		
16:1 c....g	0.028	0.001	3	A	1		0.015		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.008	0.000	3	A	1		0.004		
18:1 undifferentiated....g	7.848	0.240	3	AS	1		4.160		
18:1 c....g	7.825	0.242	3	A	1		4.147		
18:1 t....g	0.023	0.003	3	A	1		0.012		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.154	0.001	3	A	1		0.081		
22:1 undifferentiated....g	0.003	0.000	3	AS	1		0.002		
22:1 c....g	0.003	0.000	3	A	1		0.002		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.015	0.001	3	A	1		0.008		
Fatty acids, total polyunsaturated....g	5.065		0	NC	4		2.685		
18:2 undifferentiated....g	4.613	0.292	3	AS	1		2.445		
18:2 n-6 c,c....g	4.574	0.295	3	A	1		2.424		
18:2 CLAs....g	0.013	0.001	3	A	1		0.007		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.026	0.003	3	A	1		0.014		
18:3 undifferentiated....g	0.439	0.026	3	AS	1		0.233		
18:3 n-3 c,c,c (ALA)....g	0.412	0.028	3	A	1		0.218		
18:3 n-6 c,c,c....g	0.027	0.002	3	A	1		0.014		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.008	0.001	3	A	1		0.004		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.005	0.001	3	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.049		0	NC	4		0.026		
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.012		
Fatty acids, total trans-polyenoic....g	0.026		0	NC	4		0.014		
Cholesterol....mg	0		1	A	1		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21319
McDONALD'S, Hash 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

food, or similar food.

Common Measures:
Measure 1 = 53g: 1 serving 1 patty

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21335
McDONALD'S, Hot Caramel Sundae
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.27		0	RKA	1		104.22		
Energy	kcal	188		0	MC	9		342		
Energy	kJ	787		0	MC	9		1432		
Protein	g	3.58		0	RKA	1		6.51		
Total lipid (fat)	g	4.89		0	RKA	1		8.91		
Ash	g	0.90		0	RKA	1		1.64		
Carbohydrate, by difference	g	33.36		0	RKI	6		60.72		
Fiber, total dietary	g	0.0		0	RKA	1		0.0		
Sugars, total	g	23.54		0	RKA	1		42.85		
Sucrose	g	12.67		0	RKA	1		23.07		
Glucose (dextrose)	g	3.00		0	RKA	1		5.46		
Fructose	g	0.78		0	RKA	1		1.42		
Lactose	g	5.46		0	RKA	1		9.93		
Maltose	g	1.64		0	RKA	1		2.98		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	127		0	RKA	1		232		
Iron, Fe	mg	0.08		0	RKA	1		0.14		
Magnesium, Mg	mg	12		0	RKA	1		22		
Phosphorus, P	mg	112		0	RKA	1		204		
Potassium, K	mg	186		0	RKA	1		339		
Sodium, Na	mg	80		0	RKA	1		145		
Zinc, Zn	mg	0.45		0	RKA	1		0.82		
Copper, Cu	mg	0.015		0	RKA	1		0.027		
Manganese, Mn	mg	0.009		0	RKA	1		0.017		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.037		0	RKA	1		0.067		
Riboflavin	mg	0.223		0	RKA	1		0.406		
Niacin	mg	0.114		0	RKA	1		0.208		
Pantothenic acid	mg	0.681		0	RKA	1		1.240		
Vitamin B-6	mg	0.049		0	RKA	1		0.090		
Folate, total	µg	2		0	RKA	1		4		
Folic acid	µg									
Folate, food	µg	2		0	RKA	1		4		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.51		0	RKA	1		0.93		
Vitamin A, RAE	µg	92		0	RKA	1		167		
Retinol	µg	92		0	RKA	1		167		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	307		0	RKA	1		558		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.01		0	RKA	1		0.01		
Tocopherol, beta	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. 21335
McDONALD'S, Hot Caramel Sundae

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.468		0	RKI	6		4.492		
4:0....g									
6:0....g									
8:0....g	0.040		0	RKA	1		0.072		
10:0....g	0.093		0	RKA	1		0.169		
12:0....g	0.108		0	RKA	1		0.197		
13:0....g									
14:0....g	0.385		0	RKA	1		0.701		
15:0....g	0.040		0	RKA	1		0.073		
16:0....g	1.184		0	RKA	1		2.156		
17:0....g	0.025		0	RKA	1		0.046		
18:0....g	0.586		0	RKA	1		1.066		
20:0....g	0.007		0	RKA	1		0.012		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.210		0	RKI	6		2.202		
14:1....g	0.027		0	RKA	1		0.049		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.046		0	RKA	1		0.084		
17:1....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated....g	1.130		0	RKA	1		2.057		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.232		0	RKI	6		0.423		
18:2 undifferentiated....g	0.208		0	RKA	1		0.379		
18:3 undifferentiated....g	0.018		0	RKA	1		0.033		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.006		0	RKA	1		0.011		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.271		0	RKI	6		0.493		
Cholesterol....mg	16		0	RKA	1		29		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 item 6.42 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21336
McDONALD'S, Hot Fudge Sundae
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.81		0	RKA	1		105.27		
Energy....kcal	186		0	MC	9		333		
Energy....kJ	778		0	MC	9		1393		
Protein....g	4.14		0	RKA	1		7.41		
Total lipid (fat)....g	5.91		0	RKA	1		10.57		
Ash....g	1.09		0	RKA	1		1.96		
Carbohydrate, by difference....g	30.05		0	RKI	6		53.78		
Fiber, total dietary....g	0.4		0	RKA	1		0.6		
Sugars, total....g	26.89		0	RKA	1		48.12		
Sucrose....g	19.69		0	RKA	1		35.24		
Glucose (dextrose)....g	0.79		0	RKA	1		1.41		
Fructose....g	0.22		0	RKA	1		0.40		
Lactose....g	5.86		0	RKA	1		10.49		
Maltose....g	0.32		0	RKA	1		0.58		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	139		0	RKA	1		248		
Iron, Fe....mg	0.83		0	RKA	1		1.49		
Magnesium, Mg....mg	19		0	RKA	1		33		
Phosphorus, P....mg	128		0	RKA	1		229		
Potassium, K....mg	246		0	RKA	1		441		
Sodium, Na....mg	94		0	RKA	1		168		
Zinc, Zn....mg	0.56		0	RKA	1		1.01		
Copper, Cu....mg	0.051		0	RKA	1		0.092		
Manganese, Mn....mg	0.066		0	RKA	1		0.118		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.042		0	RKA	1		0.076		
Riboflavin....mg	0.226		0	RKA	1		0.405		
Niacin....mg	0.151		0	RKA	1		0.270		
Pantothenic acid....mg	0.749		0	RKA	1		1.341		
Vitamin B-6....mg	0.052		0	RKA	1		0.092		
Folate, total....µg	0		0	RKA	1		0		
Folic acid....µg									
Folate, food....µg	0		0	RKA	1		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0	RKA	1		0.98		
Vitamin A, RAE....µg	81		0	RKA	1		145		
Retinol....µg	81		0	RKA	1		145		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	270		0	RKA	1		483		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.19		0	RKA	1		0.34		
Tocopherol, beta....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. 21336
McDONALD'S, Hot Fudge Sundae

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.592		0	RKI	6		6.430		
4:0....g									
6:0....g									
8:0....g	0.086		0	RKA	1		0.153		
10:0....g	0.125		0	RKA	1		0.224		
12:0....g	0.799		0	RKA	1		1.430		
13:0....g									
14:0....g	0.550		0	RKA	1		0.984		
15:0....g	0.032		0	RKA	1		0.057		
16:0....g	1.135		0	RKA	1		2.032		
17:0....g	0.020		0	RKA	1		0.035		
18:0....g	0.836		0	RKA	1		1.497		
20:0....g	0.010		0	RKA	1		0.018		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.045		0	RKI	6		1.870		
14:1....g	0.021		0	RKA	1		0.038		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.035		0	RKA	1		0.063		
17:1....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated....g	0.981		0	RKA	1		1.757		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0	RKI	6		0.394		
18:2 undifferentiated....g	0.198		0	RKA	1		0.354		
18:3 undifferentiated....g	0.018		0	RKA	1		0.032		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.008		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.242		0	RKI	6		0.434		
Cholesterol....mg	13		0	RKA	1		24		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 179g: 1 item 6.314 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21313
McDONALD'S, Hot Mustard Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.65		1	A	1		16.42		
Energy....kcal	190		0	MC	9		53		
Energy....kJ	795		0	MC	9		223		
Protein (N x 6.25)....g	2.60		1	A	1		0.73		
Total lipid (fat)....g	7.31		1	A	1		2.05		
Ash....g	2.36		1	A	1		0.66		
Carbohydrate, by difference....g	29.08		0	NC	4		8.14		
Fiber, total dietary....g	5.0		1	A	1		1.4		
Sugars, total....g	21.76		1	A	1		6.09		
Sucrose....g	0.70		1	A	1		0.20		
Glucose (dextrose)....g	11.20		1	A	1		3.14		
Fructose....g	9.57		1	A	1		2.68		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.29		1	A	1		0.08		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	A	1		9		
Iron, Fe....mg	0.86		1	A	1		0.24		
Magnesium, Mg....mg	24		1	A	1		7		
Phosphorus, P....mg	57		1	A	1		16		
Potassium, K....mg	83		1	A	1		23		
Sodium, Na....mg	902		1	A	1		253		
Zinc, Zn....mg	0.36		1	A	1		0.10		
Copper, Cu....mg	0.037		1	A	1		0.010		
Manganese, Mn....mg	0.220		1	A	1		0.062		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.048		1	A	1		0.013		
Riboflavin....mg	0.056		1	A	1		0.016		
Niacin....mg	0.402		1	A	1		0.113		
Pantothenic acid....mg	0.175		1	A	1		0.049		
Vitamin B-6....mg	0.060		1	A	1		0.017		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg									
Folate, food....µg	0		1	A	1		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.23		1	A	1		0.06		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		1	A	1		0		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.86		1	A	1		0.24		
Tocopherol, beta....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. 21313
McDONALD'S, Hot Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.987		0	NC	4		0.276		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.654		1	A	1		0.183		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.280		1	A	1		0.079		
20:0....g	0.027		1	A	1		0.008		
22:0....g	0.026		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	1.724		0	NC	4		0.483		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.011		1	A	1		0.003		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.591		0	AS	1		0.446		
18:1 c....g	1.591		1	A	1		0.446		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.121		1	A	1		0.034		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.406		0	NC	4		0.954		
18:2 undifferentiated....g	2.979		0	AS	1		0.834		
18:2 n-6 c,c....g	2.937		1	A	1		0.822		
18:2 CLAs....g									
18:2 t,t....g	0.042		1	A	1		0.012		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.427		0	AS	1		0.120		
18:3 n-3 c,c,c (ALA)....g	0.427		1	A	1		0.120		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.042		0	NC	4		0.012		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21313
McDONALD'S, Hot Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 28g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21321
McDONALD'S, Hotcakes (plain)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.24		1	A	1		71.87		
Energy....kcal	228		0	MC	9		340		
Energy....kJ	954		0	MC	9		1421		
Protein (N x 6.25)....g	6.00		1	A	1		8.94		
Total lipid (fat)....g	5.84		1	A	1		8.71		
Ash....g	1.65		1	A	1		2.46		
Carbohydrate, by difference....g	38.27		0	NC	4		57.02		
Fiber, total dietary....g	1.4		1	A	1		2.1		
Sugars, total....g	8.84		1	A	1		13.18		
Sucrose....g	3.90		1	A	1		5.81		
Glucose (dextrose)....g	1.05		1	A	1		1.56		
Fructose....g	0.24		1	A	1		0.35		
Lactose....g	3.34		1	A	1		4.98		
Maltose....g	0.32		1	A	1		0.47		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	84		1	A	1		125		
Iron, Fe....mg	1.83		1	A	1		2.73		
Magnesium, Mg....mg	19		1	A	1		28		
Phosphorus, P....mg	260		1	A	1		387		
Potassium, K....mg	173		1	A	1		258		
Sodium, Na....mg	358		1	A	1		533		
Zinc, Zn....mg	0.42		1	A	1		0.62		
Copper, Cu....mg	0.091		1	A	1		0.135		
Manganese, Mn....mg	0.253		1	A	1		0.377		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.299		1	A	1		0.445		
Riboflavin....mg	0.267		1	A	1		0.398		
Niacin....mg	2.170		1	A	1		3.233		
Pantothenic acid....mg	0.711		1	A	1		1.059		
Vitamin B-6....mg	0.077		1	A	1		0.115		
Folate, total....µg	96		1	A	1		142		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	3		0	AS	1		4		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	34		1	A	1		51		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	57		0	AS	1		84		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.70		1	A	1		1.05		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									

NDB No. 21321
McDONALD'S, Hotcakes (plain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.158		0	NC	4		1.725		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.678		1	A	1		1.011		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.443		1	A	1		0.660		
20:0....g	0.019		1	A	1		0.028		
22:0....g	0.017		1	A	1		0.026		
24:0....g									
Fatty acids, total monounsaturated....g	1.236		0	NC	4		1.842		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.014		1	A	1		0.021		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.210		0	A	1		1.802		
18:1 c....g	1.197		1	A	1		1.784		
18:1 t....g	0.012		1	A	1		0.019		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		1	A	1		0.019		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.978		0	NC	4		4.437		
18:2 undifferentiated....g	2.657		0	AS	1		3.958		
18:2 n-6 c,c....g	2.638		1	A	1		3.931		
18:2 CLAs....g									
18:2 t,t....g	0.018		1	A	1		0.027		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.321		0	AS	1		0.479		
18:3 n-3 c,c,c (ALA)....g	0.321		1	A	1		0.479		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.031		0	NC	4		0.045		
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.019		
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.027		
Cholesterol....mg	13		1	A	1		19		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21321
McDONALD'S, Hotcakes (plain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 149g: 3 hotcakes 5.3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21365

McDONALD'S, Hotcakes (with 2 pats margarine & syrup)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.60		0	RKA	1		89.73		
Energy....kcal	272		0	MC	9		601		
Energy....kJ	1138		0	MC	9		2515		
Protein....g	4.05		0	RKA	1		8.95		
Total lipid (fat)....g	8.06		0	RKA	1		17.82		
Ash....g	1.21		0	RKA	1		2.67		
Carbohydrate, by difference....g	46.08		0	RKI	6		101.83		
Fiber, total dietary....g	0.9		0	RKA	1		2.1		
Sugars, total....g	20.58		0	RKA	1		45.49		
Sucrose....g	7.75		0	RKA	1		17.12		
Glucose (dextrose)....g	5.06		0	RKA	1		11.19		
Fructose....g	0.18		0	RKA	1		0.40		
Lactose....g	2.38		0	RKA	1		5.27		
Maltose....g	5.20		0	RKA	1		11.49		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	57		0	RKA	1		126		
Iron, Fe....mg	1.28		0	RKA	1		2.82		
Magnesium, Mg....mg	13		0	RKA	1		30		
Phosphorus, P....mg	177		0	RKA	1		391		
Potassium, K....mg	125		0	RKA	1		276		
Sodium, Na....mg	283		0	RKA	1		624		
Zinc, Zn....mg	0.29		0	RKA	1		0.64		
Copper, Cu....mg	0.066		0	RKA	1		0.147		
Manganese, Mn....mg	0.171		0	RKA	1		0.377		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.202		0	RKA	1		0.446		
Riboflavin....mg	0.180		0	RKA	1		0.398		
Niacin....mg	1.464		0	RKA	1		3.236		
Pantothenic acid....mg	0.480		0	RKA	1		1.061		
Vitamin B-6....mg	0.052		0	RKA	1		0.115		
Folate, total....µg	65		0	RKA	1		143		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0	RKA	1		0.01		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	241		0	RKA	1		533		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21365
McDONALD'S, Hotcakes (with 2 pats margarine & syrup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.818		0	RKI	6		1.808		
Fatty acids, total monounsaturated....g	0.863		0	RKI	6		1.907		
Fatty acids, total polyunsaturated....g	2.087		0	RKI	6		4.613		
Fatty acids, total trans....g	1.788		0	MC	9		3.951		
Cholesterol....mg	9		0	RKA	1		19		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 221g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21364
McDONALD'S, Hotcakes and Sausage
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.70		0	RKA	1		78.14		
Energy....kcal	294		0	NC	4		564		
Energy....kJ	1230		0	NC	4		2362		
Protein....g	7.81		0	LC	8		15.00		
Total lipid (fat)....g	12.50		0	LC	8		24.00		
Ash....g	1.44		0	RKA	1		2.76		
Carbohydrate, by difference....g	37.55		0	NC	4		72.10		
Fiber, total dietary....g	1.6		0	LC	8		3.0		
Sugars, total....g	7.29		0	LC	8		14.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	78		0	LC	8		150		
Iron, Fe....mg	1.41		0	LC	8		2.70		
Magnesium, Mg....mg	14		0	RKA	1		27		
Phosphorus, P....mg	171		0	RKA	1		328		
Potassium, K....mg	148		0	RKA	1		285		
Sodium, Na....mg	484		0	LC	8		930		
Zinc, Zn....mg	0.50		0	RKA	1		0.96		
Copper, Cu....mg	0.066		0	RKA	1		0.126		
Manganese, Mn....mg	0.148		0	RKA	1		0.284		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.216		0	RKA	1		0.415		
Riboflavin....mg	0.178		0	RKA	1		0.342		
Niacin....mg	1.979		0	RKA	1		3.800		
Pantothenic acid....mg	0.514		0	RKA	1		0.988		
Vitamin B-6....mg	0.087		0	RKA	1		0.167		
Folate, total....µg	54		0	RKA	1		104		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		0	RKA	1		0.27		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	202		0	RKA	1		387		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	3.646		0	LC	8		7.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.082		0	RKI	6		0.157		
Cholesterol....mg	19		0	RKA	1		37		
Phytosterols....mg									

NDB No. 21364
McDONALD'S, Hotcakes and Sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 192g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21343

McDONALD'S, Low Fat Caramel Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.50		1	A	1		4.73		
Energy	kcal	313		0	MC	9		66		
Energy	kJ	1310		0	MC	9		275		
Protein (N x 6.25)	g	1.89		1	A	1		0.40		
Total lipid (fat)	g	3.25		1	A	1		0.68		
Ash	g	0.82		1	A	1		0.17		
Carbohydrate, by difference	g	71.53		0	NC	4		15.02		
Fiber, total dietary	g									
Sugars, total	g	43.21		1	A	1		9.07		
Sucrose	g	11.58		1	A	1		2.43		
Glucose (dextrose)	g	14.34		1	A	1		3.01		
Fructose	g	5.89		1	A	1		1.24		
Lactose	g	3.01		1	A	1		0.63		
Maltose	g	8.11		1	A	1		1.70		
Galactose	g	0.27		1	A	1		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	71		1	A	1		15		
Iron, Fe	mg	0.16		1	A	1		0.03		
Magnesium, Mg	mg	8		1	A	1		2		
Phosphorus, P	mg	89		1	A	1		19		
Potassium, K	mg	119		1	A	1		25		
Sodium, Na	mg	170		1	A	1		36		
Zinc, Zn	mg	0.28		1	A	1		0.06		
Copper, Cu	mg	0.018		1	A	1		0.004		
Manganese, Mn	mg	0.011		1	A	1		0.002		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.075		1	A	1		0.016		
Riboflavin	mg	0.134		1	A	1		0.028		
Niacin	mg	0.006		1	A	1		0.001		
Pantothenic acid	mg	0.398		1	A	1		0.084		
Vitamin B-6	mg	0.026		1	A	1		0.006		
Folate, total	µg	0		1	A	1		0		
Folic acid	µg									
Folate, food	µg	0		1	A	1		0		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1	A	1		0.00		
Vitamin A, RAE	µg	45		0	AS	1		9		
Retinol	µg	45		1	A	1		9		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	147		1	A	1		31		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		1	A	1		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									

NDB No. 21343
McDONALD'S, Low Fat Caramel Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.772		0	NC	4		0.372		
4:0....g									
6:0....g									
8:0....g	0.032		1	A	1		0.007		
10:0....g	0.075		1	A	1		0.016		
12:0....g	0.087		1	A	1		0.018		
13:0....g									
14:0....g	0.291		1	A	1		0.061		
15:0....g	0.030		1	A	1		0.006		
16:0....g	0.840		1	A	1		0.176		
17:0....g	0.020		1	A	1		0.004		
18:0....g	0.396		1	A	1		0.083		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.771		0	NC	4		0.162		
14:1....g	0.023		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.038		1	A	1		0.008		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.710		0	AS	1		0.149		
18:1 c....g	0.700		1	A	1		0.147		
18:1 t....g	0.011		1	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.139		0	NC	4		0.029		
18:2 undifferentiated....g	0.126		0	AS	1		0.026		
18:2 n-6 c,c....g	0.099		1	A	1		0.021		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027		1	A	1		0.006		
18:3 undifferentiated....g	0.013		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.013		1	A	1		0.003		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.037		0	NC	4		0.008		
Fatty acids, total trans-monoenoic....g	0.011		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.006		
Cholesterol....mg	12		1	A	1		3		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21343
McDONALD'S, Low Fat Caramel Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 21g: .8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21355
McDONALD'S, McCHICKEN Sandwich
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.11	0.324	6	A	1		60.40		
Energy....kcal	273		0	NC	4		357		
Energy....kJ	1140		0	NC	4		1493		
Protein....g	10.43	0.206	6	A	1		13.66		
Total lipid (fat)....g	13.21	0.302	6	A	1		17.31		
Ash....g	2.28	0.024	6	A	1		2.99		
Carbohydrate, by difference....g	27.97		0	NC	4		36.64		
Fiber, total dietary....g	1.3		0	RKA	1		1.6		
Sugars, total....g	3.57	0.067	3	A	1		4.67		
Sucrose....g	0.17	0.033	3	A	1		0.22		
Glucose (dextrose)....g	1.03	0.033	3	A	1		1.35		
Fructose....g	1.93	0.033	3	A	1		2.53		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.43	0.033	3	A	1		0.57		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	88	4.037	6	A	1		115		
Iron, Fe....mg	1.74	0.100	6	A	1		2.28		
Magnesium, Mg....mg	20	0.341	6	A	1		26		
Phosphorus, P....mg	139	1.751	6	A	1		182		
Potassium, K....mg	173	3.537	6	A	1		227		
Sodium, Na....mg	624	5.092	6	A	1		817		
Zinc, Zn....mg	0.63	0.030	6	A	1		0.83		
Copper, Cu....mg	0.082	0.002	6	A	1		0.108		
Manganese, Mn....mg	0.358	0.009	6	A	1		0.469		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.212		0	RKA	1		0.278		
Riboflavin....mg	0.200		0	RKA	1		0.262		
Niacin....mg	3.942		0	RKA	1		5.165		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.19		0	RKI	6		0.25		
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:									

NDB No. 21355
McDONALD'S, McCHICKEN Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.346		0	NC	4		3.074		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.003	0.000	3	A	1		0.004		
10:0....g	0.006	0.001	3	A	1		0.008		
12:0....g	0.004	0.000	3	A	1		0.005		
13:0....g									
14:0....g	0.024	0.001	3	A	1		0.031		
15:0....g	0.004	0.002	3	A	1		0.005		
16:0....g	1.552	0.020	3	A	1		2.033		
17:0....g	0.012	0.000	3	A	1		0.015		
18:0....g	0.655	0.009	3	A	1		0.858		
20:0....g	0.041	0.001	3	A	1		0.054		
22:0....g	0.031	0.001	3	A	1		0.040		
24:0....g	0.015	0.000	3	A	1		0.020		
Fatty acids, total monounsaturated....g	4.401		0	NC	4		5.765		
14:1....g	0.006	0.000	3	A	1		0.007		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.180	0.009	3	AS	1		0.235		
16:1 c....g	0.179	0.009	3	A	1		0.234		
16:1 t....g	0.001	0.001	3	A	1		0.001		
17:1....g	0.007	0.000	3	A	1		0.009		
18:1 undifferentiated....g	4.114	0.127	3	AS	1		5.389		
18:1 c....g	4.081	0.128	3	A	1		5.346		
18:1 t....g	0.033	0.001	3	A	1		0.043		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.086	0.016	3	A	1		0.112		
22:1 undifferentiated....g	0.005	0.000	3	AS	1		0.006		
22:1 c....g	0.005	0.000	3	A	1		0.006		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.005	0.005	3	A	1		0.006		
Fatty acids, total polyunsaturated....g	4.964		0	NC	4		6.503		
18:2 undifferentiated....g	4.453	0.179	3	AS	1		5.833		
18:2 n-6 c,c....g	4.396	0.179	3	A	1		5.758		
18:2 CLAs....g	0.012	0.001	3	A	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.001	3	A	1		0.059		
18:3 undifferentiated....g	0.447	0.011	3	AS	1		0.585		
18:3 n-3 c,c,c (ALA)....g	0.430	0.016	3	A	1		0.564		
18:3 n-6 c,c,c....g	0.016	0.008	3	A	1		0.021		
18:3i....g									
18:4....g	0.001	0.001	3	A	1		0.001		
20:2 n-6 c,c....g	0.009	0.000	3	A	1		0.012		
20:3 undifferentiated....g	0.011	0.000	3	AS	1		0.014		
20:3 n-3....g	0.001	0.001	3	A	1		0.001		
20:3 n-6....g	0.010	0.001	3	A	1		0.013		
20:4 undifferentiated....g	0.028	0.001	3	A	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.011	0.001	3	A	1		0.014		
22:5 n-3 (DPA)....g	0.002	0.001	3	A	1		0.003		
22:6 n-3 (DHA)....g	0.003	0.000	3	A	1		0.004		
Fatty acids, total trans....g	0.079		0	NC	4		0.103		
Fatty acids, total trans-monoenoic....g	0.034		0	NC	4		0.044		
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.059		
Cholesterol....mg	27		0	RKI	6		36		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 21355
McDONALD'S, McCHICKEN Sandwich

Common Measures:

Measure 1 = 131g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21356

McDONALD'S, McCHICKEN Sandwich (without mayonnaise)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.43		0	RKI	6		65.46		
Energy....kcal	240		0	MC	9		331		
Energy....kJ	1004		0	MC	9		1386		
Protein....g	11.08		0	RKI	6		15.28		
Total lipid (fat)....g	8.46		0	RKI	6		11.68		
Ash....g	2.08		0	RKI	6		2.87		
Carbohydrate, by difference....g	30.95		0	RKI	6		42.71		
Fiber, total dietary....g	1.4		0	RKA	1		1.9		
Sugars, total....g	4.16		0	RKA	1		5.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		0	RKA	1		133		
Iron, Fe....mg	1.78		0	RKA	1		2.46		
Magnesium, Mg....mg	20		0	RKA	1		28		
Phosphorus, P....mg	150		0	RKA	1		207		
Potassium, K....mg	184		0	RKA	1		254		
Sodium, Na....mg	555		0	MC	9		766		
Zinc, Zn....mg	0.75		0	RKA	1		1.04		
Copper, Cu....mg	0.073		0	RKA	1		0.101		
Manganese, Mn....mg	0.294		0	RKA	1		0.406		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	RKA	1		1.2		
Thiamin....mg	0.234		0	RKA	1		0.323		
Riboflavin....mg	0.216		0	RKA	1		0.297		
Niacin....mg	4.371		0	RKA	1		6.032		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	72		0	RKA	1		99		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.17		0	RKI	6		0.23		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	55		0	RKA	1		76		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	1.636		0	RKI	6		2.258		
Fatty acids, total monounsaturated....g	3.405		0	RKI	6		4.699		
Fatty acids, total polyunsaturated....g	2.881		0	RKI	6		3.975		
Fatty acids, total trans....g	0.103		0	RKI	6		0.143		
Cholesterol....mg	22		0	RKI	6		31		
Phytosterols....mg									

NDB No. 21356
McDONALD'S, McCHICKEN Sandwich (without mayonnaise)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21338

McDONALD'S, McFLURRY with M&M'S CANDIES

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.74		0	RKA	1		214.84	311.15	
Energy....kcal	177		0	MC	9		617	893	
Energy....kJ	741		0	MC	9		2580	3737	
Protein....g	4.02		0	RKA	1		13.99	20.26	
Total lipid (fat)....g	6.46		0	RKA	1		22.49	32.57	
Ash....g	0.96		0	RKA	1		3.33	4.83	
Carbohydrate, by difference....g	26.82		0	RKI	6		93.35	135.19	
Fiber, total dietary....g	0.2		0	RKA	1		0.7	1.1	
Sugars, total....g	24.37		0	RKA	1		84.81	122.82	
Sucrose....g	16.90		0	RKA	1		58.82	85.19	
Glucose (dextrose)....g	0.75		0	RKA	1		2.62	3.79	
Fructose....g	0.21		0	RKA	1		0.74	1.08	
Lactose....g	6.23		0	RKA	1		21.66	31.38	
Maltose....g	0.28		0	RKA	1		0.96	1.39	
Galactose....g	0.00		0	RKA	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	135		0	RKA	1		470	681	
Iron, Fe....mg	0.27		0	RKA	1		0.94	1.36	
Magnesium, Mg....mg	17		0	RKA	1		59	85	
Phosphorus, P....mg	116		0	RKA	1		402	582	
Potassium, K....mg	208		0	RKA	1		725	1051	
Sodium, Na....mg	54		0	RKA	1		188	273	
Zinc, Zn....mg	0.54		0	RKA	1		1.86	2.70	
Copper, Cu....mg	0.044		0	RKA	1		0.155	0.224	
Manganese, Mn....mg	0.046		0	RKA	1		0.158	0.229	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.051		0	RKA	1		0.177	0.257	
Riboflavin....mg	0.243		0	RKA	1		0.847	1.227	
Niacin....mg	0.139		0	RKA	1		0.484	0.701	
Pantothenic acid....mg	0.730		0	RKA	1		2.541	3.680	
Vitamin B-6....mg	0.053		0	RKA	1		0.185	0.268	
Folate, total....µg	3		0	RKA	1		9	13	
Folic acid....µg									
Folate, food....µg	3		0	RKA	1		9	13	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.60		0	RKA	1		2.08	3.01	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	312		0	RKA	1		1087	1574	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.08		0	RKA	1		0.26	0.38	
Tocopherol, beta....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. 21338
McDONALD'S, McFLURRY with M&M'S CANDIES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.402		0	RKI	6		11.839	17.146	
4:0....g									
6:0....g									
8:0....g	0.040		0	RKA	1		0.141	0.204	
10:0....g	0.094		0	RKA	1		0.326	0.472	
12:0....g	0.109		0	RKA	1		0.379	0.549	
13:0....g									
14:0....g	0.392		0	RKA	1		1.366	1.978	
15:0....g	0.041		0	RKA	1		0.143	0.207	
16:0....g	1.577		0	RKA	1		5.487	7.947	
17:0....g	0.028		0	RKA	1		0.097	0.141	
18:0....g	1.095		0	RKA	1		3.810	5.517	
20:0....g	0.022		0	RKA	1		0.078	0.113	
22:0....g	0.003		0	RKA	1		0.011	0.017	
24:0....g									
Fatty acids, total monounsaturated....g	1.670		0	RKI	6		5.811	8.417	
14:1....g	0.028		0	RKA	1		0.096	0.139	
15:1....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated....g	0.049		0	RKA	1		0.170	0.246	
17:1....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated....g	1.586		0	RKA	1		5.518	7.992	
20:1....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0	RKI	6		0.981	1.421	
18:2 undifferentiated....g	0.254		0	RKA	1		0.884	1.281	
18:3 undifferentiated....g	0.023		0	RKA	1		0.078	0.113	
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated....g	0.005		0	RKA	1		0.018	0.027	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.281		0	RKI	6		0.979	1.418	
Cholesterol....mg	16		0	RKA	1		56	81	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 348g: 12 fl oz cup regular

Measure 2 = 504g: 16 fl oz cup large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21339

McDONALD'S, McFLURRY with OREO cookies

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.90		0	RKA	1		215.36	311.21	
Energy....kcal	165		0	MC	9		556	804	
Energy....kJ	690		0	MC	9		2327	3362	
Protein....g	3.97		0	RKA	1		13.37	19.32	
Total lipid (fat)....g	5.66		0	RKA	1		19.08	27.58	
Ash....g	0.92		0	RKA	1		3.09	4.47	
Carbohydrate, by difference....g	25.55		0	RKI	6		86.10	124.42	
Fiber, total dietary....g	0.1		0	RKA	1		0.5	0.7	
Sugars, total....g	21.19		0	RKA	1		71.40	103.18	
Sucrose....g	14.20		0	RKA	1		47.87	69.18	
Glucose (dextrose)....g	0.89		0	RKA	1		3.01	4.36	
Fructose....g	0.18		0	RKA	1		0.61	0.89	
Lactose....g	5.62		0	RKA	1		18.94	27.37	
Maltose....g	0.28		0	RKA	1		0.96	1.39	
Galactose....g	0.00		0	RKA	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	129		0	RKA	1		436	630	
Iron, Fe....mg	0.61		0	RKA	1		2.06	2.97	
Magnesium, Mg....mg	14		0	RKA	1		48	70	
Phosphorus, P....mg	111		0	RKA	1		373	539	
Potassium, K....mg	198		0	RKA	1		667	963	
Sodium, Na....mg	75		0	RKA	1		251	363	
Zinc, Zn....mg	0.50		0	RKA	1		1.67	2.41	
Copper, Cu....mg	0.030		0	RKA	1		0.100	0.145	
Manganese, Mn....mg	0.042		0	RKA	1		0.143	0.207	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.048		0	RKA	1		0.163	0.236	
Riboflavin....mg	0.229		0	RKA	1		0.773	1.116	
Niacin....mg	0.264		0	RKA	1		0.889	1.285	
Pantothenic acid....mg	0.722		0	RKA	1		2.433	3.517	
Vitamin B-6....mg	0.058		0	RKA	1		0.196	0.283	
Folate, total....µg	5		0	RKA	1		15	22	
Folic acid....µg									
Folate, food....µg	5		0	RKA	1		15	22	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.58		0	RKA	1		1.95	2.82	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	323		0	RKA	1		1088	1573	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.09		0	RKA	1		0.30	0.43	
Tocopherol, beta....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. 21339
McDONALD'S, McFLURRY with OREO cookies

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.577		0	RKI	6		8.683	12.548	
4:0....g									
6:0....g									
8:0....g	0.038		0	RKA	1		0.126	0.183	
10:0....g	0.087		0	RKA	1		0.295	0.426	
12:0....g	0.102		0	RKA	1		0.343	0.496	
13:0....g									
14:0....g	0.367		0	RKA	1		1.236	1.787	
15:0....g	0.038		0	RKA	1		0.127	0.184	
16:0....g	1.254		0	RKA	1		4.226	6.107	
17:0....g	0.025		0	RKA	1		0.083	0.120	
18:0....g	0.653		0	RKA	1		2.202	3.182	
20:0....g	0.010		0	RKA	1		0.034	0.049	
22:0....g	0.003		0	RKA	1		0.011	0.015	
24:0....g									
Fatty acids, total monounsaturated....g	1.716		0	RKI	6		5.784	8.359	
14:1....g	0.025		0	RKA	1		0.085	0.123	
15:1....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated....g	0.042		0	RKA	1		0.143	0.207	
17:1....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated....g	1.639		0	RKA	1		5.524	7.982	
20:1....g	0.002		0	RKA	1		0.006	0.008	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.364		0	RKI	6		1.227	1.773	
18:2 undifferentiated....g	0.339		0	RKA	1		1.141	1.649	
18:3 undifferentiated....g	0.020		0	RKA	1		0.067	0.097	
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated....g	0.005		0	RKA	1		0.018	0.027	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.565		0	RKI	6		1.904	2.752	
Cholesterol....mg	15		0	RKA	1		52	74	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 337g: 12 fl oz cup regular

Measure 2 = 487g: 16 fl oz cup large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21346

McDONALD'S, NEWMAN'S OWN Cobb Dressing

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.41		1	MA	12		41.17		
Energy ... kcal	196		0	MC	9		122		
Energy ... kJ	820		0	MC	9		508		
Protein (N x 6.25) ... g	1.69		1	MA	12		1.05		
Total lipid (fat) ... g	14.45		1	MA	12		8.96		
Ash ... g	1.96		1	MA	12		1.22		
Carbohydrate, by difference ... g	15.49		0	NC	4		9.61		
Fiber, total dietary ... g	0.3		1	MA	12		0.2		
Sugars, total ... g	7.79		1	MA	12		4.83		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	50		1	MA	12		31		
Iron, Fe ... mg	0.20		1	MA	12		0.12		
Magnesium, Mg ... mg	3		1	MA	12		2		
Phosphorus, P ... mg	31		1	MA	12		19		
Potassium, K ... mg	20		1	MA	12		13		
Sodium, Na ... mg	709		1	MA	12		439		
Zinc, Zn ... mg	0.30		1	MA	12		0.19		
Copper, Cu ... mg	0.000		1	MA	12		0.000		
Manganese, Mn ... mg	0.000		1	MA	12		0.000		
Selenium, Se ... µg	0.3		1	MA	12		0.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1	MA	12		0.3		
Thiamin ... mg	0.010		1	MA	12		0.006		
Riboflavin ... mg	0.020		1	MA	12		0.012		
Niacin ... mg	0.010		1	MA	12		0.006		
Pantothenic acid ... mg	0.020		1	MA	12		0.012		
Vitamin B-6 ... mg	0.000		1	MA	12		0.000		
Folate, total ... µg	0		1	MA	12		0		
Folic acid ... µg									
Folate, food ... µg	0		1	MA	12		0		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.05		1	MA	12		0.03		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	93		1	MA	12		58		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		1	MA	12		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		1	MA	12		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21346
McDONALD'S, NEWMAN'S OWN Cobb Dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.770		1	MA	12		1.717		
Fatty acids, total monounsaturated.....g	3.670		1	MA	12		2.275		
Fatty acids, total polyunsaturated.....g	7.910		1	MA	12		4.904		
Fatty acids, total trans.....g	0.010		1	MA	12		0.006		
Cholesterol.....mg	13		1	MA	12		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21347

McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.90		1	MA	12		32.39		
Energy ... kcal	319		0	MC	9		188		
Energy ... kJ	1335		0	MC	9		787		
Protein (N x 6.25) ... g	3.56		1	MA	12		2.10		
Total lipid (fat) ... g	31.50		1	MA	12		18.59		
Ash ... g	3.19		0	NR	4		1.88		
Carbohydrate, by difference ... g	6.85		0	NC	4		4.04		
Fiber, total dietary ... g	0.1		1	MA	12		0.1		
Sugars, total ... g	3.00		1	MA	12		1.77		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	104		1	MA	12		61		
Iron, Fe ... mg	0.28		1	MA	12		0.17		
Magnesium, Mg ... mg	5		1	MA	12		3		
Phosphorus, P ... mg	65		1	MA	12		39		
Potassium, K ... mg	27		1	MA	12		16		
Sodium, Na ... mg	851		1	MA	12		502		
Zinc, Zn ... mg	0.34		1	MA	12		0.20		
Copper, Cu ... mg	0.120		1	MA	12		0.071		
Manganese, Mn ... mg									
Selenium, Se ... µg	0.2		1	MA	12		0.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MA	12		0.0		
Thiamin ... mg	0.010		1	MA	12		0.006		
Riboflavin ... mg	0.040		1	MA	12		0.024		
Niacin ... mg	0.020		1	MA	12		0.012		
Pantothenic acid ... mg	0.110		1	MA	12		0.065		
Vitamin B-6 ... mg	1.090		1	MA	12		0.643		
Folate, total ... µg	4		1	MA	12		2		
Folic acid ... µg									
Folate, food ... µg	4		1	MA	12		2		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.09		1	MA	12		0.05		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	143		1	MA	12		84		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.860		1	MA	12				

NDB No. 21347
McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.860			MA	12		3.457		
Fatty acids, total monounsaturated.....g	7.750		1	MA	12		4.573		
Fatty acids, total polyunsaturated.....g	16.300		1	MA	12		9.617		
Fatty acids, total trans.....g	0.490		1	MA	12		0.289		
Cholesterol.....mg	35		1	MA	12		21		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21348

McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.05		1	MA	12		31.04		
Energy....kcal	86		0	MC	9		40		
Energy....kJ	360		0	MC	9		169		
Protein (N x 6.25)....g	0.19		1	MA	12		0.09		
Total lipid (fat)....g	5.94		1	MA	12		2.79		
Ash....g	3.17		1	MA	12		1.49		
Carbohydrate, by difference....g	24.65		0	NC	4		11.59		
Fiber, total dietary....g	0.4		1	MA	12		0.2		
Sugars, total....g	6.74		1	MA	12		3.17		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	MA	12		4		
Iron, Fe....mg	0.28		1	MA	12		0.13		
Magnesium, Mg....mg	3		1	MA	12		1		
Phosphorus, P....mg	1		1	MA	12		1		
Potassium, K....mg	20		1	MA	12		9		
Sodium, Na....mg	1562		1	MA	12		734		
Zinc, Zn....mg	0.03		1	MA	12		0.01		
Copper, Cu....mg	0.010		1	MA	12		0.005		
Manganese, Mn....mg	0.040		1	MA	12		0.019		
Selenium, Se....µg	0.1		1	MA	12		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1	MA	12		1.9		
Thiamin....mg	0.000		1	MA	12		0.000		
Riboflavin....mg	0.000		1	MA	12		0.000		
Niacin....mg	0.010		1	MA	12		0.005		
Pantothenic acid....mg	0.000		1	MA	12		0.000		
Vitamin B-6....mg	0.000		1	MA	12		0.000		
Folate, total....µg	0		1	MA	12		0		
Folic acid....µg									
Folate, food....µg	0		1	MA	12		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	MA	12		0.00		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	110		1	MA	12		52		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.01		1	MA	12		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		1	MA	12		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 21348
McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.870		1	MA	12		0.409		
Fatty acids, total monounsaturated.....g	2.190		1	MA	12		1.029		
Fatty acids, total polyunsaturated.....g	2.800		1	MA	12		1.316		
Fatty acids, total trans.....g	0.020		1	MA	12		0.009		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21349
McDONALD'S, NEWMAN'S OWN Ranch Dressing
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	51.35		0	NR	4		28.76		
Energy ... kcal	313		0	MC	9		175		
Energy ... kJ	1310		0	MC	9		733		
Protein (N x 6.25) ... g	2.62		1	MA	12		1.47		
Total lipid (fat) ... g	26.57		1	MA	12		14.88		
Ash ... g	2.71		0	O	4		1.52		
Carbohydrate, by difference ... g	16.75		0	NC	4		9.38		
Fiber, total dietary ... g	0.3		1	MA	12		0.2		
Sugars, total ... g	6.57		1	MA	12		3.68		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	77		1	MA	12		43		
Iron, Fe ... mg	0.25		1	MA	12		0.14		
Magnesium, Mg ... mg	3		1	MA	12		2		
Phosphorus, P ... mg	76		1	MA	12		42		
Potassium, K ... mg	120		1	MA	12		67		
Sodium, Na ... mg	954		1	MA	12		534		
Zinc, Zn ... mg	0.06		1	MA	12		0.03		
Copper, Cu ... mg	0.010		1	MA	12		0.006		
Manganese, Mn ... mg	0.020		1	MA	12		0.011		
Selenium, Se ... µg	0.4		1	MA	12		0.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		1	MA	12		0.4		
Thiamin ... mg	0.010		1	MA	12		0.006		
Riboflavin ... mg	0.140		1	MA	12		0.078		
Niacin ... mg	0.010		1	MA	12		0.006		
Pantothenic acid ... mg	0.110		1	MA	12		0.062		
Vitamin B-6 ... mg	0.040		1	MA	12		0.022		
Folate, total ... µg	1		1	MA	12		1		
Folic acid ... µg									
Folate, food ... µg	1		1	MA	12		1		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		1	MA	12		0.00		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	68		1	MA	12		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:									

NDB No. 21349
McDONALD'S, NEWMAN'S OWN Ranch Dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.360		1	MA	12		2.442		
Fatty acids, total monounsaturated.....g	15.350		1	MA	12		8.596		
Fatty acids, total polyunsaturated.....g	6.350		1	MA	12		3.556		
Fatty acids, total trans.....g	0.380		1	MA	12		0.213		
Cholesterol.....mg	32		1	MA	12		18		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21337

McDONALD'S, Peanuts (for Sundaes)

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.56		1	A	1		0.04		
Energy....kcal	640		0	MC	9		45		
Energy....kJ	2678		0	MC	9		187		
Protein (N x 6.25)....g	28.04		1	A	1		1.96		
Total lipid (fat)....g	52.91		1	A	1		3.70		
Ash....g	2.26		1	A	1		0.16		
Carbohydrate, by difference....g	16.23		0	NC	4		1.14		
Fiber, total dietary....g									
Sugars, total....g	4.15		1	A	1		0.29		
Sucrose....g	4.15		1	A	1		0.29		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	46		1	A	1		3		
Iron, Fe....mg	1.45		1	A	1		0.10		
Magnesium, Mg....mg	193		1	A	1		14		
Phosphorus, P....mg	364		1	A	1		25		
Potassium, K....mg	634		1	A	1		44		
Sodium, Na....mg	0		1	A	1		0		
Zinc, Zn....mg	2.78		1	A	1		0.19		
Copper, Cu....mg	0.408		1	A	1		0.029		
Manganese, Mn....mg	2.000		1	A	1		0.140		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.075		1	A	1		0.005		
Riboflavin....mg	0.111		1	A	1		0.008		
Niacin....mg	16.500		1	A	1		1.155		
Pantothenic acid....mg	1.020		1	A	1		0.071		
Vitamin B-6....mg	0.728		1	A	1		0.051		
Folate, total....µg	159		1	A	1		11		
Folic acid....µg									
Folate, food....µg	159		1	A	1		11		
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	8.24		1	A	1		0.58		
Tocopherol, beta....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. 21337
McDONALD'S, Peanuts (for Sundaes)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.305		0	NC	4		0.581		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	4.907		1	A	1		0.344		
17:0....g	0.056		1	A	1		0.004		
18:0....g	1.273		1	A	1		0.089		
20:0....g	0.653		1	A	1		0.046		
22:0....g	1.415		1	A	1		0.099		
24:0....g									
Fatty acids, total monounsaturated....g	25.749		0	NC	4		1.802		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	25.117		0	A	1		1.758		
18:1 c....g	25.117		1	A	1		1.758		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.631		1	A	1		0.044		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.979		0	NC	4		0.979		
18:2 undifferentiated....g	13.979		0	AS	1		0.979		
18:2 n-6 c,c....g	13.979		1	A	1		0.979		
18:2 CLAs....g									
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21337
McDONALD'S, Peanuts (for Sundaes)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 7.0g: .3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21403

McDONALD'S, Premium Crispy Chicken Classic Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	51.98		0	RKI	6		119.56		
Energy ... kcal	228		0	RKI	6		524		
Energy ... kJ	953		0	RKI	6		2192		
Protein ... g	12.08		0	RKI	6		27.79		
Total lipid (fat) ... g	8.68		0	RKI	6		19.95		
Ash ... g	1.80		0	RKI	6		4.14		
Carbohydrate, by difference ... g	25.46		0	RKI	6		58.56		
Fiber, total dietary ... g	1.4		0	RKA	1		3.3		
Sugars, total ... g	5.37		0	RKI	6		12.34		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	34		0	RKA	1		77		
Iron, Fe ... mg	1.42		0	RKA	1		3.26		
Magnesium, Mg ... mg	27		0	RKA	1		62		
Phosphorus, P ... mg	161		0	RKA	1		370		
Potassium, K ... mg	227		0	RKA	1		523		
Sodium, Na ... mg	430		0	MC	9		989		
Zinc, Zn ... mg	0.66		0	RKA	1		1.52		
Copper, Cu ... mg	0.087		0	RKA	1		0.201		
Manganese, Mn ... mg	0.430		0	RKA	1		0.989		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.5		0	RKA	1		5.8		
Thiamin ... mg	0.199		0	RKA	1		0.459		
Riboflavin ... mg	0.171		0	RKA	1		0.393		
Niacin ... mg	5.542		0	RKA	1		12.747		
Pantothenic acid ... mg	1.026		0	RKA	1		2.359		
Vitamin B-6 ... mg									
Folate, total ... µg	45		0	RKA	1		104		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	18		0	RKA	1		42		
Vitamin A, IU ... IU	330		0	RKA	1		758		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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	1.409		0	RKI	6		3.240		
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000		0	RKA	1		0.000		
10:0 ... g	0.000		0	RKA	1		0.000		
12:0 ... g	0.000		0	RKA	1		0.000		

NDB No. 21403
McDONALD'S, Premium Crispy Chicken Classic Sandwich

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0	g									
14:0	g	0.007		0	RKA	1		0.017		
15:0	g									
16:0	g	0.905		0	RKA	1		2.082		
17:0	g									
18:0	g	0.430		0	RKA	1		0.988		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.179		0	RKI	6		7.311		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.077		0	RKA	1		0.178		
17:1	g									
18:1 undifferentiated	g	3.037		0	RKA	1		6.984		
20:1	g	0.052		0	RKA	1		0.119		
22:1 undifferentiated	g	0.013		0	RKA	1		0.030		
22:1 c	g	0.013		0	RKA	1		0.030		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.708		0	RKI	6		8.527		
18:2 undifferentiated	g	3.367		0	RKA	1		7.743		
18:3 undifferentiated	g	0.302		0	RKA	1		0.695		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.033		0	RKA	1		0.075		
20:5 n-3 (EPA)	g	0.000		0	RKA	1		0.000		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.000		0	RKA	1		0.000		
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g	0.069		0	RKI	6		0.159		
Cholesterol	mg	26		0	RKI	6		60		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21405

McDONALD'S, Premium Crispy Chicken Club Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.02		0	RKI	6		121.96		
Energy ... kcal	250		0	MC	9		635		
Energy ... kJ	1046		0	MC	9		2657		
Protein ... g	15.38		0	RKI	6		39.06		
Total lipid (fat) ... g	11.76		0	RKI	6		29.87		
Ash ... g	2.23		0	RKI	6		5.68		
Carbohydrate, by difference ... g	22.61		0	RKI	6		57.43		
Fiber, total dietary ... g	1.2		0	RKI	6		3.1		
Sugars, total ... g	4.99		0	RKI	6		12.66		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	92		0	RKA	1		233		
Iron, Fe ... mg	1.32		0	RKA	1		3.34		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	472		0	MC	9		1200		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.8		0	RKA	1		9.8		
Thiamin ... mg	0.176		0	RKA	1		0.446		
Riboflavin ... mg	0.169		0	RKA	1		0.430		
Niacin ... mg	4.748		0	RKA	1		12.060		
Pantothenic acid ... mg	0.911		0	RKA	1		2.314		
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	347		0	RKI	6		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:									
Fatty acids, total saturated ... g	3.333		0	RKI	6		8.465		
Fatty acids, total monounsaturated ... g	4.223		0	RKI	6		10.727		
Fatty acids, total polyunsaturated ... g	3.557		0	RKI	6		9.034		
Fatty acids, total trans ... g	0.087		0	RKI	6		0.222		
Cholesterol ... mg	38		0	RKI	6		98		
Phytosterols ... mg									

NDB No. 21405
McDONALD'S, Premium Crispy Chicken Club Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 item 9 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21407

McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.61		0	RKI	6		116.66		
Energy....kcal	244		0	NC	4		587		
Energy....kJ	1023		0	NC	4		2455		
Protein....g	14.70		0	RKI	6		35.29		
Total lipid (fat)....g	9.55		0	RKI	6		22.93		
Ash....g	2.21		0	RKI	6		5.30		
Carbohydrate, by difference....g	24.93		0	RKI	6		59.82		
Fiber, total dietary....g	1.4		0	RKA	1		3.3		
Sugars, total....g	5.53		0	RKI	6		13.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	RKA	1		83		
Iron, Fe....mg	1.42		0	RKA	1		3.41		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	488		0	MC	9		1171		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.3		0	RKA	1		10.2		
Thiamin....mg	0.190		0	RKA	1		0.456		
Riboflavin....mg	0.165		0	RKA	1		0.396		
Niacin....mg	5.254		0	RKA	1		12.609		
Pantothenic acid....mg	0.964		0	RKA	1		2.313		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	306		0	RKA	1		735		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	1.971		0	RKI	6		4.731		
Fatty acids, total monounsaturated....g	3.773		0	RKI	6		9.054		
Fatty acids, total polyunsaturated....g	3.231		0	RKI	6		7.754		
Fatty acids, total trans....g	0.090		0	RKI	6		0.217		
Cholesterol....mg	30		0	RKI	6		72		
Phytosterols....mg									

NDB No. 21407
McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 item 8.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21402

McDONALD'S, Premium Grilled Chicken Classic Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.30		0	RKI	6		114.60		
Energy....kcal	183		0	MC	9		367		
Energy....kJ	767		0	MC	9		1534		
Protein....g	14.16		0	RKI	6		28.32		
Total lipid (fat)....g	4.29		0	RKI	6		8.59		
Ash....g	1.96		0	RKA	1		3.92		
Carbohydrate, by difference....g	22.28		0	RKI	6		44.57		
Fiber, total dietary....g	1.4		0	RKA	1		2.9		
Sugars, total....g	5.01		0	RKI	6		10.02		
Sucrose....g	0.44		0	RKA	1		0.88		
Glucose (dextrose)....g	1.70		0	RKA	1		3.40		
Fructose....g	2.09		0	RKA	1		4.18		
Lactose....g	0.00		0	RKA	1		0.00		
Maltose....g	0.78		0	RKA	1		1.56		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	37		0	RKA	1		74		
Iron, Fe....mg	1.48		0	RKA	1		2.96		
Magnesium, Mg....mg	28		0	RKA	1		55		
Phosphorus, P....mg	195		0	RKA	1		390		
Potassium, K....mg	228		0	RKA	1		457		
Sodium, Na....mg	410		0	MC	9		820		
Zinc, Zn....mg	0.69		0	RKA	1		1.38		
Copper, Cu....mg	0.073		0	RKA	1		0.147		
Manganese, Mn....mg	0.357		0	RKA	1		0.714		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2		0	RKA	1		6.4		
Thiamin....mg	0.196		0	RKA	1		0.392		
Riboflavin....mg	0.190		0	RKA	1		0.380		
Niacin....mg	6.521		0	RKA	1		13.041		
Pantothenic acid....mg	0.927		0	RKA	1		1.855		
Vitamin B-6....mg	0.306		0	RKA	1		0.612		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.15		0	RKI	6		0.30		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	339		0	RKA	1		678		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.53		0	RKI	6		1.06		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21402
McDONALD'S, Premium Grilled Chicken Classic Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.865		0	RKI	6		1.731		
4:0....g									
6:0....g									
8:0....g	0.000		0	RKA	1		0.000		
10:0....g	0.000		0	RKA	1		0.000		
12:0....g	0.000		0	RKA	1		0.000		
13:0....g									
14:0....g	0.005		0	RKA	1		0.009		
15:0....g									
16:0....g	0.608		0	RKA	1		1.215		
17:0....g									
18:0....g	0.232		0	RKA	1		0.464		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.157		0	RKI	6		2.313		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0	RKA	1		0.114		
17:1....g									
18:1 undifferentiated....g	1.092		0	RKA	1		2.183		
20:1....g	0.008		0	RKA	1		0.017		
22:1 undifferentiated....g	0.000		0	RKA	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.074		0	RKI	6		4.149		
18:2 undifferentiated....g	1.834		0	RKA	1		3.668		
18:3 undifferentiated....g	0.211		0	RKA	1		0.423		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	RKA	1		0.058		
20:5 n-3 (EPA)....g	0.000		0	RKA	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RKA	1		0.000		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.049		0	RKI	6		0.098		
Cholesterol....mg	34		0	RKI	6		68		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 item 7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21404

McDONALD'S, Premium Grilled Chicken Club Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.52		0	RKI	6		117.11		
Energy....kcal	221		0	MC	9		493		
Energy....kJ	925		0	MC	9		2063		
Protein....g	17.19		0	RKI	6		38.33		
Total lipid (fat)....g	8.05		0	RKI	6		17.95		
Ash....g	2.38		0	RKA	1		5.30		
Carbohydrate, by difference....g	19.87		0	RKI	6		44.31		
Fiber, total dietary....g	1.2		0	RKI	6		2.7		
Sugars, total....g	2.89		0	RKI	6		6.44		
Sucrose....g	0.68		0	RKA	1		1.52		
Glucose (dextrose)....g	1.49		0	RKA	1		3.32		
Fructose....g									
Lactose....g	0.00		0	RKA	1		0.01		
Maltose....g	0.72		0	RKA	1		1.60		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	95		0	RKA	1		213		
Iron, Fe....mg	1.37		0	RKA	1		3.06		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	462		0	MC	9		1030		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.4		0	RKA	1		9.9		
Thiamin....mg	0.172		0	RKA	1		0.384		
Riboflavin....mg	0.186		0	RKA	1		0.414		
Niacin....mg	5.575		0	RKA	1		12.432		
Pantothenic acid....mg	0.826		0	RKA	1		1.841		
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	355		0	RKI	6		792		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21404
McDONALD'S, Premium Grilled Chicken Club Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.890		0	RKI	6		6.444		
Fatty acids, total monounsaturated.....g	2.508		0	RKI	6		5.593		
Fatty acids, total polyunsaturated.....g	2.160		0	RKI	6		4.817		
Fatty acids, total trans.....g	0.071		0	RKI	6		0.158		
Cholesterol.....mg	46		0	RKI	6		102		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 item 7.9 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21406

McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.61		0	RKI	6		108.28		
Energy....kcal	204		0	MC	9		412		
Energy....kJ	854		0	MC	9		1725		
Protein....g	16.70		0	RKI	6		33.74		
Total lipid (fat)....g	5.41		0	RKI	6		10.94		
Ash....g	2.37		0	RKA	1		4.78		
Carbohydrate, by difference....g	21.91		0	RKI	6		44.26		
Fiber, total dietary....g	1.4		0	RKA	1		2.8		
Sugars, total....g	5.20		0	RKI	6		10.50		
Sucrose....g	0.71		0	RKA	1		1.44		
Glucose (dextrose)....g	1.63		0	RKA	1		3.30		
Fructose....g	1.99		0	RKA	1		4.01		
Lactose....g	0.11		0	RKA	1		0.22		
Maltose....g	0.76		0	RKA	1		1.53		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0	RKA	1		77		
Iron, Fe....mg	1.48		0	RKA	1		3.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	495		0	MC	9		1000		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.9		0	RKA	1		10.0		
Thiamin....mg	0.187		0	RKA	1		0.377		
Riboflavin....mg	0.183		0	RKA	1		0.370		
Niacin....mg	6.177		0	RKA	1		12.478		
Pantothenic acid....mg	0.869		0	RKA	1		1.756		
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	315		0	RKA	1		636		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21406
McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.463		0	RKI	6		2.956		
Fatty acids, total monounsaturated....g	1.865		0	RKI	6		3.767		
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	1.678		0	RKI	6		3.390		
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	0.072		0	RKI	6		0.145		
Cholesterol....mg	38		0	RKI	6		76		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 202g: 1 item 7.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21234
McDONALD'S, QUARTER POUNDER
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.37		0	RKI	6		86.14		
Energy....kcal	244		0	MC	9		417		
Energy....kJ	1021		0	MC	9		1746		
Protein....g	14.10		0	RKI	6		24.11		
Total lipid (fat)....g	11.55		0	RKI	6		19.75		
Ash....g	1.81		0	RKI	6		3.10		
Carbohydrate, by difference....g	22.17		0	RKI	6		37.90		
Fiber, total dietary....g	1.6		0	RKI	6		2.7		
Sugars, total....g	5.13		0	RKI	6		8.78		
Sucrose....g	0.22		0	RKI	6		0.38		
Glucose (dextrose)....g	1.91		0	RKI	6		3.27		
Fructose....g	2.20		0	RKI	6		3.77		
Lactose....g	0.07		0	RKI	6		0.12		
Maltose....g	0.73		0	RKI	6		1.25		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	84		0	RKI	6		143		
Iron, Fe....mg	2.41		0	RKI	6		4.12		
Magnesium, Mg....mg	22		0	RKI	6		38		
Phosphorus, P....mg	124		0	RKI	6		212		
Potassium, K....mg	227		0	RKI	6		388		
Sodium, Na....mg	427		0	MC	9		730		
Zinc, Zn....mg	2.69		0	RKI	6		4.61		
Copper, Cu....mg	0.107		0	RKI	6		0.183		
Manganese, Mn....mg	0.199		0	RKI	6		0.340		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	RKA	1		1.6		
Thiamin....mg	0.183		0	RKI	6		0.313		
Riboflavin....mg	0.344		0	RKI	6		0.588		
Niacin....mg	4.452		0	RKI	6		7.614		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	56		0	RKA	1		96		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.28		0	RKI	6		2.20		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	56		0	RKA	1		96		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									

NDB No. 21234
McDONALD'S, QUARTER POUNDER

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.008		0	RKI	6		6.853		
Fatty acids, total monounsaturated....g	4.202		0	RKI	6		7.185		
Fatty acids, total polyunsaturated....g	0.283		0	RKI	6		0.485		
Fatty acids, total trans....g	0.724		0	MC	9		1.238		
Cholesterol....mg	39		0	RKI	6		67		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 171g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21235

McDONALD'S, QUARTER POUNDER with Cheese

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.90		0	RKI	6		97.31		
Energy....kcal	258		0	MC	9		513		
Energy....kJ	1079		0	MC	9		2148		
Protein....g	14.59		0	RKI	6		29.03		
Total lipid (fat)....g	14.22		0	RKI	6		28.29		
Ash....g	2.35		0	RKI	6		4.67		
Carbohydrate, by difference....g	19.95		0	RKI	6		39.69		
Fiber, total dietary....g	1.4		0	RKI	6		2.7		
Sugars, total....g	4.91		0	RKI	6		9.76		
Sucrose....g	0.19		0	RKI	6		0.38		
Glucose (dextrose)....g	1.64		0	RKI	6		3.27		
Fructose....g	1.89		0	RKI	6		3.77		
Lactose....g	0.55		0	RKI	6		1.10		
Maltose....g	0.63		0	RKI	6		1.25		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	144		0	RKI	6		287		
Iron, Fe....mg	2.10		0	RKI	6		4.18		
Magnesium, Mg....mg	22		0	RKI	6		44		
Phosphorus, P....mg	161		0	RKI	6		321		
Potassium, K....mg	219		0	RKI	6		437		
Sodium, Na....mg	579		0	MC	9		1153		
Zinc, Zn....mg	2.63		0	RKI	6		5.23		
Copper, Cu....mg	0.097		0	RKI	6		0.194		
Manganese, Mn....mg	0.174		0	RKI	6		0.347		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RKA	1		1.6		
Thiamin....mg	0.164		0	RKI	6		0.327		
Riboflavin....mg	0.354		0	RKI	6		0.705		
Niacin....mg	3.850		0	RKI	6		7.661		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	51		0	RKA	1		102		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.26		0	RKI	6		2.51		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	280		0	RKA	1		557		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21235
McDONALD'S, QUARTER POUNDER with Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.643		0	RKI	6		11.229		
Fatty acids, total monounsaturated....g	4.608		0	RKI	6		9.170		
Fatty acids, total polyunsaturated....g	0.433		0	RKI	6		0.862		
Fatty acids, total trans....g	0.849		0	MC	9		1.690		
Cholesterol....mg	47		0	RKI	6		93		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item 7.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21361
McDONALD'S, Sausage Biscuit
McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.71		0	RKA	1		40.61		
Energy	kcal	376		0	NC	4		440		
Energy	kJ	1573		0	NC	4		1840		
Protein	g	9.62		0	RKA	1		11.26		
Total lipid (fat)	g	25.40		0	RKA	1		29.72		
Ash	g	3.07		0	RKA	1		3.59		
Carbohydrate, by difference	g	27.20		0	RKI	6		31.82		
Fiber, total dietary	g	1.2		0	RKA	1		1.4		
Sugars, total	g	1.97		0	RKA	1		2.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0	RKA	1		65		
Iron, Fe	mg	2.01		0	RKA	1		2.36		
Magnesium, Mg	mg	13		0	RKA	1		15		
Phosphorus, P	mg	323		0	RKA	1		378		
Potassium, K	mg	177		0	RKA	1		207		
Sodium, Na	mg	875		0	RKA	1		1024		
Zinc, Zn	mg	0.86		0	RKA	1		1.01		
Copper, Cu	mg	0.074		0	RKA	1		0.086		
Manganese, Mn	mg	0.174		0	RKA	1		0.203		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKA	1		0.0		
Thiamin	mg	0.403		0	RKA	1		0.472		
Riboflavin	mg	0.281		0	RKA	1		0.329		
Niacin	mg	4.284		0	RKA	1		5.013		
Pantothenic acid	mg	0.521		0	RKA	1		0.609		
Vitamin B-6	mg	0.128		0	RKA	1		0.150		
Folate, total	µg	91		0	RKA	1		107		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.39		0	RKA	1		0.46		
Vitamin A, RAE	µg	8		0	RKA	1		9		
Vitamin A, IU	IU	26		0	RKA	1		30		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.75		0	RKA	1		0.87		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
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	10.659		0	RKI	6		12.471		
4:0	g	0.000		0	RKA	1		0.000		
6:0	g	0.010		0	RKA	1		0.011		
8:0	g	0.113		0	RKA	1		0.133		
10:0	g	0.094		0	RKA	1		0.109		
12:0	g	1.111		0	RKA	1		1.300		

NDB No. 21361
McDONALD'S, Sausage Biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.598		0	RKA	1		0.700		
15:0....g	0.005		0	RKA	1		0.006		
16:0....g	6.601		0	RKA	1		7.723		
17:0....g	0.054		0	RKA	1		0.064		
18:0....g	1.999		0	RKA	1		2.339		
20:0....g	0.054		0	RKA	1		0.063		
22:0....g	0.011		0	RKA	1		0.013		
24:0....g									
Fatty acids, total monounsaturated....g	8.832		0	RKI	6		10.333		
14:1....g	0.000		0	RKA	1		0.000		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.337		0	RKA	1		0.394		
17:1....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated....g	8.372		0	RKA	1		9.795		
20:1....g	0.123		0	RKA	1		0.144		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.420		0	RKI	6		4.001		
18:2 undifferentiated....g	3.123		0	RKA	1		3.654		
18:3 undifferentiated....g	0.193		0	RKA	1		0.226		
18:4....g									
20:2 n-6 c,c....g	0.070		0	RKA	1		0.081		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.033		0	RKA	1		0.039		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.237		0	RKI	6		0.278		
Cholesterol....mg	29		0	RKA	1		34		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 item 4.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21362

McDONALD'S, Sausage Biscuit with Egg

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.62		0	RKA	1		72.72		
Energy....kcal	311		0	MC	9		507		
Energy....kJ	1301		0	MC	9		2121		
Protein....g	11.27		0	RKA	1		18.37		
Total lipid (fat)....g	22.26		0	RKA	1		36.29		
Ash....g	2.57		0	RKA	1		4.19		
Carbohydrate, by difference....g	19.28		0	RKI	6		31.43		
Fiber, total dietary....g	0.8		0	RKA	1		1.4		
Sugars, total....g	1.43		0	RKA	1		2.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	58		0	RKA	1		95		
Iron, Fe....mg	2.03		0	RKA	1		3.31		
Magnesium, Mg....mg	13		0	RKA	1		21		
Phosphorus, P....mg	303		0	RKA	1		494		
Potassium, K....mg	165		0	RKA	1		268		
Sodium, Na....mg	664		0	RKA	1		1082		
Zinc, Zn....mg	1.04		0	RKA	1		1.69		
Copper, Cu....mg	0.078		0	RKA	1		0.128		
Manganese, Mn....mg	0.130		0	RKA	1		0.211		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.308		0	RKA	1		0.501		
Riboflavin....mg	0.381		0	RKA	1		0.621		
Niacin....mg	2.968		0	RKA	1		4.838		
Pantothenic acid....mg	0.716		0	RKA	1		1.167		
Vitamin B-6....mg	0.144		0	RKA	1		0.235		
Folate, total....µg	85		0	RKA	1		138		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.60		0	RKA	1		0.98		
Vitamin A, RAE....µg	64		0	RKA	1		105		
Vitamin A, IU....IU	214		0	RKA	1		349		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.98		0	RKA	1		1.60		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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	8.628		0	RKI	6		14.064		
4:0....g	0.000		0	RKA	1		0.000		
6:0....g	0.007		0	RKA	1		0.011		
8:0....g	0.078		0	RKA	1		0.127		
10:0....g	0.064		0	RKA	1		0.105		
12:0....g	0.764		0	RKA	1		1.245		

NDB No. 21362
McDONALD'S, Sausage Biscuit with Egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0 ... g									
14:0 ... g	0.425		0	RKA	1		0.692		
15:0 ... g	0.003		0	RKA	1		0.005		
16:0 ... g	5.466		0	RKA	1		8.910		
17:0 ... g	0.046		0	RKA	1		0.076		
18:0 ... g	1.718		0	RKA	1		2.800		
20:0 ... g	0.039		0	RKA	1		0.064		
22:0 ... g	0.010		0	RKA	1		0.017		
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.748		0	RKI	6		12.630		
14:1 ... g	0.000		0	RKA	1		0.000		
15:1 ... g	0.000		0	RKA	1		0.000		
16:1 undifferentiated ... g	0.313		0	RKA	1		0.510		
17:1 ... g	0.000		0	RKA	1		0.000		
18:1 undifferentiated ... g	7.340		0	RKA	1		11.964		
20:1 ... g	0.095		0	RKA	1		0.156		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.169		0	RKI	6		5.166		
18:2 undifferentiated ... g	2.880		0	RKA	1		4.694		
18:3 undifferentiated ... g	0.184		0	RKA	1		0.300		
18:4 ... g									
20:2 n-6 c,c ... g	0.060		0	RKA	1		0.097		
20:3 undifferentiated ... g	0.000		0	RKA	1		0.000		
20:4 undifferentiated ... g	0.046		0	RKA	1		0.074		
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g	0.287		0	RKI	6		0.469		
Cholesterol ... mg	152		0	RKA	1		247		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 item 5.7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21340
McDONALD'S, Sausage Burrito
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	49.41		0	RKA	1		55.83		
Energy ... kcal	262		0	MC	9		296		
Energy ... kJ	1096		0	MC	9		1239		
Protein ... g	11.54		0	RKA	1		13.04		
Total lipid (fat) ... g	15.15		0	RKA	1		17.12		
Ash ... g	2.52		0	RKA	1		2.84		
Carbohydrate, by difference ... g	21.39		0	RKI	6		24.17		
Fiber, total dietary ... g	1.1		0	RKA	1		1.3		
Sugars, total ... g	1.25		0	RKA	1		1.42		
Sucrose ... g	0.07		0	RKA	1		0.08		
Glucose (dextrose) ... g	0.04		0	RKA	1		0.04		
Fructose ... g	0.07		0	RKA	1		0.07		
Lactose ... g	0.56		0	RKA	1		0.64		
Maltose ... g	0.51		0	RKA	1		0.58		
Galactose ... g	0.00		0	RKA	1		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	180		0	RKA	1		203		
Iron, Fe ... mg	1.63		0	RKA	1		1.84		
Magnesium, Mg ... mg	17		0	RKA	1		20		
Phosphorus, P ... mg	219		0	RKA	1		247		
Potassium, K ... mg	137		0	RKA	1		155		
Sodium, Na ... mg	675		0	RKA	1		763		
Zinc, Zn ... mg	1.18		0	RKA	1		1.33		
Copper, Cu ... mg	0.081		0	RKA	1		0.091		
Manganese, Mn ... mg	0.190		0	RKA	1		0.215		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.8		0	RKA	1		0.9		
Thiamin ... mg	0.161		0	RKA	1		0.182		
Riboflavin ... mg	0.290		0	RKA	1		0.328		
Niacin ... mg	1.702		0	RKA	1		1.923		
Pantothenic acid ... mg	0.776		0	RKA	1		0.877		
Vitamin B-6 ... mg	0.361		0	RKA	1		0.407		
Folate, total ... µg	62		0	RKA	1		70		
Folic acid ... µg									
Folate, food ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.54		0	RKA	1		0.61		
Vitamin A, RAE ... µg	86		0	RKA	1		97		
Retinol ... µg	83		0	RKA	1		94		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	338		0	RKA	1		381		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.19		0	RKA	1		0.21		
Tocopherol, beta ... 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. 21340
McDONALD'S, Sausage Burrito

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.361		0	RKI	6		6.058		
4:0....g									
6:0....g									
8:0....g	0.053		0	RKA	1		0.060		
10:0....g	0.105		0	RKA	1		0.119		
12:0....g	0.101		0	RKA	1		0.114		
13:0....g									
14:0....g	0.405		0	RKA	1		0.458		
15:0....g	0.034		0	RKA	1		0.039		
16:0....g	3.033		0	RKA	1		3.427		
17:0....g	0.041		0	RKA	1		0.046		
18:0....g	1.550		0	RKA	1		1.751		
20:0....g	0.028		0	RKA	1		0.032		
22:0....g	0.010		0	RKA	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	5.735		0	RKI	6		6.480		
14:1....g	0.026		0	RKA	1		0.029		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.210		0	RKA	1		0.237		
17:1....g	0.017		0	RKA	1		0.019		
18:1 undifferentiated....g	5.431		0	RKA	1		6.138		
20:1....g	0.051		0	RKA	1		0.058		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.109		0	RKI	6		2.383		
18:2 undifferentiated....g	1.898		0	RKA	1		2.144		
18:3 undifferentiated....g	0.094		0	RKA	1		0.107		
18:4....g									
20:2 n-6 c,c....g	0.033		0	RKA	1		0.037		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.084		0	RKA	1		0.095		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.060		0	RKI	6		1.198		
Cholesterol....mg	153		0	RKA	1		173		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 item 3.993 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21328
McDONALD'S, Sausage McGRIDDLES
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.11		0	RKA	1		54.15		
Energy....kcal	312		0	MC	9		421		
Energy....kJ	1305		0	MC	9		1762		
Protein....g	8.41		0	RKA	1		11.35		
Total lipid (fat)....g	17.76		0	RKA	1		23.97		
Ash....g	2.47		0	RKA	1		3.34		
Carbohydrate, by difference....g	31.25		0	RKI	6		42.19		
Fiber, total dietary....g	1.0		0	RKA	1		1.3		
Sugars, total....g	11.23		0	RKA	1		15.16		
Sucrose....g	6.16		0	RKA	1		8.32		
Glucose (dextrose)....g	3.91		0	RKA	1		5.28		
Fructose....g	0.14		0	RKA	1		0.18		
Lactose....g	0.54		0	RKA	1		0.73		
Maltose....g	0.48		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	63		0	RKA	1		85		
Iron, Fe....mg	1.42		0	RKA	1		1.92		
Magnesium, Mg....mg	14		0	RKA	1		19		
Phosphorus, P....mg	316		0	RKA	1		426		
Potassium, K....mg	145		0	RKA	1		196		
Sodium, Na....mg	737		0	RKA	1		995		
Zinc, Zn....mg	0.76		0	RKA	1		1.02		
Copper, Cu....mg	0.079		0	RKA	1		0.106		
Manganese, Mn....mg	0.198		0	RKA	1		0.267		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.209		0	RKA	1		0.282		
Riboflavin....mg	0.156		0	RKA	1		0.210		
Niacin....mg	3.082		0	RKA	1		4.161		
Pantothenic acid....mg	0.384		0	RKA	1		0.518		
Vitamin B-6....mg	0.108		0	RKA	1		0.145		
Folate, total....µg	37		0	RKA	1		49		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.27		0	RKA	1		0.36		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	RKA	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									

NDB No. 21328
McDONALD'S, Sausage McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.435		0	RKI	6		7.337		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g									
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.532		0	RKI	6		10.168		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.591		0	RKI	6		3.498		
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.956		0	RKI	6		1.291		
Cholesterol....mg	24		0	RKA	1		32		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 item 4.744 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21358
McDONALD'S, Sausage McMUFFIN
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.94		0	RKA	1		44.78		
Energy....kcal	333		0	RKI	6		383		
Energy....kJ	1395		0	RKI	6		1604		
Protein....g	12.66		0	RKA	1		14.56		
Total lipid (fat)....g	21.06		0	RKA	1		24.22		
Ash....g	2.81		0	RKA	1		3.23		
Carbohydrate, by difference....g	24.52		0	RKI	6		28.20		
Fiber, total dietary....g	1.4		0	RKA	1		1.6		
Sugars, total....g	1.93		0	RKA	1		2.22		
Sucrose....g	0.08		0	RKA	1		0.09		
Glucose (dextrose)....g	0.46		0	RKA	1		0.53		
Fructose....g	0.29		0	RKA	1		0.33		
Lactose....g	0.43		0	RKA	1		0.49		
Maltose....g	0.68		0	RKA	1		0.78		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	224		0	RKA	1		258		
Iron, Fe....mg	2.04		0	RKA	1		2.34		
Magnesium, Mg....mg	21		0	RKA	1		24		
Phosphorus, P....mg	163		0	RKA	1		187		
Potassium, K....mg	188		0	RKA	1		216		
Sodium, Na....mg	693		0	RKA	1		797		
Zinc, Zn....mg	1.28		0	RKA	1		1.47		
Copper, Cu....mg	0.091		0	RKA	1		0.105		
Manganese, Mn....mg	0.254		0	RKA	1		0.293		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.347		0	RKA	1		0.400		
Riboflavin....mg	0.288		0	RKA	1		0.331		
Niacin....mg	4.184		0	RKA	1		4.811		
Pantothenic acid....mg	0.554		0	RKA	1		0.637		
Vitamin B-6....mg	0.153		0	RKA	1		0.176		
Folate, total....µg	69		0	RKA	1		80		
Folic acid....µg									
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.45		0	RKA	1		0.51		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	260		0	RKA	1		299		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.28		0	RKA	1		0.32		
Tocopherol, beta....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. 21358
McDONALD'S, Sausage McMUFFIN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.253		0	RKI	6		8.341		
Fatty acids, total monounsaturated....g	7.749		0	RKI	6		8.911		
Fatty acids, total polyunsaturated....g	3.234		0	RKI	6		3.719		
Fatty acids, total trans....g	0.481		0	RKI	6		0.554		
Cholesterol....mg	39		0	RKA	1		45		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 item 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21359

McDONALD'S, Sausage McMUFFIN with Egg

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.96		0	RKA	1		82.43		
Energy....kcal	274		0	RKI	6		452		
Energy....kJ	1146		0	RKI	6		1892		
Protein....g	12.59		0	RKA	1		20.78		
Total lipid (fat)....g	17.83		0	RKA	1		29.43		
Ash....g	2.34		0	RKA	1		3.86		
Carbohydrate, by difference....g	17.28		0	RKI	6		28.51		
Fiber, total dietary....g	0.9		0	RKA	1		1.6		
Sugars, total....g	1.57		0	RKA	1		2.60		
Sucrose....g	0.09		0	RKA	1		0.15		
Glucose (dextrose)....g	0.38		0	RKA	1		0.63		
Fructose....g	0.24		0	RKA	1		0.39		
Lactose....g	0.33		0	RKA	1		0.54		
Maltose....g	0.51		0	RKA	1		0.83		
Galactose....g	0.03		0	RKI	6		0.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	172		0	RKA	1		284		
Iron, Fe....mg	1.97		0	RKA	1		3.25		
Magnesium, Mg....mg	18		0	RKA	1		30		
Phosphorus, P....mg	171		0	RKA	1		282		
Potassium, K....mg	171		0	RKA	1		282		
Sodium, Na....mg	572		0	RKA	1		944		
Zinc, Zn....mg	1.22		0	RKA	1		2.02		
Copper, Cu....mg	0.094		0	RKA	1		0.156		
Manganese, Mn....mg	0.189		0	RKA	1		0.311		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.262		0	RKA	1		0.433		
Riboflavin....mg	0.344		0	RKA	1		0.568		
Niacin....mg	2.930		0	RKA	1		4.834		
Pantothenic acid....mg	0.818		0	RKA	1		1.350		
Vitamin B-6....mg	0.149		0	RKA	1		0.246		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.70		0	RKA	1		1.15		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	335		0	RKA	1		552		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.50		0	RKA	1		0.83		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21359
McDONALD'S, Sausage McMUFFIN with Egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.008		0	RKI	6		9.914		
Fatty acids, total monounsaturated.....g	6.581		0	RKI	6		10.859		
Fatty acids, total polyunsaturated.....g	2.768		0	RKI	6		4.567		
Fatty acids, total trans.....g	0.339		0	RKI	6		0.559		
Cholesterol.....mg	154		0	RKA	1		255		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 item 5.8 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21329

McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.03		0	RKA	1		93.58		
Energy....kcal	283		0	RKI	6		563		
Energy....kJ	1183		0	RKI	6		2354		
Protein....g	10.77		0	RKA	1		21.43		
Total lipid (fat)....g	17.73		0	RKA	1		35.27		
Ash....g	2.44		0	RKA	1		4.85		
Carbohydrate, by difference....g	22.04		0	RKI	6		43.86		
Fiber, total dietary....g	0.6		0	RKA	1		1.3		
Sugars, total....g	7.90		0	RKA	1		15.72		
Sucrose....g	4.16		0	RKA	1		8.28		
Glucose (dextrose)....g	2.71		0	RKA	1		5.39		
Fructose....g	0.09		0	RKA	1		0.18		
Lactose....g	0.61		0	RKA	1		1.22		
Maltose....g	0.32		0	RKA	1		0.64		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		0	RKA	1		191		
Iron, Fe....mg	1.51		0	RKA	1		3.00		
Magnesium, Mg....mg	14		0	RKA	1		29		
Phosphorus, P....mg	307		0	RKA	1		612		
Potassium, K....mg	146		0	RKA	1		291		
Sodium, Na....mg	652		0	RKA	1		1298		
Zinc, Zn....mg	1.03		0	RKA	1		2.06		
Copper, Cu....mg	0.079		0	RKA	1		0.156		
Manganese, Mn....mg	0.143		0	RKA	1		0.285		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKA	1		0.0		
Thiamin....mg	0.170		0	RKA	1		0.338		
Riboflavin....mg	0.290		0	RKA	1		0.577		
Niacin....mg	2.111		0	RKA	1		4.202		
Pantothenic acid....mg	0.590		0	RKA	1		1.173		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.53		0	RKA	1		1.06		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	264		0	RKA	1		526		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21329
McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.649		0	RKI	6		11.242		
Fatty acids, total monounsaturated.....g	6.718		0	RKI	6		13.369		
Fatty acids, total polyunsaturated.....g	2.260		0	RKI	6		4.497		
Fatty acids, total trans.....g	0.822		0	RKI	6		1.636		
Cholesterol.....mg	132		0	RKA	1		262		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 item 7 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21379
McDONALD'S, Side Salad
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.93		0	RKI	6		81.72		
Energy....kcal	20		0	MC	9		18		
Energy....kJ	85		0	MC	9		74		
Protein....g	1.03		0	RKI	6		0.90		
Total lipid (fat)....g	0.19		0	RKI	6		0.17		
Ash....g	0.54		0	RKI	6		0.47		
Carbohydrate, by difference....g	4.30		0	RKI	6		3.74		
Fiber, total dietary....g	1.6		0	RKI	6		1.4		
Sugars, total....g	2.24		0	NR	4		1.95		
Sucrose....g	0.17		0	RKI	6		0.15		
Glucose (dextrose)....g	0.92		0	RKI	6		0.80		
Fructose....g	1.15		0	RKI	6		1.00		
Lactose....g	0.00		0	RKI	6		0.00		
Maltose....g	0.00		0	RKI	6		0.00		
Galactose....g	0.00		0	RKI	6		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	RKI	6		21		
Iron, Fe....mg	0.65		0	RKI	6		0.57		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	220		0	RKI	6		191		
Sodium, Na....mg	12		0	RKI	6		11		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.7		0	RKI	6		13.6		
Thiamin....mg	0.045		0	RKI	6		0.039		
Riboflavin....mg	0.038		0	RKI	6		0.033		
Niacin....mg	0.208		0	RKI	6		0.181		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	57		0	RKI	6		50		
Folic acid....µg									
Folate, food....µg	57		0	RKI	6		50		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	RKI	6		0.00		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2850		0	RKI	6		2479		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....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. 21379
McDONALD'S, Side Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.020		0	RKI	6		0.017		
Fatty acids, total monounsaturated....g	0.006		0	RKI	6		0.006		
Fatty acids, total polyunsaturated....g	0.079		0	RKI	6		0.069		
Fatty acids, total trans....g	0.000		0	RKI	6		0.000		
Cholesterol....mg	0		0	RKI	6		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 item 3.1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21314

McDONALD'S, Spicy Buffalo Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.00		1	A	1		32.68		
Energy....kcal	142		0	MC	9		61		
Energy....kJ	594		0	MC	9		255		
Protein (N x 6.25)....g	0.54		1	A	1		0.23		
Total lipid (fat)....g	15.45		1	A	1		6.64		
Ash....g	6.20		1	A	1		2.67		
Carbohydrate, by difference....g	1.81		0	NC	4		0.78		
Fiber, total dietary....g	1.5		1	A	1		0.6		
Sugars, total....g	0.00		1	A	1		0.00		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		4		
Iron, Fe....mg	0.35		1	A	1		0.15		
Magnesium, Mg....mg	6		1	A	1		3		
Phosphorus, P....mg	11		1	A	1		5		
Potassium, K....mg	100		1	A	1		43		
Sodium, Na....mg	2140		1	A	1		920		
Zinc, Zn....mg	0.06		1	A	1		0.02		
Copper, Cu....mg	0.037		1	A	1		0.016		
Manganese, Mn....mg	0.046		1	A	1		0.020		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.028		1	A	1		0.012		
Riboflavin....mg	0.055		1	A	1		0.024		
Niacin....mg	0.406		1	A	1		0.175		
Pantothenic acid....mg	0.104		1	A	1		0.045		
Vitamin B-6....mg	0.236		1	A	1		0.101		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg									
Folate, food....µg	0		1	A	1		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00		
Vitamin A, RAE....µg	51		0	AS	1		22		
Retinol....µg									
Carotene, beta....µg	617		1	A	1		265		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1028		0	AS	1		442		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	2.71		1	A	1		1.17		
Tocopherol, beta....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. 21314
McDONALD'S, Spicy Buffalo Sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.277		0	NC	4		0.979		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	1.527		1	A	1		0.657		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.641		1	A	1		0.276		
20:0....g	0.052		1	A	1		0.022		
22:0....g	0.056		1	A	1		0.024		
24:0....g									
Fatty acids, total monounsaturated....g	3.222		0	NC	4		1.386		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	3.190		0	A	1		1.372		
18:1 c....g	3.190		1	A	1		1.372		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033		1	A	1		0.014		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.433		0	NC	4		3.626		
18:2 undifferentiated....g	7.471		0	AS	1		3.212		
18:2 n-6 c,c....g	7.414		1	A	1		3.188		
18:2 CLAs....g									
18:2 t,t....g	0.056		1	A	1		0.024		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.962		0	AS	1		0.414		
18:3 n-3 c,c,c (ALA)....g	0.962		1	A	1		0.414		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.056		0	NC	4		0.024		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.056		0	NC	4		0.024		
Cholesterol....mg	0		1	A	1		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21314
McDONALD'S, Spicy Buffalo Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21334
McDONALD'S, Strawberry Sundae
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.02		0	RKA	1		113.96		
Energy....kcal	158		0	MC	9		280		
Energy....kJ	659		0	MC	9		1173		
Protein....g	3.19		0	RKA	1		5.68		
Total lipid (fat)....g	3.95		0	RKA	1		7.03		
Ash....g	0.75		0	RKA	1		1.33		
Carbohydrate, by difference....g	28.09		0	RKI	6		50.00		
Fiber, total dietary....g	0.0		0	RKA	1		0.0		
Sugars, total....g	25.32		0	RKA	1		45.07		
Sucrose....g	16.53		0	RKA	1		29.42		
Glucose (dextrose)....g	2.17		0	RKA	1		3.87		
Fructose....g	1.61		0	RKA	1		2.87		
Lactose....g	4.72		0	RKA	1		8.41		
Maltose....g	0.29		0	RKA	1		0.51		
Galactose....g	0.00		0	RKA	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	110		0	RKA	1		196		
Iron, Fe....mg	0.10		0	RKA	1		0.18		
Magnesium, Mg....mg	11		0	RKA	1		20		
Phosphorus, P....mg	91		0	RKA	1		162		
Potassium, K....mg	173		0	RKA	1		307		
Sodium, Na....mg	47		0	RKA	1		83		
Zinc, Zn....mg	0.39		0	RKA	1		0.70		
Copper, Cu....mg	0.015		0	RKA	1		0.027		
Manganese, Mn....mg	0.071		0	RKA	1		0.126		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0	RKA	1		2.6		
Thiamin....mg	0.039		0	RKA	1		0.070		
Riboflavin....mg	0.195		0	RKA	1		0.347		
Niacin....mg	0.131		0	RKA	1		0.233		
Pantothenic acid....mg	0.613		0	RKA	1		1.091		
Vitamin B-6....mg	0.050		0	RKA	1		0.090		
Folate, total....µg	11		0	RKA	1		19		
Folic acid....µg									
Folate, food....µg	11		0	RKA	1		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.49		0	RKA	1		0.87		
Vitamin A, RAE....µg	81		0	RKA	1		145		
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	271		0	RKA	1		483		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	RKA	1		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									

NDB No. 21334
McDONALD'S, Strawberry Sundae

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.008		0	RKI	6		3.573		
4:0....g									
6:0....g									
8:0....g	0.032		0	RKA	1		0.056		
10:0....g	0.073		0	RKA	1		0.131		
12:0....g	0.086		0	RKA	1		0.152		
13:0....g									
14:0....g	0.308		0	RKA	1		0.549		
15:0....g	0.032		0	RKA	1		0.057		
16:0....g	0.967		0	RKA	1		1.721		
17:0....g	0.020		0	RKA	1		0.035		
18:0....g	0.485		0	RKA	1		0.863		
20:0....g	0.005		0	RKA	1		0.010		
22:0....g	0.000		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.976		0	RKI	6		1.737		
14:1....g	0.021		0	RKA	1		0.038		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.036		0	RKA	1		0.063		
17:1....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated....g	0.912		0	RKA	1		1.624		
20:1....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0	RKI	6		0.338		
18:2 undifferentiated....g	0.171		0	RKA	1		0.304		
18:3 undifferentiated....g	0.014		0	RKA	1		0.026		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.008		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.224		0	RKI	6		0.398		
Cholesterol....mg	13		0	RKA	1		23		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 item 6.279 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21315
McDONALD'S, Sweet 'N Sour Sauce
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	57.37		1	A	1		16.06		
Energy ... kcal	170		0	NC	4		48		
Energy ... kJ	711		0	NC	4		199		
Protein (N x 6.25) ... g	0.66		1	A	1		0.19		
Total lipid (fat) ... g	1.09		1	A	1		0.31		
Ash ... g	1.50		1	A	1		0.42		
Carbohydrate, by difference ... g	39.38		0	NC	4		11.03		
Fiber, total dietary ... g	0.0		1	A	1		0.0		
Sugars, total ... g	35.79		1	A	1		10.02		
Sucrose ... g	0.97		1	A	1		0.27		
Glucose (dextrose) ... g	18.76		1	A	1		5.25		
Fructose ... g	15.63		1	A	1		4.38		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.44		1	A	1		0.12		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		1	A	1		2		
Iron, Fe ... mg	0.64		1	A	1		0.18		
Magnesium, Mg ... mg	6		1	A	1		2		
Phosphorus, P ... mg	16		1	A	1		4		
Potassium, K ... mg	99		1	A	1		28		
Sodium, Na ... mg	557		1	A	1		156		
Zinc, Zn ... mg	0.08		1	A	1		0.02		
Copper, Cu ... mg	0.037		1	A	1		0.010		
Manganese, Mn ... mg	0.047		1	A	1		0.013		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2		1	A	1		0.3		
Thiamin ... mg	0.178		1	A	1		0.050		
Riboflavin ... mg	0.042		1	A	1		0.012		
Niacin ... mg	0.396		1	A	1		0.111		
Pantothenic acid ... mg	0.105		1	A	1		0.029		
Vitamin B-6 ... mg	0.033		1	A	1		0.009		
Folate, total ... µg	0		1	A	1		0		
Folic acid ... µg									
Folate, food ... µg	0		1	A	1		0		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	8		0	AS	1		2		
Retinol ... µg									
Carotene, beta ... µg	101		1	A	1		28		
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	168		0	AS	1		47		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.71		1	A	1		0.20		
Tocopherol, beta ... 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. 21315
McDONALD'S, Sweet 'N Sour Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.148		0	NC	4		0.041		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.097		1	A	1		0.027		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.042		1	A	1		0.012		
20:0....g	0.005		1	A	1		0.001		
22:0....g	0.004		1	A	1		0.001		
24:0....g									
Fatty acids, total monounsaturated....g	0.241		0	NC	4		0.068		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.226		0	A	1		0.063		
18:1 c....g	0.223		1	A	1		0.062		
18:1 t....g	0.003		1	A	1		0.001		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		1	A	1		0.004		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.514		0	NC	4		0.144		
18:2 undifferentiated....g	0.451		0	AS	1		0.126		
18:2 n-6 c,c....g	0.444		1	A	1		0.124		
18:2 CLAs....g									
18:2 t,t....g	0.008		1	A	1		0.002		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.063		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA)....g	0.063		1	A	1		0.018		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.011		0	NC	4		0.003		
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.001		
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.002		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21315
McDONALD'S, Sweet 'N Sour Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 28g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21316

McDONALD'S, Tangy Honey Mustard Sauce

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.00		1	A	1		27.09		
Energy	kcal	167		0	MC	9		72		
Energy	kJ	699		0	MC	9		300		
Protein (N x 6.25)	g	1.32		1	A	1		0.57		
Total lipid (fat)	g	5.77		1	A	1		2.48		
Ash	g	1.10		1	A	1		0.47		
Carbohydrate, by difference	g	28.81		0	NC	4		12.39		
Fiber, total dietary	g	2.7		1	A	1		1.2		
Sugars, total	g	21.88		1	A	1		9.41		
Sucrose	g	16.33		1	A	1		7.02		
Glucose (dextrose)	g	2.57		1	A	1		1.11		
Fructose	g	2.54		1	A	1		1.09		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.44		1	A	1		0.19		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	23		1	A	1		10		
Iron, Fe	mg	0.42		1	A	1		0.18		
Magnesium, Mg	mg	12		1	A	1		5		
Phosphorus, P	mg	36		1	A	1		15		
Potassium, K	mg	49		1	A	1		21		
Sodium, Na	mg	383		1	A	1		165		
Zinc, Zn	mg	0.26		1	A	1		0.11		
Copper, Cu	mg	0.037		1	A	1		0.016		
Manganese, Mn	mg	0.110		1	A	1		0.047		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.032		1	A	1		0.014		
Riboflavin	mg	0.045		1	A	1		0.019		
Niacin	mg	0.210		1	A	1		0.090		
Pantothenic acid	mg	0.303		1	A	1		0.130		
Vitamin B-6	mg	0.035		1	A	1		0.015		
Folate, total	µg	0		1	A	1		0		
Folic acid	µg									
Folate, food	µg	0		1	A	1		0		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.16		1	A	1		0.07		
Vitamin A, RAE	µg	0		0	AS	1		0		
Retinol	µg	0		1	A	1		0		
Carotene, beta	µg	0		1	A	1		0		
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.70		1	A	1		0.30		
Tocopherol, beta	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. 21316
McDONALD'S, Tangy Honey Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.895		0	NC	4		0.385		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.039		1	A	1		0.017		
13:0....g									
14:0....g	0.018		1	A	1		0.008		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.565		1	A	1		0.243		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.235		1	A	1		0.101		
20:0....g	0.020		1	A	1		0.009		
22:0....g	0.018		1	A	1		0.008		
24:0....g									
Fatty acids, total monounsaturated....g	1.334		0	NC	4		0.574		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.017		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.220		0	A	1		0.525		
18:1 c....g	1.220		1	A	1		0.525		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.097		1	A	1		0.042		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.679		0	NC	4		1.152		
18:2 undifferentiated....g	2.298		0	AS	1		0.988		
18:2 n-6 c,c....g	2.284		1	A	1		0.982		
18:2 CLAs....g									
18:2 t,t....g	0.014		1	A	1		0.006		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.381		0	AS	1		0.164		
18:3 n-3 c,c,c (ALA)....g	0.381		1	A	1		0.164		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.014		0	NC	4		0.006		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.006		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21316
McDONALD'S, Tangy Honey Mustard Sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 43g: 1.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21333

McDONALD'S, Vanilla Reduced Fat Ice Cream Cone

McDonald's Corporation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.64		0	RKA	1		57.27		
Energy	kcal	162		0	MC	9		146		
Energy	kJ	678		0	MC	9		610		
Protein	g	4.24		0	RKA	1		3.81		
Total lipid (fat)	g	4.86		0	RKA	1		4.38		
Ash	g	0.90		0	RKA	1		0.81		
Carbohydrate, by difference	g	26.36		0	RKI	6		23.73		
Fiber, total dietary	g	0.1		0	RKA	1		0.1		
Sugars, total	g	19.49		0	RKA	1		17.54		
Sucrose	g	12.76		0	RKA	1		11.48		
Glucose (dextrose)	g	0.69		0	RKA	1		0.62		
Fructose	g	0.16		0	RKA	1		0.14		
Lactose	g	5.59		0	RKA	1		5.03		
Maltose	g	0.29		0	RKA	1		0.26		
Galactose	g	0.00		0	RKA	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	129		0	RKA	1		116		
Iron, Fe	mg	0.35		0	RKA	1		0.32		
Magnesium, Mg	mg	13		0	RKA	1		12		
Phosphorus, P	mg	111		0	RKA	1		100		
Potassium, K	mg	193		0	RKA	1		173		
Sodium, Na	mg	67		0	RKA	1		60		
Zinc, Zn	mg	0.50		0	RKA	1		0.45		
Copper, Cu	mg	0.023		0	RKA	1		0.021		
Manganese, Mn	mg	0.038		0	RKA	1		0.034		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.043		0	RKA	1		0.039		
Riboflavin	mg	0.246		0	RKA	1		0.222		
Niacin	mg	0.498		0	RKA	1		0.448		
Pantothenic acid	mg	0.728		0	RKA	1		0.655		
Vitamin B-6	mg	0.054		0	RKA	1		0.048		
Folate, total	µg	9		0	RKA	1		8		
Folic acid	µg									
Folate, food	µg	9		0	RKA	1		8		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.58		0	RKA	1		0.52		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	321		0	RKA	1		289		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.03		0	RKA	1		0.03		
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									

NDB No. 21333
McDONALD'S, Vanilla Reduced Fat Ice Cream Cone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.410		0	RKI	6		2.169		
4:0....g									
6:0....g									
8:0....g	0.037		0	RKA	1		0.034		
10:0....g	0.087		0	RKA	1		0.078		
12:0....g	0.101		0	RKA	1		0.091		
13:0....g									
14:0....g	0.365		0	RKA	1		0.328		
15:0....g	0.038		0	RKA	1		0.034		
16:0....g	1.171		0	RKA	1		1.054		
17:0....g	0.023		0	RKA	1		0.021		
18:0....g	0.580		0	RKA	1		0.522		
20:0....g	0.007		0	RKA	1		0.006		
22:0....g	0.001		0	RKA	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.206		0	RKI	6		1.085		
14:1....g	0.025		0	RKA	1		0.023		
15:1....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated....g	0.042		0	RKA	1		0.038		
17:1....g	0.008		0	RKA	1		0.007		
18:1 undifferentiated....g	1.130		0	RKA	1		1.017		
20:1....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0	RKI	6		0.267		
18:2 undifferentiated....g	0.269		0	RKA	1		0.242		
18:3 undifferentiated....g	0.022		0	RKA	1		0.019		
18:4....g									
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated....g	0.005		0	RKA	1		0.005		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.280		0	RKI	6		0.252		
Cholesterol....mg	15		0	RKA	1		14		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 item 3.175 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21238
McDONALD'S, french fries
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	36.63	0.731	6	A	1		26.01	42.86	56.42
Energy ... kcal	323		0	NC	4		229	378	498
Energy ... kJ	1352		0	NC	4		960	1582	2082
Protein (N x 6.25) ... g	3.41	0.223	6	A	1		2.42	3.99	5.25
Total lipid (fat) ... g	15.47	0.430	6	A	1		10.98	18.10	23.82
Ash ... g	1.91	0.044	6	A	1		1.36	2.24	2.95
Carbohydrate, by difference ... g	42.58		0	NC	4		30.23	49.82	65.57
Fiber, total dietary ... g	3.9	0.164	3	A	1		2.8	4.6	6.1
Sugars, total ... g	0.21	0.029	3	A	1		0.15	0.25	0.33
Sucrose ... g	0.21	0.029	3	A	1		0.15	0.25	0.33
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	38.23	1.328	3	A	1		27.15	44.73	58.88
Minerals:									
Calcium, Ca ... mg	19	0.981	6	A	1		14	23	30
Iron, Fe ... mg	0.80	0.025	6	A	1		0.57	0.94	1.23
Magnesium, Mg ... mg	37	0.751	6	A	1		26	43	57
Phosphorus, P ... mg	127	5.190	6	A	1		90	149	196
Potassium, K ... mg	596	15.321	6	A	1		423	697	918
Sodium, Na ... mg	189	20.186	6	A	1		134	221	291
Zinc, Zn ... mg	0.51	0.052	6	A	1		0.36	0.59	0.78
Copper, Cu ... mg	0.114	0.013	6	A	1		0.081	0.133	0.175
Manganese, Mn ... mg	0.249	0.013	6	A	1		0.177	0.292	0.384
Selenium, Se ... µg	0.4		2	A	1		0.3	0.4	0.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	5.6	1.007	3	A	1		4.0	6.6	8.6
Thiamin ... mg	0.180	0.006	3	A	1		0.128	0.211	0.277
Riboflavin ... mg	0.037	0.003	3	A	1		0.026	0.043	0.056
Niacin ... mg	3.220	0.234	3	A	1		2.286	3.767	4.959
Pantothenic acid ... mg	0.590		2	A	1		0.419	0.690	0.909
Vitamin B-6 ... mg	0.380	0.050	3	A	1		0.270	0.445	0.585
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg	39.8		0	AS	1		28.2	46.5	61.3
Betaine ... mg	0.4		1	A	1		0.3	0.5	0.6
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	AS	1		0	0	0
Vitamin A, IU ... IU	0		1	MA	12		0	0	0
Lycopene ... µg	0		2	A	1		0	0	0
Lutein + zeaxanthin ... µg	27		2	A	1		19	31	41
Vitamin E (alpha-tocopherol) ... mg	1.38	0.269	3	A	1		0.98	1.62	2.13
Tocopherol, beta ... mg	0.03	0.007	3	A	1		0.02	0.04	0.05
Tocopherol, gamma ... mg	2.36	0.849	3	A	1		1.68	2.77	3.64
Tocopherol, delta ... mg	0.62	0.093	3	A	1		0.44	0.73	0.96
Tocotrienol, alpha ... mg	0.01	0.007	3	A	1		0.01	0.02	0.02
Tocotrienol, beta ... mg	0.13	0.133	3	A	1		0.09	0.16	0.21
Tocotrienol, gamma ... mg	0.01	0.013	3	A	1		0.01	0.02	0.02
Tocotrienol, delta ... mg	0.02	0.023	3	A	1		0.02	0.03	0.04
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	16.0	0.588	4	A	1		11.4	18.7	24.7
Dihydrophylloquinone ... µg	48.6	6.058	4	A	1		34.5	56.8	74.8
Menaquinone-4 ... µg									

NDB No. 21238
McDONALD'S, french fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.271		0	NC	4		1.612	2.657	3.497
4:0....g	0.085	0.082	6	A	1		0.061	0.100	0.132
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.010	0.001	6	A	1		0.007	0.012	0.016
10:0....g	0.011	0.000	6	A	1		0.008	0.013	0.018
12:0....g	0.005	0.001	6	A	1		0.004	0.006	0.008
13:0....g									
14:0....g	0.012	0.000	6	A	1		0.008	0.014	0.018
15:0....g	0.005	0.000	6	A	1		0.004	0.006	0.008
16:0....g	0.961	0.027	6	A	1		0.682	1.124	1.480
17:0....g	0.011	0.000	6	A	1		0.008	0.013	0.017
18:0....g	1.015	0.042	6	A	1		0.720	1.187	1.563
20:0....g	0.084	0.002	6	A	1		0.060	0.099	0.130
22:0....g	0.046	0.001	6	A	1		0.033	0.054	0.071
24:0....g	0.024	0.001	6	A	1		0.017	0.029	0.038
Fatty acids, total monounsaturated....g	7.379		0	NC	4		5.239	8.633	11.363
14:1....g	0.001	0.000	6	A	1		0.000	0.001	0.001
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.026	0.001	6	AS	1		0.018	0.030	0.040
16:1 c....g	0.026	0.001	6	A	1		0.018	0.030	0.040
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.008	0.000	6	A	1		0.006	0.010	0.013
18:1 undifferentiated....g	7.191	0.195	6	AS	1		5.106	8.414	11.075
18:1 c....g	7.160	0.194	6	A	1		5.084	8.377	11.027
18:1 t....g	0.031	0.001	6	A	1		0.022	0.036	0.048
18:1-11 t (18:1t n-7)....g									
20:1....g	0.144	0.003	6	A	1		0.102	0.169	0.222
22:1 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.006	0.008
22:1 c....g	0.003	0.000	6	A	1		0.002	0.004	0.005
22:1 t....g	0.002	0.000	6	A	1		0.002	0.003	0.003
24:1 c....g	0.003	0.000	6	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated....g	4.727		0	NC	4		3.356	5.530	7.279
18:2 undifferentiated....g	4.298	0.129	6	AS	1		3.052	5.029	6.619
18:2 n-6 c,c....g	4.251	0.128	6	A	1		3.018	4.974	6.546
18:2 CLAs....g	0.017	0.001	6	A	1		0.012	0.020	0.026
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.001	6	A	1		0.022	0.036	0.047
18:3 undifferentiated....g	0.413	0.013	6	AS	1		0.293	0.483	0.636
18:3 n-3 c,c,c (ALA)....g	0.382	0.013	6	A	1		0.271	0.447	0.589
18:3 n-6 c,c,c....g	0.031	0.001	6	A	1		0.022	0.036	0.048
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.009	0.000	6	A	1		0.006	0.010	0.014
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.001
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.001
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.004	0.000	6	A	1		0.003	0.005	0.007
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.064		0	NC	4		0.045	0.075	0.098
Fatty acids, total trans-monoenoic....g	0.033		0	NC	4		0.024	0.039	0.051
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.022	0.036	0.047
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21238
McDONALD'S, french fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 71g: 1 small serving
Measure 2 = 117g: 1 medium serving
Measure 3 = 154g: 1 large serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21283

PAPA JOHN'S 14" Cheese Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.16	0.557	9	A	1		51.67	414.27	
Energy....kcal	260		0	NC	4		305	2442	
Energy....kJ	1089		0	NC	4		1274	10217	
Protein....g	11.53	0.186	9	A	1		13.49	108.12	
Total lipid (fat)....g	9.25	0.163	9	A	1		10.82	86.77	
Ash....g	2.32	0.047	9	A	1		2.71	21.72	
Carbohydrate, by difference....g	32.74		0	NC	4		38.31	307.13	
Fiber, total dietary....g	1.9	0.139	9	A	1		2.2	17.7	
Sugars, total....g	5.32	0.086	9	A	1		6.23	49.93	
Sucrose....g	0.44	0.033	9	A	1		0.51	4.13	
Glucose (dextrose)....g	1.49	0.043	9	A	1		1.74	13.95	
Fructose....g	1.76	0.033	9	A	1		2.06	16.55	
Lactose....g	0.26	0.068	9	A	1		0.30	2.40	
Maltose....g	1.28	0.056	9	A	1		1.50	12.00	
Galactose....g	0.10	0.008	9	A	1		0.11	0.90	
Starch....g	23.79	0.538	9	A	1		27.83	223.14	
Minerals:									
Calcium, Ca....mg	166	9.134	9	A	1		195	1560	
Iron, Fe....mg	1.97	0.046	9	A	1		2.30	18.44	
Magnesium, Mg....mg	24	0.273	9	A	1		28	223	
Phosphorus, P....mg	203	6.603	9	A	1		237	1901	
Potassium, K....mg	138	3.984	9	A	1		162	1295	
Sodium, Na....mg	578	12.525	9	A	1		676	5421	
Zinc, Zn....mg	1.24	0.027	9	A	1		1.45	11.66	
Copper, Cu....mg	0.125	0.003	9	A	1		0.147	1.176	
Manganese, Mn....mg	0.338	0.009	9	A	1		0.395	3.167	
Selenium, Se....µg	27.6	1.416	4	A	1		32.3	258.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.453	0.018	9	A	1		0.530	4.246	
Riboflavin....mg	1.225	0.187	9	A	1		1.433	11.489	
Niacin....mg	3.064	0.071	9	A	1		3.585	28.741	
Pantothenic acid....mg	0.180	0.002	4	A	1		0.210	1.686	
Vitamin B-6....mg	0.122	0.005	9	A	1		0.143	1.143	
Folate, total....µg	77	1.797	4	A	1		90	725	
Folic acid....µg	45	2.121	4	A	1		53	422	
Folate, food....µg	33		0	AS	1		38	305	
Folate, DFE....µg	109		0	NC	4		128	1022	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.68	0.026	9	A	1		0.80	6.38	
Vitamin A, RAE....µg	60		0	AS	1		70	562	
Retinol....µg	54	7.974	4	A	1		63	509	
Carotene, beta....µg	69		1	A	1		80	643	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	0		1	A	1		0	0	
Vitamin A, IU....IU	295		0	AS	1		345	2769	
Lycopene....µg	1520		1	A	1		1778	14258	
Lutein + zeaxanthin....µg	47		1	A	1		55	441	
Vitamin E (alpha-tocopherol)....mg	1.14	0.048	4	A	1		1.34	10.72	
Tocopherol, beta....mg	0.06	0.007	4	A	1		0.07	0.59	
Tocopherol, gamma....mg	1.22	0.084	4	A	1		1.43	11.47	
Tocopherol, delta....mg	0.34	0.018	4	A	1		0.40	3.19	
Tocotrienol, alpha....mg	0.05	0.026	4	A	1		0.06	0.48	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	

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PAPA JOHN'S 14" Cheese Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	7.5	0.386	4	A	1		8.8	70.8	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.871		0	NC	4		4.529	36.311	
4:0....g									
6:0....g									
8:0....g	0.058	0.002	9	A	1		0.068	0.542	
10:0....g	0.137	0.005	9	A	1		0.161	1.289	
12:0....g	0.157	0.007	9	A	1		0.184	1.476	
13:0....g	0.000	0.000	9	A	1		0.000	0.000	
14:0....g	0.564	0.021	9	A	1		0.660	5.288	
15:0....g	0.056	0.002	9	A	1		0.065	0.522	
16:0....g	1.961	0.047	9	A	1		2.295	18.395	
17:0....g	0.035	0.001	9	A	1		0.041	0.332	
18:0....g	0.872	0.017	9	A	1		1.021	8.182	
20:0....g	0.019	0.001	9	A	1		0.022	0.177	
22:0....g	0.012	0.000	9	A	1		0.013	0.108	
24:0....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.476		0	NC	4		2.897	23.225	
14:1....g	0.041	0.003	9	A	1		0.048	0.386	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.091	0.004	9	A	1		0.106	0.851	
17:1....g	0.007	0.001	9	A	1		0.009	0.069	
18:1 undifferentiated....g	2.316	0.042	9	A	1		2.710	21.723	
20:1....g	0.021	0.001	9	A	1		0.024	0.196	
22:1 undifferentiated....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.970		0	NC	4		2.305	18.480	
18:2 undifferentiated....g	1.590	0.027	9	A	1		1.861	14.918	
18:3 undifferentiated....g	0.171	0.004	9	A	1		0.200	1.605	
18:3 n-3 c,c,c (ALA)....g	0.167	0.003	9	A	1		0.195	1.564	
18:3 n-6 c,c,c....g	0.000	0.000	9	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.031	0.002	9	A	1		0.036	0.291	
20:2 n-6 c,c....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 undifferentiated....g	0.001	0.001	9	A	1		0.001	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.010	0.000	9	A	1		0.012	0.097	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	19	0.389	9	A	1		22	176	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 slice

Measure 2 = 938g: 1 pie

NDB No. 21283
PAPA JOHN'S 14" Cheese Pizza, Original Crust

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21286

PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.30	0.416	4	A	1		37.67	293.57	
Energy ... kcal	295		0	NC	4		257	2001	
Energy ... kJ	1235		0	NC	4		1075	8374	
Protein ... g	12.29	0.191	4	A	1		10.69	83.31	
Total lipid (fat) ... g	15.66	0.250	4	A	1		13.63	106.20	
Ash ... g	2.48	0.049	4	A	1		2.16	16.84	
Carbohydrate, by difference ... g	26.26		0	NC	4		22.85	178.07	
Fiber, total dietary ... g	2.3	0.341	4	A	1		2.0	15.6	
Sugars, total ... g	3.85	0.083	4	A	1		3.35	26.09	
Sucrose ... g	0.77	0.025	4	A	1		0.67	5.19	
Glucose (dextrose) ... g	0.94	0.069	4	A	1		0.82	6.38	
Fructose ... g	0.87	0.026	4	A	1		0.76	5.90	
Lactose ... g	0.29	0.134	4	A	1		0.25	1.95	
Maltose ... g	0.91	0.054	4	A	1		0.79	6.17	
Galactose ... g	0.07	0.000	4	A	1		0.06	0.51	
Starch ... g	18.50	0.661	4	A	1		16.10	125.45	
Minerals:									
Calcium, Ca ... mg	238	11.087	4	A	1		207	1610	
Iron, Fe ... mg	0.51	0.017	4	A	1		0.45	3.49	
Magnesium, Mg ... mg	22	0.250	4	A	1		19	151	
Phosphorus, P ... mg	245	8.660	4	A	1		213	1661	
Potassium, K ... mg	160	7.071	4	A	1		139	1085	
Sodium, Na ... mg	528	13.769	4	A	1		459	3576	
Zinc, Zn ... mg	1.25	0.065	4	A	1		1.09	8.47	
Copper, Cu ... mg	0.149	0.000	4	A	1		0.130	1.010	
Manganese, Mn ... mg	0.210	0.000	4	A	1		0.183	1.423	
Selenium, Se ... µg	29.0	0.557	4	A	1		25.3	196.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin ... mg	0.469	0.041	4	A	1		0.408	3.178	
Riboflavin ... mg	0.216	0.054	4	A	1		0.188	1.464	
Niacin ... mg	0.895	0.028	4	A	1		0.779	6.071	
Pantothenic acid ... mg	0.139	0.002	4	A	1		0.121	0.945	
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.83	0.045	4	A	1		0.72	5.64	
Vitamin A, RAE ... µg	84		0	AS	1		73	567	
Vitamin A, IU ... IU	390		0	AS	1		340	2646	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	1.78	0.215	4	A	1		1.55	12.05	
Tocopherol, beta ... mg	0.07	0.003	4	A	1		0.07	0.51	
Tocopherol, gamma ... mg	3.12	0.218	4	A	1		2.71	21.15	
Tocopherol, delta ... mg	0.91	0.079	4	A	1		0.79	6.17	
Tocotrienol, alpha ... mg	0.06	0.009	4	A	1		0.06	0.44	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta ... mg	0.00	0.000	4	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	5.6	0.296	4	A	1		4.9	38.3	
Dihydrophylloquinone ... µg	11.4	0.659	4	A	1		10.0	77.6	
Menaquinone-4 ... µg									

NDB No. 21286
PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.202		0	NC	4		5.396	42.049	
4:0....g									
6:0....g									
8:0....g	0.080	0.004	4	A	1		0.070	0.542	
10:0....g	0.192	0.011	4	A	1		0.167	1.305	
12:0....g	0.223	0.015	4	A	1		0.194	1.509	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.817	0.052	4	A	1		0.711	5.542	
15:0....g	0.077	0.006	4	A	1		0.067	0.525	
16:0....g	3.015	0.118	4	A	1		2.623	20.441	
17:0....g	0.050	0.004	4	A	1		0.043	0.339	
18:0....g	1.697	0.028	4	A	1		1.477	11.509	
20:0....g	0.030	0.000	4	A	1		0.026	0.203	
22:0....g	0.020	0.000	4	A	1		0.017	0.135	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.002		0	NC	4		5.222	40.694	
14:1....g	0.062	0.006	4	A	1		0.054	0.423	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.137	0.013	4	A	1		0.120	0.932	
17:1....g	0.022	0.003	4	A	1		0.019	0.152	
18:1 undifferentiated....g	5.745	0.041	4	A	1		4.998	38.951	
20:1....g	0.035	0.003	4	A	1		0.030	0.237	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.663		0	NC	4		1.447	11.274	
18:2 undifferentiated....g	1.500	0.014	4	A	1		1.305	10.170	
18:3 undifferentiated....g	0.102	0.005	4	A	1		0.089	0.695	
18:4....g	0.047	0.005	4	A	1		0.041	0.322	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002	0.002	4	A	1		0.002	0.017	
20:4 undifferentiated....g	0.011	0.003	4	A	1		0.009	0.071	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	28	0.811	4	A	1		25	191	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.124	0.966	
Threonine....g	0.478		0	A	1		0.416	3.238	
Isoleucine....g	0.547		0	A	1		0.476	3.711	
Leucine....g	1.105		0	A	1		0.962	7.495	
Lysine....g	0.740		0	A	1		0.644	5.020	
Methionine....g	0.225		0	A	1		0.196	1.525	
Cystine....g	0.130		0	A	1		0.113	0.881	
Phenylalanine....g	0.663		0	A	1		0.577	4.494	
Tyrosine....g	0.485		0	A	1		0.422	3.292	
Valine....g	0.698		0	A	1		0.607	4.729	
Arginine....g	0.455		0	A	1		0.396	3.086	
Histidine....g	0.330		0	A	1		0.287	2.238	
Alanine....g	0.423		0	A	1		0.368	2.866	
Aspartic acid....g	1.051		0	A	1		0.914	7.126	
Glutamic acid....g	3.442		0	A	1		2.994	23.336	
Glycine....g	0.310		0	A	1		0.270	2.104	
Proline....g	1.366		0	A	1		1.189	9.263	
Serine....g	0.715		0	A	1		0.622	4.850	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 21286
PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 87g: 1 slice
Measure 2 = 678g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21284

PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.60	0.591	9	A	1		53.62	445.11	
Energy....kcal	275		0	NC	4		338	2806	
Energy....kJ	1150		0	NC	4		1414	11739	
Protein....g	11.97	0.182	9	A	1		14.73	122.24	
Total lipid (fat)....g	11.86	0.226	9	A	1		14.59	121.12	
Ash....g	2.53	0.048	9	A	1		3.11	25.84	
Carbohydrate, by difference....g	30.04		0	NC	4		36.95	306.69	
Fiber, total dietary....g	1.2	0.103	9	A	1		1.5	12.8	
Sugars, total....g	4.84	0.066	9	A	1		5.95	49.40	
Sucrose....g	0.38	0.029	9	A	1		0.47	3.89	
Glucose (dextrose)....g	1.38	0.027	9	A	1		1.70	14.08	
Fructose....g	1.64	0.031	9	A	1		2.01	16.70	
Lactose....g	0.23	0.090	9	A	1		0.28	2.33	
Maltose....g	1.13	0.062	9	A	1		1.40	11.58	
Galactose....g	0.08	0.005	9	A	1		0.10	0.81	
Starch....g	21.77	0.459	9	A	1		26.77	222.24	
Minerals:									
Calcium, Ca....mg	152	8.101	9	A	1		187	1552	
Iron, Fe....mg	1.98	0.053	9	A	1		2.44	20.25	
Magnesium, Mg....mg	23	0.184	9	A	1		29	238	
Phosphorus, P....mg	196	5.983	9	A	1		241	2000	
Potassium, K....mg	150	3.047	9	A	1		185	1532	
Sodium, Na....mg	671	12.111	9	A	1		825	6849	
Zinc, Zn....mg	1.34	0.022	9	A	1		1.65	13.68	
Copper, Cu....mg	0.128	0.004	9	A	1		0.158	1.311	
Manganese, Mn....mg	0.348	0.006	9	A	1		0.428	3.550	
Selenium, Se....µg	29.3	0.937	4	A	1		36.1	299.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.431	0.025	9	A	1		0.530	4.400	
Riboflavin....mg	0.486	0.094	8	A	1		0.598	4.963	
Niacin....mg	3.225	0.144	9	A	1		3.967	32.929	
Pantothenic acid....mg	0.266	0.004	4	A	1		0.327	2.715	
Vitamin B-6....mg	0.162	0.016	9	A	1		0.200	1.658	
Folate, total....µg	72	3.966	4	A	1		89	738	
Folic acid....µg	43	2.972	4	A	1		53	439	
Folate, food....µg	29		0	AS	1		36	299	
Folate, DFE....µg	102		0	NC	4		126	1045	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.79	0.045	9	A	1		0.97	8.03	
Vitamin A, RAE....µg	58		0	AS	1		71	592	
Retinol....µg	52	10.711	4	A	1		64	530	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	294		0	AS	1		362	3003	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.10	0.021	4	A	1		1.36	11.28	
Tocopherol, beta....mg	0.06	0.002	4	A	1		0.07	0.59	
Tocopherol, gamma....mg	1.21	0.053	4	A	1		1.49	12.40	
Tocopherol, delta....mg	0.32	0.006	4	A	1		0.40	3.32	
Tocotrienol, alpha....mg	0.07	0.005	4	A	1		0.09	0.74	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0	0.000	4	A	1		0.0	0.0	

NDB No. 21284
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	6.1	0.459	4	A	1		7.5	62.5	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.908		0	NC	4		6.036	50.106	
4:0....g									
6:0....g									
8:0....g	0.051	0.003	9	A	1		0.063	0.525	
10:0....g	0.123	0.008	9	A	1		0.151	1.255	
12:0....g	0.143	0.009	9	A	1		0.176	1.461	
13:0....g	0.000	0.000	8	A	1		0.000	0.000	
14:0....g	0.587	0.031	9	A	1		0.722	5.993	
15:0....g	0.060	0.003	9	A	1		0.073	0.610	
16:0....g	2.605	0.056	9	A	1		3.204	26.596	
17:0....g	0.064	0.002	9	A	1		0.079	0.652	
18:0....g	1.242	0.025	9	A	1		1.528	12.682	
20:0....g	0.021	0.000	9	A	1		0.025	0.210	
22:0....g	0.012	0.000	9	A	1		0.015	0.123	
24:0....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.912		0	NC	4		4.812	39.946	
14:1....g	0.052	0.003	9	A	1		0.063	0.527	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.004	9	A	1		0.231	1.914	
17:1....g	0.019	0.001	9	A	1		0.023	0.192	
18:1 undifferentiated....g	3.602	0.038	9	A	1		4.431	36.781	
20:1....g	0.042	0.001	9	A	1		0.052	0.430	
22:1 undifferentiated....g	0.010	0.003	9	A	1		0.012	0.101	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.206		0	NC	4		2.714	22.526	
18:2 undifferentiated....g	1.774	0.024	9	A	1		2.183	18.117	
18:3 undifferentiated....g	0.180	0.004	9	A	1		0.221	1.838	
18:3 n-3 c,c,c (ALA)....g	0.175	0.003	9	A	1		0.215	1.786	
18:3 n-6 c,c,c....g	0.000	0.000	9	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.042	0.002	9	A	1		0.052	0.430	
20:2 n-6 c,c....g	0.015	0.001	9	A	1		0.019	0.154	
20:3 undifferentiated....g	0.001	0.001	9	A	1		0.001	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.019	0.001	9	A	1		0.023	0.195	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26	0.663	9	A	1		31	261	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	A	1		0.157	1.301	
Threonine....g	0.480		0	A	1		0.590	4.900	
Isoleucine....g	0.527		0	A	1		0.649	5.385	
Leucine....g	1.070		0	A	1		1.316	10.924	
Lysine....g	0.697		0	A	1		0.858	7.120	
Methionine....g	0.212		0	A	1		0.261	2.169	
Cystine....g	0.155		0	A	1		0.191	1.582	
Phenylalanine....g	0.655		0	A	1		0.806	6.687	
Tyrosine....g	0.452		0	A	1		0.556	4.619	
Valine....g	0.655		0	A	1		0.806	6.687	

NDB No. 21284
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.505		0	A	1		0.621	5.155	
Histidine.....g	0.335		0	A	1		0.412	3.419	
Alanine.....g	0.487		0	A	1		0.600	4.976	
Aspartic acid.....g	0.902		0	A	1		1.110	9.214	
Glutamic acid.....g	3.420		0	A	1		4.206	34.917	
Glycine.....g	0.427		0	A	1		0.526	4.364	
Proline.....g	1.372		0	A	1		1.688	14.012	
Serine.....g	0.690		0	A	1		0.849	7.044	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 slice

Measure 2 = 1021g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21285

PAPA JOHN'S 14" The Works Pizza, Original Crust

Papa John's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.57	1.114	4	A	1		77.38	552.77	
Energy....kcal	240		0	NC	4		367	2620	
Energy....kJ	1003		0	NC	4		1534	10962	
Protein....g	10.27	0.131	4	A	1		15.71	112.25	
Total lipid (fat)....g	10.21	0.145	4	A	1		15.62	111.55	
Ash....g	2.26	0.026	4	A	1		3.45	24.67	
Carbohydrate, by difference....g	26.69		0	NC	4		40.84	291.75	
Fiber, total dietary....g	2.5	0.125	4	A	1		3.8	26.9	
Sugars, total....g	4.84	0.078	4	A	1		7.41	52.93	
Sucrose....g	0.33	0.069	4	A	1		0.51	3.62	
Glucose (dextrose)....g	1.50	0.035	4	A	1		2.29	16.38	
Fructose....g	1.56	0.016	4	A	1		2.39	17.06	
Lactose....g	0.16	0.052	4	A	1		0.25	1.76	
Maltose....g	1.22	0.082	4	A	1		1.86	13.29	
Galactose....g	0.07	0.000	4	A	1		0.11	0.81	
Starch....g	18.45	0.911	4	A	1		28.22	201.63	
Minerals:									
Calcium, Ca....mg	99	4.272	4	A	1		151	1077	
Iron, Fe....mg	1.50	0.091	4	A	1		2.29	16.39	
Magnesium, Mg....mg	21	0.250	4	A	1		33	232	
Phosphorus, P....mg	160	4.082	4	A	1		245	1749	
Potassium, K....mg	160	4.082	4	A	1		245	1749	
Sodium, Na....mg	570	7.071	4	A	1		872	6230	
Zinc, Zn....mg	0.98	0.011	4	A	1		1.50	10.74	
Copper, Cu....mg	0.149	0.000	4	A	1		0.228	1.629	
Manganese, Mn....mg	0.282	0.010	4	A	1		0.432	3.087	
Selenium, Se....µg	26.8	0.808	4	A	1		41.0	292.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.233	0.009	4	A	1		0.357	2.552	
Riboflavin....mg	0.292	0.064	4	A	1		0.446	3.188	
Niacin....mg	3.205	0.040	4	A	1		4.904	35.030	
Pantothenic acid....mg	0.325	0.008	4	A	1		0.498	3.557	
Vitamin B-6....mg									
Folate, total....µg	65	5.375	4	A	1		100	713	
Folic acid....µg	38	4.021	4	A	1		58	415	
Folate, food....µg	27		0	AS	1		42	298	
Folate, DFE....µg	92		0	NC	4		141	1004	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.72	0.033	4	A	1		1.11	7.90	
Vitamin A, RAE....µg	31		0	AS	1		48	343	
Retinol....µg	27	1.780	4	A	1		42	299	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	172		0	AS	1		264	1885	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.06	0.148	4	A	1		1.62	11.58	
Tocopherol, beta....mg	0.05	0.005	4	A	1		0.07	0.52	
Tocopherol, gamma....mg	1.06	0.087	4	A	1		1.63	11.61	
Tocopherol, delta....mg	0.27	0.013	4	A	1		0.42	2.98	
Tocotrienol, alpha....mg	0.08	0.029	4	A	1		0.12	0.85	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									

NDB No. 21285
PAPA JOHN'S 14" The Works Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.6	0.227	4	A	1		8.6	61.2	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.765		0	NC	4		5.760	41.151	
4:0....g									
6:0....g									
8:0....g	0.030	0.000	4	A	1		0.046	0.327	
10:0....g	0.077	0.005	4	A	1		0.119	0.847	
12:0....g	0.087	0.005	4	A	1		0.134	0.956	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.382	0.013	4	A	1		0.585	4.180	
15:0....g	0.035	0.003	4	A	1		0.053	0.381	
16:0....g	2.117	0.055	4	A	1		3.240	23.144	
17:0....g	0.040	0.000	4	A	1		0.061	0.436	
18:0....g	0.967	0.018	4	A	1		1.480	10.575	
20:0....g	0.020	0.000	4	A	1		0.030	0.218	
22:0....g	0.008	0.001	4	A	1		0.012	0.088	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.652		0	NC	4		5.588	39.919	
14:1....g	0.027	0.003	4	A	1		0.042	0.299	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.165	0.006	4	A	1		0.252	1.803	
17:1....g	0.027	0.003	4	A	1		0.042	0.299	
18:1 undifferentiated....g	3.385	0.085	4	A	1		5.179	36.998	
20:1....g	0.045	0.003	4	A	1		0.069	0.491	
22:1 undifferentiated....g	0.002	0.002	4	A	1		0.004	0.027	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.877		0	NC	4		2.872	20.518	
18:2 undifferentiated....g	1.675	0.050	4	A	1		2.563	18.307	
18:3 undifferentiated....g	0.155	0.006	4	A	1		0.237	1.694	
18:4....g	0.027	0.003	4	A	1		0.042	0.299	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.020	0.000	4	A	1		0.030	0.218	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	21	0.795	4	A	1		32	232	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.161	1.147	
Threonine....g	0.395		0	A	1		0.604	4.317	
Isoleucine....g	0.415		0	A	1		0.635	4.537	
Leucine....g	0.830		0	A	1		1.270	9.074	
Lysine....g	0.545		0	A	1		0.834	5.961	
Methionine....g	0.167		0	A	1		0.256	1.829	
Cystine....g	0.140		0	A	1		0.214	1.530	
Phenylalanine....g	0.520		0	A	1		0.796	5.683	
Tyrosine....g	0.338		0	A	1		0.516	3.689	
Valine....g	0.500		0	A	1		0.765	5.467	
Arginine....g	0.440		0	A	1		0.673	4.810	
Histidine....g	0.275		0	A	1		0.421	3.005	
Alanine....g	0.428		0	A	1		0.654	4.674	
Aspartic acid....g	0.768		0	A	1		1.175	8.392	
Glutamic acid....g	2.861		0	A	1		4.378	31.275	
Glycine....g	0.380		0	A	1		0.581	4.153	

NDB No. 21285
PAPA JOHN'S 14" The Works Pizza, Original Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.030		0	A	1		1.576	11.260	
Serine.....g	0.543		0	A	1		0.830	5.930	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 slice

Measure 2 = 1093g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21271

PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.29	0.562	4	A	1		41.56	319.46	
Energy ... kcal	271		0	NC	4		260	1997	
Energy ... kJ	1132		0	NC	4		1087	8357	
Protein ... g	11.93	0.188	4	A	1		11.45	88.04	
Total lipid (fat) ... g	10.89	0.570	4	A	1		10.46	80.40	
Ash ... g	2.67	0.099	4	A	1		2.56	19.70	
Carbohydrate, by difference ... g	31.22		0	NC	4		29.97	230.39	
Fiber, total dietary ... g	1.8	0.169	4	A	1		1.8	13.5	
Sugars, total ... g	3.37	0.184	4	A	1		3.24	24.88	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.53	0.068	4	A	1		0.51	3.90	
Fructose ... g	0.65	0.022	4	A	1		0.62	4.79	
Lactose ... g	0.38	0.072	4	A	1		0.37	2.82	
Maltose ... g	1.74	0.134	4	A	1		1.67	12.82	
Galactose ... g	0.07	0.000	4	A	1		0.07	0.55	
Starch ... g	21.21	1.012	4	A	1		20.36	156.51	
Minerals:									
Calcium, Ca ... mg	209	6.921	4	A	1		200	1541	
Iron, Fe ... mg	1.95	0.107	4	A	1		1.87	14.39	
Magnesium, Mg ... mg	22	0.544	4	A	1		21	161	
Phosphorus, P ... mg	249	5.764	4	A	1		239	1836	
Potassium, K ... mg	173	6.447	4	A	1		166	1279	
Sodium, Na ... mg	685	31.223	4	A	1		657	5053	
Zinc, Zn ... mg	1.65	0.054	4	A	1		1.59	12.20	
Copper, Cu ... mg	0.092	0.005	4	A	1		0.088	0.675	
Manganese, Mn ... mg	0.308	0.011	4	A	1		0.296	2.275	
Selenium, Se ... µg	20.5	2.549	4	A	1		19.7	151.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.264	0.018	4	A	1		0.254	1.952	
Riboflavin ... mg	0.256	0.006	4	A	1		0.246	1.892	
Niacin ... mg	3.295	0.148	4	A	1		3.163	24.317	
Pantothenic acid ... mg	0.285	0.021	4	A	1		0.274	2.107	
Vitamin B-6 ... mg	0.114	0.012	4	A	1		0.109	0.840	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.70	0.084	4	A	1		0.67	5.17	
Vitamin A, RAE ... µg	82		0	AS	1		79	606	
Vitamin A, IU ... IU	435		0	AS	1		418	3210	
Lycopene ... µg	2310		1	A	1		2218	17048	
Lutein + zeaxanthin ... µg	69		1	A	1		66	511	
Vitamin E (alpha-tocopherol) ... mg	0.70	0.136	4	A	1		0.67	5.17	
Tocopherol, beta ... mg	0.03	0.009	4	A	1		0.03	0.26	
Tocopherol, gamma ... mg	1.81	0.524	4	A	1		1.74	13.36	
Tocopherol, delta ... mg	0.58	0.178	4	A	1		0.56	4.32	
Tocotrienol, alpha ... mg	0.02	0.013	4	A	1		0.02	0.17	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00	0.005	4	A	1		0.00	0.04	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	10.1	1.430	4	A	1		9.7	74.5	
Dihydrophylloquinone ... µg	0.1	0.050	4	A	1		0.0	0.4	
Menaquinone-4 ... µg									

NDB No. 21271
PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.040		0	NC	4		4.839	37.197	
4:0....g									
6:0....g									
8:0....g	0.083	0.002	4	A	1		0.080	0.614	
10:0....g	0.191	0.004	4	A	1		0.183	1.407	
12:0....g	0.218	0.005	4	A	1		0.210	1.612	
13:0....g									
14:0....g	0.745	0.022	4	A	1		0.716	5.501	
15:0....g	0.076	0.002	4	A	1		0.073	0.560	
16:0....g	2.498	0.053	4	A	1		2.398	18.433	
17:0....g	0.048	0.002	4	A	1		0.046	0.357	
18:0....g	1.146	0.059	4	A	1		1.100	8.457	
20:0....g	0.021	0.001	4	A	1		0.020	0.154	
22:0....g	0.014	0.001	4	A	1		0.013	0.100	
24:0....g									
Fatty acids, total monounsaturated....g	2.919		0	NC	4		2.802	21.539	
14:1....g	0.055	0.004	4	A	1		0.053	0.406	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.131	0.008	4	A	1		0.126	0.968	
17:1....g	0.010	0.006	4	A	1		0.010	0.075	
18:1 undifferentiated....g	2.697	0.126	4	A	1		2.589	19.906	
20:1....g	0.025	0.001	4	A	1		0.024	0.185	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.839		0	NC	4		1.766	13.575	
18:2 undifferentiated....g	1.628	0.194	4	A	1		1.563	12.013	
18:3 undifferentiated....g	0.196		0	AS	1		0.188	1.448	
18:3 n-3 c,c,c (ALA)....g	0.196	0.026	4	A	1		0.188	1.448	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.015	0.001	4	A	1		0.015	0.114	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	24	1.644	4	A	1		23	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.128		0	A	1		0.123	0.946	
Threonine....g	0.411		0	A	1		0.394	3.030	
Isoleucine....g	0.565		0	A	1		0.542	4.167	
Leucine....g	1.140		0	A	1		1.094	8.412	
Lysine....g	0.771		0	A	1		0.740	5.691	
Methionine....g	0.264		0	A	1		0.253	1.949	
Cystine....g	0.163		0	A	1		0.157	1.206	
Phenylalanine....g	0.665		0	A	1		0.638	4.905	
Tyrosine....g	0.522		0	A	1		0.502	3.856	
Valine....g	0.721		0	A	1		0.692	5.323	
Arginine....g	0.487		0	A	1		0.467	3.592	
Histidine....g	0.355		0	A	1		0.341	2.623	
Alanine....g	0.419		0	A	1		0.403	3.094	
Aspartic acid....g	0.840		0	A	1		0.807	6.200	
Glutamic acid....g	3.539		0	A	1		3.397	26.118	
Glycine....g	0.341		0	A	1		0.327	2.517	

NDB No. 21271
PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.358		0	A	1		1.304	10.024	
Serine.....g	0.701		0	A	1		0.673	5.175	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 738g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21272

PIZZA HUT 12" Cheese Pizza, Pan Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.40	0.577	4	A	1		43.40	315.92	
Energy....kcal	280		0	NC	4		280	2036	
Energy....kJ	1170		0	NC	4		1170	8518	
Protein....g	11.73	0.516	4	A	1		11.73	85.38	
Total lipid (fat)....g	12.56	0.582	4	A	1		12.56	91.41	
Ash....g	2.39	0.065	4	A	1		2.39	17.40	
Carbohydrate, by difference....g	29.93		0	NC	4		29.93	217.89	
Fiber, total dietary....g	1.7	0.174	4	A	1		1.7	12.1	
Sugars, total....g	3.21	0.211	4	A	1		3.21	23.35	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.41	0.043	4	A	1		0.41	2.99	
Fructose....g	0.42	0.070	4	A	1		0.42	3.08	
Lactose....g	0.47	0.122	4	A	1		0.47	3.43	
Maltose....g	1.83	0.090	4	A	1		1.83	13.31	
Galactose....g	0.07	0.000	4	A	1		0.07	0.54	
Starch....g	21.22	0.429	4	A	1		21.22	154.52	
Minerals:									
Calcium, Ca....mg	208	9.229	4	A	1		208	1514	
Iron, Fe....mg	1.86	0.088	4	A	1		1.86	13.52	
Magnesium, Mg....mg	21	0.739	4	A	1		21	153	
Phosphorus, P....mg	241	9.958	4	A	1		241	1754	
Potassium, K....mg	168	3.240	4	A	1		168	1223	
Sodium, Na....mg	624	50.016	4	A	1		624	4539	
Zinc, Zn....mg	1.63	0.068	4	A	1		1.63	11.85	
Copper, Cu....mg	0.101	0.004	4	A	1		0.101	0.733	
Manganese, Mn....mg	0.305	0.007	4	A	1		0.305	2.223	
Selenium, Se....µg	19.4	2.100	4	A	1		19.4	141.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.243	0.010	4	A	1		0.243	1.769	
Riboflavin....mg	0.251	0.011	4	A	1		0.251	1.825	
Niacin....mg	3.910	0.831	4	A	1		3.910	28.464	
Pantothenic acid....mg	0.285	0.016	4	A	1		0.285	2.072	
Vitamin B-6....mg	0.107	0.007	4	A	1		0.107	0.777	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.64	0.063	4	A	1		0.64	4.68	
Vitamin A, RAE....µg	73		0	AS	1		73	535	
Vitamin A, IU....IU	260		0	AS	1		260	1896	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.06	0.129	4	A	1		1.06	7.75	
Tocopherol, beta....mg	0.05	0.017	4	A	1		0.05	0.38	
Tocopherol, gamma....mg	3.48	1.006	4	A	1		3.48	25.32	
Tocopherol, delta....mg	1.15	0.381	4	A	1		1.15	8.39	
Tocotrienol, alpha....mg	0.05	0.018	4	A	1		0.05	0.36	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	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	15.5	2.230	4	A	1		15.5	113.2	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21272
PIZZA HUT 12" Cheese Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.184		0	NC	4		5.184	37.737	
4:0....g									
6:0....g									
8:0....g	0.082	0.003	4	A	1		0.082	0.598	
10:0....g	0.187	0.007	4	A	1		0.187	1.359	
12:0....g	0.212	0.009	4	A	1		0.212	1.541	
13:0....g									
14:0....g	0.723	0.025	4	A	1		0.723	5.265	
15:0....g	0.074	0.001	4	A	1		0.074	0.537	
16:0....g	2.611	0.070	4	A	1		2.611	19.006	
17:0....g	0.048	0.001	4	A	1		0.048	0.353	
18:0....g	1.203	0.009	4	A	1		1.203	8.761	
20:0....g	0.025	0.002	4	A	1		0.025	0.185	
22:0....g	0.018	0.001	4	A	1		0.018	0.132	
24:0....g									
Fatty acids, total monounsaturated....g	3.213		0	NC	4		3.213	23.392	
14:1....g	0.053	0.004	4	A	1		0.053	0.384	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.124	0.007	4	A	1		0.124	0.902	
17:1....g	0.012	0.007	4	A	1		0.012	0.087	
18:1 undifferentiated....g	2.997	0.112	4	A	1		2.997	21.821	
20:1....g	0.027	0.002	4	A	1		0.027	0.198	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.752		0	NC	4		2.752	20.035	
18:2 undifferentiated....g	2.433	0.216	4	A	1		2.433	17.714	
18:3 undifferentiated....g	0.304		0	AS	1		0.304	2.213	
18:3 n-3 c,c,c (ALA)....g	0.304	0.031	4	A	1		0.304	2.213	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.015	0.001	4	A	1		0.015	0.109	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	21	0.233	4	A	1		21	156	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	A	1		0.125	0.909	
Threonine....g	0.379		0	A	1		0.379	2.762	
Isoleucine....g	0.518		0	A	1		0.518	3.774	
Leucine....g	1.044		0	A	1		1.044	7.599	
Lysine....g	0.693		0	A	1		0.693	5.044	
Methionine....g	0.266		0	A	1		0.266	1.933	
Cystine....g	0.156		0	A	1		0.156	1.137	
Phenylalanine....g	0.615		0	A	1		0.615	4.477	
Tyrosine....g	0.479		0	A	1		0.479	3.490	
Valine....g	0.658		0	A	1		0.658	4.791	
Arginine....g	0.451		0	A	1		0.451	3.286	
Histidine....g	0.326		0	A	1		0.326	2.371	
Alanine....g	0.386		0	A	1		0.386	2.813	
Aspartic acid....g	0.753		0	A	1		0.753	5.484	
Glutamic acid....g	3.323		0	A	1		3.323	24.191	
Glycine....g	0.322		0	A	1		0.322	2.342	

NDB No. 21272
PIZZA HUT 12" Cheese Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.253		0	A	1		1.253	9.125	
Serine.....g	0.648		0	A	1		0.648	4.720	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 slice

Measure 2 = 728g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21273

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	38.77	0.708	4	A	1		26.75	222.16	
Energy ... kcal	303		0	NC	4		209	1734	
Energy ... kJ	1266		0	NC	4		874	7254	
Protein ... g	15.29	0.209	4	A	1		10.55	87.59	
Total lipid (fat) ... g	14.10	0.385	4	A	1		9.73	80.78	
Ash ... g	3.20	0.115	4	A	1		2.21	18.35	
Carbohydrate, by difference ... g	28.64		0	NC	4		19.76	164.12	
Fiber, total dietary ... g	1.6	0.064	4	A	1		1.1	8.9	
Sugars, total ... g	2.67	0.166	4	A	1		1.84	15.30	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.59	0.049	4	A	1		0.40	3.36	
Fructose ... g	0.48	0.040	4	A	1		0.33	2.72	
Lactose ... g	0.50	0.101	4	A	1		0.34	2.86	
Maltose ... g	1.03	0.073	4	A	1		0.71	5.92	
Galactose ... g	0.07	0.000	4	A	1		0.05	0.43	
Starch ... g	19.66	1.135	4	A	1		13.57	112.67	
Minerals:									
Calcium, Ca ... mg	278	19.336	4	A	1		192	1592	
Iron, Fe ... mg	1.71	0.118	4	A	1		1.18	9.78	
Magnesium, Mg ... mg	24	0.586	4	A	1		16	136	
Phosphorus, P ... mg	317	15.586	4	A	1		218	1814	
Potassium, K ... mg	191	4.661	4	A	1		132	1093	
Sodium, Na ... mg	784	50.894	4	A	1		541	4489	
Zinc, Zn ... mg	1.87	0.101	4	A	1		1.29	10.70	
Copper, Cu ... mg	0.096	0.003	4	A	1		0.067	0.553	
Manganese, Mn ... mg	0.297	0.012	4	A	1		0.205	1.701	
Selenium, Se ... µg	23.1	1.700	4	A	1		15.9	132.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin ... mg	0.218	0.016	4	A	1		0.150	1.248	
Riboflavin ... mg	0.276	0.014	4	A	1		0.191	1.583	
Niacin ... mg	2.895	0.177	4	A	1		1.997	16.588	
Pantothenic acid ... mg	0.320	0.014	4	A	1		0.221	1.832	
Vitamin B-6 ... mg	0.109	0.007	4	A	1		0.075	0.625	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.89	0.086	4	A	1		0.62	5.11	
Vitamin A, RAE ... µg	107		0	AS	1		74	616	
Vitamin A, IU ... IU	374		0	AS	1		258	2141	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.84	0.016	4	A	1		0.58	4.84	
Tocopherol, beta ... mg	0.03	0.005	4	A	1		0.02	0.16	
Tocopherol, gamma ... mg	1.05	0.124	4	A	1		0.73	6.05	
Tocopherol, delta ... mg	0.35	0.020	4	A	1		0.24	1.99	
Tocotrienol, alpha ... mg	0.06	0.011	4	A	1		0.04	0.33	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta ... mg	0.00	0.000	4	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	8.3	0.492	4	A	1		5.7	47.6	
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4 ... µg									

NDB No. 21273
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.896		0	NC	4		4.758	39.513	
4:0....g									
6:0....g									
8:0....g	0.119	0.004	4	A	1		0.082	0.685	
10:0....g	0.271	0.009	4	A	1		0.187	1.551	
12:0....g	0.308	0.009	4	A	1		0.212	1.765	
13:0....g									
14:0....g	1.051	0.024	4	A	1		0.725	6.021	
15:0....g	0.106	0.004	4	A	1		0.073	0.609	
16:0....g	3.347	0.095	4	A	1		2.309	19.178	
17:0....g	0.066	0.003	4	A	1		0.046	0.381	
18:0....g	1.588	0.097	4	A	1		1.096	9.100	
20:0....g	0.025	0.000	4	A	1		0.017	0.145	
22:0....g	0.014	0.000	4	A	1		0.010	0.080	
24:0....g									
Fatty acids, total monounsaturated....g	3.807		0	NC	4		2.627	21.814	
14:1....g	0.076	0.002	4	A	1		0.053	0.438	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.167	0.002	4	A	1		0.115	0.955	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.534	0.170	4	A	1		2.438	20.250	
20:1....g	0.030	0.000	4	A	1		0.021	0.171	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.698		0	NC	4		1.172	9.729	
18:2 undifferentiated....g	1.496	0.051	4	A	1		1.032	8.570	
18:3 undifferentiated....g	0.180		0	AS	1		0.124	1.033	
18:3 n-3 c,c,c (ALA)....g	0.177	0.007	4	A	1		0.122	1.015	
18:3 n-6 c,c,c....g	0.003	0.003	4	A	1		0.002	0.017	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022	0.002	4	A	1		0.015	0.126	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	34	2.069	4	A	1		23	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.158		0	A	1		0.109	0.903	
Threonine....g	0.502		0	A	1		0.346	2.875	
Isoleucine....g	0.696		0	A	1		0.480	3.989	
Leucine....g	1.388		0	A	1		0.958	7.952	
Lysine....g	0.993		0	A	1		0.685	5.692	
Methionine....g	0.325		0	A	1		0.224	1.863	
Cystine....g	0.170		0	A	1		0.117	0.975	
Phenylalanine....g	0.795		0	A	1		0.549	4.558	
Tyrosine....g	0.686		0	A	1		0.473	3.930	
Valine....g	0.901		0	A	1		0.622	5.164	
Arginine....g	0.582		0	A	1		0.402	3.337	
Histidine....g	0.427		0	A	1		0.295	2.449	
Alanine....g	0.491		0	A	1		0.339	2.812	
Aspartic acid....g	1.031		0	A	1		0.711	5.908	
Glutamic acid....g	4.076		0	A	1		2.813	23.356	
Glycine....g	0.378		0	A	1		0.261	2.165	

NDB No. 21273
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.616		0	A	1		1.115	9.257	
Serine.....g	0.849		0	A	1		0.586	4.865	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 slice

Measure 2 = 573g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21274

PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.35	0.378	4	A	1		39.69	307.62	
Energy....kcal	280		0	NC	4		269	2083	
Energy....kJ	1171		0	NC	4		1125	8716	
Protein....g	12.86	0.212	4	A	1		12.34	95.65	
Total lipid (fat)....g	11.38	0.236	4	A	1		10.92	84.63	
Ash....g	2.87	0.049	4	A	1		2.76	21.39	
Carbohydrate, by difference....g	31.55		0	NC	4		30.28	234.70	
Fiber, total dietary....g	1.7	0.156	4	A	1		1.7	12.9	
Sugars, total....g	3.67	0.127	4	A	1		3.52	27.28	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.55	0.037	4	A	1		0.53	4.07	
Fructose....g	0.85	0.057	4	A	1		0.81	6.30	
Lactose....g	0.37	0.073	4	A	1		0.36	2.76	
Maltose....g	1.83	0.081	4	A	1		1.75	13.59	
Galactose....g	0.07	0.000	4	A	1		0.07	0.55	
Starch....g	22.85	0.773	4	A	1		21.94	170.00	
Minerals:									
Calcium, Ca....mg	155	5.935	4	A	1		149	1155	
Iron, Fe....mg	2.14	0.055	4	A	1		2.05	15.92	
Magnesium, Mg....mg	23	0.250	4	A	1		22	171	
Phosphorus, P....mg	218	3.614	4	A	1		209	1620	
Potassium, K....mg	207	3.719	4	A	1		199	1540	
Sodium, Na....mg	801	17.076	4	A	1		768	5956	
Zinc, Zn....mg	1.68	0.058	4	A	1		1.61	12.50	
Copper, Cu....mg	0.104	0.003	4	A	1		0.100	0.777	
Manganese, Mn....mg	0.365	0.006	4	A	1		0.351	2.717	
Selenium, Se....µg	21.3	1.431	4	A	1		20.5	158.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.320	0.016	4	A	1		0.307	2.379	
Riboflavin....mg	0.271	0.007	4	A	1		0.260	2.016	
Niacin....mg	4.028	0.066	4	A	1		3.866	29.965	
Pantothenic acid....mg	0.467	0.053	4	A	1		0.448	3.472	
Vitamin B-6....mg	0.152	0.008	4	A	1		0.146	1.129	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.68	0.070	4	A	1		0.66	5.10	
Vitamin A, RAE....µg	57		0	AS	1		54	421	
Vitamin A, IU....IU	204		0	AS	1		196	1520	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.75	0.149	4	A	1		0.72	5.62	
Tocopherol, beta....mg	0.05	0.010	4	A	1		0.05	0.35	
Tocopherol, gamma....mg	1.75	0.391	4	A	1		1.68	13.06	
Tocopherol, delta....mg	0.58	0.129	4	A	1		0.56	4.33	
Tocotrienol, alpha....mg	0.01	0.007	4	A	1		0.01	0.06	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	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	8.5	0.433	4	A	1		8.1	63.1	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21274
PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.161		0	NC	4		4.955	38.397	
4:0....g									
6:0....g									
8:0....g	0.060	0.001	4	A	1		0.057	0.444	
10:0....g	0.138	0.003	4	A	1		0.133	1.028	
12:0....g	0.158	0.004	4	A	1		0.152	1.177	
13:0....g									
14:0....g	0.589	0.015	4	A	1		0.565	4.380	
15:0....g	0.058	0.001	4	A	1		0.056	0.433	
16:0....g	2.764	0.076	4	A	1		2.653	20.562	
17:0....g	0.052	0.002	4	A	1		0.050	0.387	
18:0....g	1.309	0.058	4	A	1		1.257	9.740	
20:0....g	0.022	0.001	4	A	1		0.021	0.161	
22:0....g	0.011	0.000	4	A	1		0.011	0.085	
24:0....g									
Fatty acids, total monounsaturated....g	4.018		0	NC	4		3.858	29.896	
14:1....g	0.043	0.002	4	A	1		0.041	0.319	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.203	0.011	4	A	1		0.195	1.514	
17:1....g	0.014	0.008	4	A	1		0.014	0.108	
18:1 undifferentiated....g	3.703	0.151	4	A	1		3.555	27.550	
20:1....g	0.054	0.003	4	A	1		0.052	0.405	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.034		0	NC	4		1.953	15.135	
18:2 undifferentiated....g	1.792	0.064	4	A	1		1.721	13.336	
18:3 undifferentiated....g	0.190		0	AS	1		0.182	1.411	
18:3 n-3 c,c,c (ALA)....g	0.190	0.008	4	A	1		0.182	1.411	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.025	0.001	4	A	1		0.024	0.190	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.027	0.001	4	A	1		0.026	0.199	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	26	1.200	4	A	1		25	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0	A	1		0.118	0.916	
Threonine....g	0.418		0	A	1		0.401	3.110	
Isoleucine....g	0.538		0	A	1		0.516	3.999	
Leucine....g	1.068		0	A	1		1.025	7.944	
Lysine....g	0.764		0	A	1		0.734	5.686	
Methionine....g	0.272		0	A	1		0.261	2.025	
Cystine....g	0.176		0	A	1		0.169	1.311	
Phenylalanine....g	0.625		0	A	1		0.600	4.649	
Tyrosine....g	0.483		0	A	1		0.464	3.593	
Valine....g	0.670		0	A	1		0.643	4.984	
Arginine....g	0.538		0	A	1		0.517	4.006	
Histidine....g	0.361		0	A	1		0.346	2.684	
Alanine....g	0.490		0	A	1		0.470	3.644	
Aspartic acid....g	0.855		0	A	1		0.821	6.359	
Glutamic acid....g	3.343		0	A	1		3.209	24.868	
Glycine....g	0.451		0	A	1		0.433	3.353	

NDB No. 21274
PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.230		0	A	1		1.180	9.148	
Serine.....g	0.658		0	A	1		0.631	4.893	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 744g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21275

PIZZA HUT 12" Pepperoni Pizza, Pan Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.80	0.718	4	A	1		39.16	317.39	
Energy....kcal	298		0	NC	4		286	2316	
Energy....kJ	1246		0	NC	4		1196	9691	
Protein....g	11.97	0.313	4	A	1		11.49	93.13	
Total lipid (fat)....g	14.21	0.455	4	A	1		13.64	110.54	
Ash....g	2.53	0.076	4	A	1		2.43	19.72	
Carbohydrate, by difference....g	30.49		0	NC	4		29.27	237.23	
Fiber, total dietary....g	1.8	0.137	4	A	1		1.7	14.1	
Sugars, total....g	3.20	0.152	4	A	1		3.08	24.92	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.40	0.037	4	A	1		0.38	3.08	
Fructose....g	0.37	0.033	4	A	1		0.36	2.91	
Lactose....g	0.35	0.090	4	A	1		0.34	2.74	
Maltose....g	2.01	0.135	4	A	1		1.93	15.62	
Galactose....g	0.07	0.000	4	A	1		0.07	0.58	
Starch....g	23.13	0.941	4	A	1		22.21	179.97	
Minerals:									
Calcium, Ca....mg	146	3.227	4	A	1		140	1132	
Iron, Fe....mg	2.14	0.076	4	A	1		2.05	16.63	
Magnesium, Mg....mg	22	0.433	4	A	1		21	171	
Phosphorus, P....mg	205	5.140	4	A	1		196	1591	
Potassium, K....mg	199	1.315	4	A	1		191	1546	
Sodium, Na....mg	692	22.500	4	A	1		664	5382	
Zinc, Zn....mg	1.54	0.055	4	A	1		1.48	12.00	
Copper, Cu....mg	0.105	0.002	4	A	1		0.101	0.820	
Manganese, Mn....mg	0.361	0.004	4	A	1		0.347	2.808	
Selenium, Se....µg	20.6	1.658	4	A	1		19.8	160.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.287	0.008	4	A	1		0.275	2.230	
Riboflavin....mg	0.254	0.006	4	A	1		0.244	1.978	
Niacin....mg	3.840	0.158	4	A	1		3.686	29.875	
Pantothenic acid....mg	0.378	0.013	4	A	1		0.363	2.942	
Vitamin B-6....mg	0.140	0.003	4	A	1		0.134	1.089	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.64	0.061	4	A	1		0.61	4.96	
Vitamin A, RAE....µg	47		0	AS	1		45	362	
Vitamin A, IU....IU	171		0	AS	1		164	1328	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.78	0.088	4	A	1		0.75	6.11	
Tocopherol, beta....mg	0.05	0.008	4	A	1		0.05	0.39	
Tocopherol, gamma....mg	3.08	0.482	4	A	1		2.96	23.98	
Tocopherol, delta....mg	1.13	0.219	4	A	1		1.08	8.79	
Tocotrienol, alpha....mg	0.01	0.013	4	A	1		0.01	0.10	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	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	19.3	0.900	4	A	1		18.6	150.5	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									

NDB No. 21275
PIZZA HUT 12" Pepperoni Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.271		0	NC	4		5.060	41.004	
4:0....g									
6:0....g									
8:0....g	0.055	0.003	4	A	1		0.053	0.428	
10:0....g	0.127	0.007	4	A	1		0.122	0.988	
12:0....g	0.144	0.008	4	A	1		0.138	1.120	
13:0....g									
14:0....g	0.541	0.025	4	A	1		0.520	4.211	
15:0....g	0.053	0.002	4	A	1		0.051	0.416	
16:0....g	2.876	0.042	4	A	1		2.761	22.377	
17:0....g	0.051	0.001	4	A	1		0.049	0.400	
18:0....g	1.372	0.015	4	A	1		1.317	10.676	
20:0....g	0.030	0.001	4	A	1		0.029	0.233	
22:0....g	0.020	0.001	4	A	1		0.019	0.157	
24:0....g									
Fatty acids, total monounsaturated....g	4.415		0	NC	4		4.238	34.349	
14:1....g	0.039	0.003	4	A	1		0.038	0.305	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.184	0.004	4	A	1		0.176	1.429	
17:1....g	0.017	0.010	4	A	1		0.016	0.130	
18:1 undifferentiated....g	4.114	0.028	4	A	1		3.950	32.011	
20:1....g	0.061	0.001	4	A	1		0.059	0.474	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.465		0	NC	4		3.327	26.961	
18:2 undifferentiated....g	3.058	0.159	4	A	1		2.936	23.791	
18:3 undifferentiated....g	0.357		0	AS	1		0.343	2.779	
18:3 n-3 c,c,c (ALA)....g	0.357	0.023	4	A	1		0.343	2.779	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.025	0.000	4	A	1		0.024	0.196	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025	0.000	4	A	1		0.024	0.195	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	25	1.076	4	A	1		24	191	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0	A	1		0.112	0.905	
Threonine....g	0.374		0	A	1		0.359	2.910	
Isoleucine....g	0.487		0	A	1		0.467	3.786	
Leucine....g	0.952		0	A	1		0.914	7.405	
Lysine....g	0.652		0	A	1		0.625	5.069	
Methionine....g	0.247		0	A	1		0.237	1.918	
Cystine....g	0.178		0	A	1		0.171	1.387	
Phenylalanine....g	0.564		0	A	1		0.541	4.387	
Tyrosine....g	0.427		0	A	1		0.410	3.321	
Valine....g	0.604		0	A	1		0.580	4.702	
Arginine....g	0.485		0	A	1		0.466	3.776	
Histidine....g	0.322		0	A	1		0.309	2.505	
Alanine....g	0.434		0	A	1		0.416	3.373	
Aspartic acid....g	0.739		0	A	1		0.710	5.751	
Glutamic acid....g	3.160		0	A	1		3.034	24.588	
Glycine....g	0.400		0	A	1		0.384	3.111	

NDB No. 21275
PIZZA HUT 12" Pepperoni Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.134		0	A	1		1.089	8.825	
Serine.....g	0.588		0	A	1		0.564	4.572	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 slice

Measure 2 = 778g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21276

PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	50.20	0.701	4	A	1		63.75	555.68	271.57
Energy ... kcal	243		0	NC	4		308	2685	1312
Energy ... kJ	1015		0	NC	4		1289	11235	5491
Protein ... g	10.90	0.377	4	A	1		13.85	120.69	58.98
Total lipid (fat) ... g	10.72	0.300	4	A	1		13.61	118.67	57.99
Ash ... g	2.56	0.061	4	A	1		3.25	28.36	13.86
Carbohydrate, by difference ... g	25.62		0	NC	4		32.54	283.60	138.60
Fiber, total dietary ... g	2.0	0.031	4	A	1		2.6	22.4	11.0
Sugars, total ... g	3.71	0.120	4	A	1		4.72	41.12	20.09
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.74	0.086	4	A	1		0.93	8.15	3.98
Fructose ... g	0.90	0.101	4	A	1		1.14	9.95	4.86
Lactose ... g	0.28	0.057	4	A	1		0.35	3.07	1.50
Maltose ... g	1.73	0.055	4	A	1		2.19	19.13	9.35
Galactose ... g	0.07	0.000	4	A	1		0.09	0.82	0.40
Starch ... g	16.53	0.352	4	A	1		20.99	182.93	89.40
Minerals:									
Calcium, Ca ... mg	129	5.218	4	A	1		164	1425	697
Iron, Fe ... mg	2.00	0.054	4	A	1		2.55	22.19	10.85
Magnesium, Mg ... mg	23	0.533	4	A	1		30	258	126
Phosphorus, P ... mg	200	2.598	4	A	1		253	2208	1079
Potassium, K ... mg	233	10.622	4	A	1		296	2579	1261
Sodium, Na ... mg	689	12.957	4	A	1		875	7630	3729
Zinc, Zn ... mg	1.45	0.042	4	A	1		1.85	16.11	7.87
Copper, Cu ... mg	0.127	0.005	4	A	1		0.161	1.402	0.685
Manganese, Mn ... mg	0.324	0.006	4	A	1		0.411	3.583	1.751
Selenium, Se ... µg	19.5	1.689	4	A	1		24.8	216.4	105.8
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin ... mg	0.266	0.014	4	A	1		0.337	2.942	1.438
Riboflavin ... mg	0.242	0.014	4	A	1		0.308	2.681	1.310
Niacin ... mg	3.582	0.148	4	A	1		4.550	39.658	19.381
Pantothenic acid ... mg	0.441	0.027	4	A	1		0.560	4.879	2.384
Vitamin B-6 ... mg	0.146	0.003	4	A	1		0.185	1.613	0.788
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.62	0.057	4	A	1		0.78	6.84	3.34
Vitamin A, RAE ... µg	36		0	AS	1		46	403	197
Vitamin A, IU ... IU	137		0	AS	1		174	1514	740
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.77	0.068	4	A	1		0.98	8.58	4.19
Tocopherol, beta ... mg	0.03	0.005	4	A	1		0.03	0.30	0.15
Tocopherol, gamma ... mg	0.88	0.052	4	A	1		1.12	9.80	4.79
Tocopherol, delta ... mg	0.28	0.017	4	A	1		0.35	3.07	1.50
Tocotrienol, alpha ... mg	0.04	0.017	4	A	1		0.06	0.50	0.24
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, gamma ... mg	0.00	0.005	4	A	1		0.01	0.06	0.03
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	7.3	0.433	4	A	1		9.3	81.1	39.6
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4 ... µg									

NDB No. 21276

PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.554		0	NC	4		5.783	50.410	24.636
4:0....g									
6:0....g									
8:0....g	0.047	0.006	4	A	1		0.059	0.517	0.253
10:0....g	0.109	0.013	4	A	1		0.139	1.209	0.591
12:0....g	0.124	0.015	4	A	1		0.158	1.377	0.673
13:0....g									
14:0....g	0.489	0.051	4	A	1		0.621	5.415	2.647
15:0....g	0.049	0.005	4	A	1		0.062	0.542	0.265
16:0....g	2.482	0.080	4	A	1		3.153	27.481	13.430
17:0....g	0.050	0.003	4	A	1		0.063	0.553	0.270
18:0....g	1.180	0.022	4	A	1		1.499	13.067	6.386
20:0....g	0.020	0.001	4	A	1		0.025	0.220	0.108
22:0....g	0.002	0.002	4	A	1		0.003	0.027	0.013
24:0....g									
Fatty acids, total monounsaturated....g	3.953		0	NC	4		5.021	43.763	21.387
14:1....g	0.039	0.005	4	A	1		0.049	0.428	0.209
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.200	0.001	4	A	1		0.254	2.211	1.081
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	3.667	0.104	4	A	1		4.657	40.593	19.838
20:1....g	0.048	0.003	4	A	1		0.061	0.531	0.259
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.729		0	NC	4		2.196	19.138	9.353
18:2 undifferentiated....g	1.527	0.059	4	A	1		1.940	16.906	8.262
18:3 undifferentiated....g	0.152		0	AS	1		0.193	1.685	0.823
18:3 n-3 c,c,c (ALA)....g	0.152	0.005	4	A	1		0.193	1.685	0.823
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.025	0.002	4	A	1		0.032	0.276	0.135
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025	0.001	4	A	1		0.031	0.271	0.133
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	20	1.046	4	A	1		25	220	108
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.134	1.166	0.570
Threonine....g	0.384		0	A	1		0.488	4.255	2.079
Isoleucine....g	0.485		0	A	1		0.616	5.368	2.623
Leucine....g	0.931		0	A	1		1.182	10.306	5.037
Lysine....g	0.710		0	A	1		0.901	7.855	3.839
Methionine....g	0.213		0	A	1		0.271	2.358	1.152
Cystine....g	0.153		0	A	1		0.194	1.690	0.826
Phenylalanine....g	0.545		0	A	1		0.693	6.037	2.950
Tyrosine....g	0.425		0	A	1		0.540	4.705	2.299
Valine....g	0.599		0	A	1		0.760	6.629	3.239
Arginine....g	0.532		0	A	1		0.675	5.887	2.877
Histidine....g	0.323		0	A	1		0.411	3.580	1.749
Alanine....g	0.476		0	A	1		0.605	5.274	2.577
Aspartic acid....g	0.831		0	A	1		1.055	9.196	4.494
Glutamic acid....g	2.845		0	A	1		3.614	31.498	15.394
Glycine....g	0.442		0	A	1		0.561	4.888	2.389

NDB No. 21276
PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.009		0	A	1		1.281	11.169	5.459
Serine.....g	0.585		0	A	1		0.743	6.477	3.165
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 slice

Measure 2 = 1107g: 1 pizza

Measure 3 = 541g: .5 pizza

Calories Factors: Protein **Fat** **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21293

PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.48	0.832	6	A	1		43.56	348.87	
Energy ... kcal	275		0	NC	4		289	2316	
Energy ... kJ	1152		0	NC	4		1210	9688	
Protein ... g	11.98	0.178	6	A	1		12.58	100.78	
Total lipid (fat) ... g	10.42	0.178	6	A	1		10.94	87.60	
Ash ... g	2.69	0.056	6	A	1		2.83	22.65	
Carbohydrate, by difference ... g	33.42		0	NC	4		35.09	281.09	
Fiber, total dietary ... g	2.4	0.133	3	A	1		2.6	20.5	
Sugars, total ... g	3.13	0.133	3	A	1		3.29	26.35	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.57	0.067	3	A	1		0.59	4.77	
Fructose ... g	0.93	0.088	3	A	1		0.98	7.85	
Lactose ... g	0.33	0.033	3	A	1		0.35	2.80	
Maltose ... g	1.17	0.067	3	A	1		1.22	9.81	
Galactose ... g	0.13	0.033	3	A	1		0.14	1.12	
Starch ... g	27.53	1.734	3	A	1		28.91	231.56	
Minerals:									
Calcium, Ca ... mg	209	10.717	6	A	1		219	1755	
Iron, Fe ... mg	2.62	0.094	6	A	1		2.75	22.05	
Magnesium, Mg ... mg	24	0.666	6	A	1		25	199	
Phosphorus, P ... mg	228	8.856	6	A	1		239	1916	
Potassium, K ... mg	183	5.645	6	A	1		192	1539	
Sodium, Na ... mg	674	14.692	6	A	1		707	5666	
Zinc, Zn ... mg	1.44	0.037	6	A	1		1.51	12.11	
Copper, Cu ... mg	0.103	0.003	6	A	1		0.108	0.865	
Manganese, Mn ... mg	0.396	0.008	6	A	1		0.416	3.330	
Selenium, Se ... µg	16.8		1	A	1		17.6	141.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.0		1	A	1		2.1	16.6	
Thiamin ... mg	0.460		1	A	1		0.483	3.869	
Riboflavin ... mg	0.220		1	A	1		0.231	1.850	
Niacin ... mg	4.300		1	A	1		4.515	36.163	
Pantothenic acid ... mg	0.330	0.010	4	A	1		0.347	2.779	
Vitamin B-6 ... mg	0.080		1	A	1		0.084	0.673	
Folate, total ... µg	108	4.385	4	A	1		113	906	
Folic acid ... µg	60	3.797	4	A	1		62	500	
Folate, food ... µg	48		0	NC	4		51	406	
Folate, DFE ... µg	149		0	NC	4		157	1256	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.38		1	A	1		0.40	3.20	
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.57	0.027	4	A	1		0.60	4.79	
Tocopherol, beta ... mg	0.04	0.006	4	A	1		0.04	0.31	
Tocopherol, gamma ... mg	1.13	0.032	4	A	1		1.19	9.52	
Tocopherol, delta ... mg	0.36	0.005	4	A	1		0.38	3.07	
Tocotrienol, alpha ... mg	0.04	0.006	4	A	1		0.05	0.38	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00	0.004	4	A	1		0.00	0.03	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0	0.0	

NDB No. 21293
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	7.7	0.464	4	A	1		8.1	65.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	1.3	0.111	4	A	1		1.3	10.7	
Lipids:									
Fatty acids, total saturated....g	4.819		0	NC	4		5.060	40.526	
4:0....g	0.107	0.006	6	A	1		0.113	0.901	
6:0....g	0.086	0.004	6	A	1		0.090	0.720	
8:0....g	0.059	0.002	6	A	1		0.062	0.496	
10:0....g	0.150	0.006	6	A	1		0.157	1.261	
12:0....g	0.187	0.008	6	A	1		0.197	1.577	
13:0....g									
14:0....g	0.641	0.027	6	A	1		0.673	5.392	
15:0....g	0.068	0.003	6	A	1		0.072	0.573	
16:0....g	2.548	0.063	6	A	1		2.676	21.430	
17:0....g	0.046	0.002	6	A	1		0.048	0.384	
18:0....g	0.877	0.010	6	A	1		0.920	7.373	
20:0....g	0.024	0.000	6	A	1		0.025	0.200	
22:0....g	0.013	0.001	6	A	1		0.014	0.112	
24:0....g	0.009	0.000	6	A	1		0.009	0.074	
Fatty acids, total monounsaturated....g	3.050		0	NC	4		3.203	25.654	
14:1....g	0.051	0.003	6	A	1		0.054	0.429	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.130	0.007	6	AS	1		0.136	1.093	
16:1 c....g	0.106	0.005	6	A	1		0.111	0.891	
16:1 t....g	0.024	0.002	6	A	1		0.025	0.202	
17:1....g	0.016	0.001	6	A	1		0.016	0.132	
18:1 undifferentiated....g	2.808	0.045	6	AS	1		2.948	23.612	
18:1 c....g	2.640	0.046	6	A	1		2.772	22.205	
18:1 t....g	0.167	0.004	6	A	1		0.176	1.407	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.043	0.002	6	A	1		0.045	0.364	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.014	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.014	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.001	0.010	
Fatty acids, total polyunsaturated....g	1.530		0	NC	4		1.606	12.864	
18:2 undifferentiated....g	1.319	0.079	6	AS	1		1.385	11.091	
18:2 n-6 c,c....g	1.217	0.081	6	A	1		1.278	10.236	
18:2 CLAs....g	0.040	0.002	6	A	1		0.043	0.341	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.061	0.002	6	A	1		0.064	0.514	
18:3 undifferentiated....g	0.168	0.011	6	AS	1		0.176	1.413	
18:3 n-3 c,c,c (ALA)....g	0.165	0.011	6	A	1		0.174	1.392	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.003	0.021	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.002	0.013	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.004	0.031	
20:3 undifferentiated....g	0.011	0.000	6	AS	1		0.011	0.091	
20:3 n-3....g	0.001	0.000	6	A	1		0.001	0.004	
20:3 n-6....g	0.010	0.001	6	A	1		0.011	0.087	
20:4 undifferentiated....g	0.013	0.001	6	A	1		0.013	0.106	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.005	0.036	
21:5....g									
22:4....g	0.004	0.000	6	A	1		0.005	0.036	
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.004	0.035	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.003	
Fatty acids, total trans....g	0.252		0	NC	4		0.265	2.123	
Fatty acids, total trans-monoenoic....g	0.191		0	NC	4		0.201	1.609	

NDB No. 21293
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.064	0.514	
Cholesterol.....mg	18	1.706	3	A	1		19	149	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 slice

Measure 2 = 841g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21294

PIZZA HUT 14" Cheese Pizza, Pan Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	42.68	0.683	6	A	1		47.81	382.87	
Energy ... kcal	276		0	NC	4		309	2476	
Energy ... kJ	1155		0	NC	4		1294	10360	
Protein ... g	10.85	0.138	6	A	1		12.15	97.32	
Total lipid (fat) ... g	11.25	0.334	6	A	1		12.60	100.91	
Ash ... g	2.37	0.082	6	A	1		2.65	21.24	
Carbohydrate, by difference ... g	32.85		0	NC	4		36.79	294.65	
Fiber, total dietary ... g	2.1	0.176	3	A	1		2.3	18.5	
Sugars, total ... g	2.47	0.067	3	A	1		2.76	22.13	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.40	0.000	3	A	1		0.45	3.59	
Fructose ... g	0.47	0.033	3	A	1		0.52	4.19	
Lactose ... g	0.40	0.058	3	A	1		0.45	3.59	
Maltose ... g	1.07	0.088	3	A	1		1.19	9.57	
Galactose ... g	0.13	0.033	3	A	1		0.15	1.20	
Starch ... g	25.00		2	A	1		28.00	224.25	
Minerals:									
Calcium, Ca ... mg	192	8.815	6	A	1		215	1719	
Iron, Fe ... mg	2.47	0.101	6	A	1		2.77	22.20	
Magnesium, Mg ... mg	21	0.128	6	A	1		24	193	
Phosphorus, P ... mg	216	6.670	6	A	1		242	1939	
Potassium, K ... mg	170	3.870	6	A	1		190	1522	
Sodium, Na ... mg	580	8.647	6	A	1		649	5200	
Zinc, Zn ... mg	1.31	0.042	6	A	1		1.47	11.77	
Copper, Cu ... mg	0.098	0.004	6	A	1		0.110	0.884	
Manganese, Mn ... mg	0.395	0.010	6	A	1		0.443	3.545	
Selenium, Se ... µg	16.0		1	A	1		17.9	143.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.9		1	A	1		2.2	17.3	
Thiamin ... mg	0.390		1	A	1		0.437	3.498	
Riboflavin ... mg	0.220		1	A	1		0.246	1.973	
Niacin ... mg	3.480		1	A	1		3.898	31.216	
Pantothenic acid ... mg	0.231	0.012	4	A	1		0.259	2.071	
Vitamin B-6 ... mg	0.080		1	A	1		0.090	0.718	
Folate, total ... µg	106	6.811	4	A	1		119	953	
Folic acid ... µg	66	3.979	4	A	1		74	592	
Folate, food ... µg	40		0	NC	4		45	361	
Folate, DFE ... µg	152		0	NC	4		171	1367	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.33		1	A	1		0.37	2.96	
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.74	0.037	4	A	1		0.83	6.66	
Tocopherol, beta ... mg	0.05	0.003	4	A	1		0.06	0.49	
Tocopherol, gamma ... mg	2.74	0.346	4	A	1		3.07	24.55	
Tocopherol, delta ... mg	0.79	0.067	4	A	1		0.88	7.06	
Tocotrienol, alpha ... mg	0.03	0.005	4	A	1		0.03	0.25	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.01	0.004	4	A	1		0.01	0.07	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0	0.0	

NDB No. 21294
PIZZA HUT 14" Cheese Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	17.0	2.706	4	A	1		19.1	152.7	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	1.1	0.233	4	A	1		1.3	10.3	
Lipids:									
Fatty acids, total saturated....g	4.390		0	NC	4		4.917	39.378	
4:0....g	0.105	0.008	6	A	1		0.118	0.946	
6:0....g	0.084	0.004	6	A	1		0.094	0.753	
8:0....g	0.057	0.002	6	A	1		0.063	0.508	
10:0....g	0.143	0.006	6	A	1		0.160	1.284	
12:0....g	0.173	0.009	6	A	1		0.194	1.556	
13:0....g									
14:0....g	0.592	0.031	6	A	1		0.663	5.309	
15:0....g	0.064	0.004	6	A	1		0.071	0.571	
16:0....g	2.198	0.057	6	A	1		2.462	19.714	
17:0....g	0.044	0.002	6	A	1		0.050	0.399	
18:0....g	0.871	0.024	6	A	1		0.976	7.813	
20:0....g	0.024	0.001	6	A	1		0.027	0.220	
22:0....g	0.021	0.001	6	A	1		0.023	0.187	
24:0....g	0.009	0.001	6	A	1		0.010	0.082	
Fatty acids, total monounsaturated....g	2.755		0	NC	4		3.086	24.717	
14:1....g	0.048	0.003	6	A	1		0.054	0.434	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.121	0.007	6	AS	1		0.135	1.084	
16:1 c....g	0.099	0.006	6	A	1		0.111	0.887	
16:1 t....g	0.022	0.001	6	A	1		0.025	0.197	
17:1....g	0.016	0.001	6	A	1		0.018	0.142	
18:1 undifferentiated....g	2.521	0.083	6	AS	1		2.824	22.613	
18:1 c....g	2.343	0.071	6	A	1		2.624	21.017	
18:1 t....g	0.178	0.028	6	A	1		0.199	1.597	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.003	6	A	1		0.052	0.413	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.016	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.016	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	6	A	1		0.002	0.015	
Fatty acids, total polyunsaturated....g	3.118		0	NC	4		3.492	27.969	
18:2 undifferentiated....g	2.724	0.230	6	AS	1		3.051	24.439	
18:2 n-6 c,c....g	2.627	0.231	6	A	1		2.942	23.561	
18:2 CLAs....g	0.039	0.001	6	A	1		0.044	0.353	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.058	0.002	6	A	1		0.066	0.525	
18:3 undifferentiated....g	0.353	0.031	6	AS	1		0.395	3.163	
18:3 n-3 c,c,c (ALA)....g	0.350	0.031	6	A	1		0.392	3.139	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.003	0.024	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.012	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.005	0.040	
20:3 undifferentiated....g	0.010	0.001	6	AS	1		0.011	0.088	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.003	
20:3 n-6....g	0.009	0.000	6	A	1		0.011	0.085	
20:4 undifferentiated....g	0.011	0.001	6	A	1		0.012	0.100	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.005	0.039	
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.006	0.045	
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.004	0.036	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.258		0	NC	4		0.290	2.319	
Fatty acids, total trans-monoenoic....g	0.200		0	NC	4		0.224	1.794	

NDB No. 21294
PIZZA HUT 14" Cheese Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4		0.066	0.525	
Cholesterol.....mg	18	0.649	3	A	1		21	164	
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 = 112g: 1 slice

Measure 2 = 897g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21512

PIZZA HUT 14" Cheese Pizza, Stuffed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.37	0.461	6	A	1		50.74	406.35	
Energy ... kcal	274		0	NC	4		320	2564	
Energy ... kJ	1145		0	NC	4		1340	10729	
Protein ... g	12.23	0.238	6	A	1		14.31	114.62	
Total lipid (fat) ... g	11.63	0.193	6	A	1		13.61	109.00	
Ash ... g	2.76	0.034	6	A	1		3.23	25.91	
Carbohydrate, by difference ... g	30.00		0	NC	4		35.10	281.12	
Fiber, total dietary ... g	1.7	0.209	3	A	1		2.0	15.9	
Sugars, total ... g	2.90	0.058	3	A	1		3.39	27.17	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.40	0.000	3	A	1		0.47	3.75	
Fructose ... g	0.67	0.033	3	A	1		0.78	6.25	
Lactose ... g	0.60	0.000	3	A	1		0.70	5.62	
Maltose ... g	1.10	0.000	3	A	1		1.29	10.31	
Galactose ... g	0.13	0.033	3	A	1		0.16	1.25	
Starch ... g	23.70	0.603	3	A	1		27.73	222.07	
Minerals:									
Calcium, Ca ... mg	238	5.275	6	A	1		278	2228	
Iron, Fe ... mg	2.04	0.046	6	A	1		2.39	19.15	
Magnesium, Mg ... mg	22	0.216	6	A	1		25	203	
Phosphorus, P ... mg	249	3.512	6	A	1		291	2333	
Potassium, K ... mg	229	3.683	6	A	1		268	2147	
Sodium, Na ... mg	615	5.669	6	A	1		720	5763	
Zinc, Zn ... mg	1.49	0.022	6	A	1		1.74	13.95	
Copper, Cu ... mg	0.081	0.002	6	A	1		0.095	0.760	
Manganese, Mn ... mg	0.351	0.005	6	A	1		0.411	3.290	
Selenium, Se ... µg	16.0	0.561	3	A	1		18.8	150.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.1		2	A	1		3.7	29.5	
Thiamin ... mg	0.323	0.009	3	A	1		0.378	3.029	
Riboflavin ... mg	0.333	0.009	3	A	1		0.390	3.123	
Niacin ... mg	3.763	0.061	3	A	1		4.403	35.262	
Pantothenic acid ... mg	0.450		2	A	1		0.526	4.216	
Vitamin B-6 ... mg	0.119	0.001	3	A	1		0.140	1.118	
Folate, total ... µg	90	3.181	3	A	1		105	844	
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.40	0.040	3	A	1		0.47	3.75	
Vitamin A, RAE ... µg	117		0	AS	1		137	1095	
Vitamin A, IU ... IU	511		0	AS	1		598	4789	
Lycopene ... µg	935		1	A	1		1093	8756	
Lutein + zeaxanthin ... µg	45		1	A	1		53	426	
Vitamin E (alpha-tocopherol) ... mg	0.67		2	A	1		0.78	6.27	
Tocopherol, beta ... mg	0.06		2	A	1		0.07	0.60	
Tocopherol, gamma ... mg	0.89		2	A	1		1.04	8.30	
Tocopherol, delta ... mg	0.30		2	A	1		0.35	2.79	
Tocotrienol, alpha ... mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta ... mg	0.22		2	A	1		0.26	2.10	
Tocotrienol, gamma ... mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta ... mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21512
PIZZA HUT 14" Cheese Pizza, Stuffed Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.825		0	NC	4		6.815	54.581	
4:0....g	0.175	0.005	3	A	1		0.205	1.640	
6:0....g	0.143	0.002	3	A	1		0.167	1.336	
8:0....g	0.091	0.001	3	A	1		0.106	0.850	
10:0....g	0.233	0.002	3	A	1		0.272	2.180	
12:0....g	0.275	0.002	3	A	1		0.321	2.574	
13:0....g									
14:0....g	0.898	0.000	3	A	1		1.051	8.417	
15:0....g	0.096	0.000	3	A	1		0.113	0.903	
16:0....g	2.820	0.010	3	A	1		3.299	26.423	
17:0....g	0.059	0.000	3	A	1		0.069	0.549	
18:0....g	0.997	0.009	3	A	1		1.166	9.338	
20:0....g	0.020	0.001	3	A	1		0.023	0.186	
22:0....g	0.012	0.000	3	A	1		0.014	0.112	
24:0....g	0.008	0.000	3	A	1		0.009	0.072	
Fatty acids, total monounsaturated....g	2.771		0	NC	4		3.242	25.965	
14:1....g	0.092	0.002	3	A	1		0.108	0.865	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.168	0.003	3	AS	1		0.197	1.576	
16:1 c....g	0.139	0.003	3	A	1		0.162	1.299	
16:1 t....g	0.030	0.000	3	A	1		0.035	0.277	
17:1....g	0.019	0.000	3	A	1		0.023	0.180	
18:1 undifferentiated....g	2.463	0.012	3	AS	1		2.882	23.080	
18:1 c....g	2.273	0.012	3	A	1		2.659	21.298	
18:1 t....g	0.190	0.001	3	A	1		0.223	1.783	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.000	3	A	1		0.032	0.256	
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.001	0.006	
22:1 c....g	0.001	0.001	3	A	1		0.001	0.006	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.547		0	NC	4		1.810	14.499	
18:2 undifferentiated....g	1.348	0.048	3	AS	1		1.577	12.626	
18:2 n-6 c,c....g	1.234	0.043	3	A	1		1.443	11.559	
18:2 CLAs....g	0.042	0.001	3	A	1		0.049	0.396	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.072	0.004	3	A	1		0.084	0.671	
18:3 undifferentiated....g	0.155	0.008	3	AS	1		0.181	1.452	
18:3 n-3 c,c,c (ALA)....g	0.150	0.008	3	A	1		0.176	1.408	
18:3 n-6 c,c,c....g	0.004	0.000	3	A	1		0.004	0.034	
18:3i....g	0.001	0.000	3	A	1		0.001	0.009	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	3	A	1		0.004	0.028	
20:3 undifferentiated....g	0.011	0.001	3	AS	1		0.013	0.106	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.011	0.001	3	A	1		0.013	0.106	
20:4 undifferentiated....g	0.017	0.000	3	A	1		0.020	0.162	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.004	0.028	
21:5....g									
22:4....g	0.004	0.000	3	A	1		0.005	0.037	
22:5 n-3 (DPA)....g	0.006	0.001	3	A	1		0.007	0.056	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.292		0	NC	4		0.342	2.740	
Fatty acids, total trans-monoenoic....g	0.220		0	NC	4		0.257	2.060	
Fatty acids, total trans-polyenoic....g	0.073		0	NC	4		0.085	0.681	
Cholesterol....mg	30	1.662	3	A	1		35	282	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0	A	1		0.145	1.163	
Threonine....g	0.392		0	A	1		0.458	3.671	

NDB No. 21512
PIZZA HUT 14" Cheese Pizza, Stuffed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.573		0	A	1		0.671	5.373	
Leucine....g	1.070		0	A	1		1.252	10.030	
Lysine....g	0.593		0	A	1		0.693	5.552	
Methionine....g	0.268		0	A	1		0.313	2.507	
Cystine....g									
Phenylalanine....g	0.640		0	A	1		0.749	6.000	
Tyrosine....g	0.401		0	A	1		0.470	3.760	
Valine....g	0.707		0	A	1		0.827	6.627	
Arginine....g	0.440		0	A	1		0.514	4.119	
Histidine....g	0.315		0	A	1		0.369	2.955	
Alanine....g	0.382		0	A	1		0.447	3.582	
Aspartic acid....g	0.812		0	A	1		0.950	7.612	
Glutamic acid....g	3.393		0	A	1		3.969	31.789	
Glycine....g	0.306		0	A	1		0.358	2.865	
Proline....g	1.739		0	A	1		2.035	16.298	
Serine....g	0.583		0	A	1		0.682	5.463	
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 slice

Measure 2 = 937g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21295

PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	36.27	1.083	6	A	1		28.65	232.47	
Energy ... kcal	306		0	NC	4		241	1959	
Energy ... kJ	1278		0	NC	4		1010	8192	
Protein ... g	13.37	0.259	6	A	1		10.56	85.68	
Total lipid (fat) ... g	12.80	0.207	6	A	1		10.11	82.05	
Ash ... g	3.34	0.054	6	A	1		2.64	21.44	
Carbohydrate, by difference ... g	34.22		0	NC	4		27.04	219.36	
Fiber, total dietary ... g	2.4	0.219	3	A	1		1.9	15.6	
Sugars, total ... g	3.13	0.133	3	A	1		2.48	20.08	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.60	0.000	3	A	1		0.47	3.85	
Fructose ... g	0.93	0.033	3	A	1		0.74	5.98	
Lactose ... g	0.50	0.100	3	A	1		0.39	3.20	
Maltose ... g	0.90	0.058	3	A	1		0.71	5.77	
Galactose ... g	0.20	0.000	3	A	1		0.16	1.28	
Starch ... g	27.67	1.719	3	A	1		21.86	177.34	
Minerals:									
Calcium, Ca ... mg	284	12.461	6	A	1		224	1820	
Iron, Fe ... mg	2.52	0.046	6	A	1		1.99	16.13	
Magnesium, Mg ... mg	24	0.397	6	A	1		19	156	
Phosphorus, P ... mg	298	10.307	6	A	1		235	1909	
Potassium, K ... mg	197	4.249	6	A	1		155	1260	
Sodium, Na ... mg	857	7.741	6	A	1		677	5490	
Zinc, Zn ... mg	1.64	0.059	6	A	1		1.29	10.49	
Copper, Cu ... mg	0.103	0.002	6	A	1		0.082	0.662	
Manganese, Mn ... mg	0.381	0.010	6	A	1		0.301	2.442	
Selenium, Se ... µg	20.3		1	A	1		16.0	130.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.2		1	A	1		3.3	26.9	
Thiamin ... mg	0.350		1	A	1		0.276	2.243	
Riboflavin ... mg	0.240		1	A	1		0.190	1.538	
Niacin ... mg	4.180		1	A	1		3.302	26.794	
Pantothenic acid ... mg	0.241	0.009	4	A	1		0.190	1.543	
Vitamin B-6 ... mg	0.060		1	A	1		0.047	0.385	
Folate, total ... µg	96	4.564	4	A	1		76	615	
Folic acid ... µg	56	3.568	4	A	1		44	361	
Folate, food ... µg	40		0	NC	4		31	255	
Folate, DFE ... µg	135		0	NC	4		107	868	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.51		1	A	1		0.40	3.27	
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.68	0.054	4	A	1		0.54	4.37	
Tocopherol, beta ... mg	0.04	0.003	4	A	1		0.04	0.29	
Tocopherol, gamma ... mg	1.05	0.111	4	A	1		0.83	6.71	
Tocopherol, delta ... mg	0.35	0.046	4	A	1		0.28	2.24	
Tocotrienol, alpha ... mg	0.04	0.008	4	A	1		0.03	0.24	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.01	0.007	4	A	1		0.01	0.08	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg									

NDB No. 21295
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	7.7	0.250	4	A	1		6.1	49.2	
Dihydrophylloquinone....µg	0.7	0.108	4	A	1		0.6	4.5	
Menaquinone-4....µg	2.8	0.185	4	A	1		2.2	17.6	
Lipids:									
Fatty acids, total saturated....g	6.103		0	NC	4		4.821	39.121	
4:0....g	0.165	0.008	6	A	1		0.130	1.059	
6:0....g	0.131	0.004	6	A	1		0.104	0.843	
8:0....g	0.089	0.002	6	A	1		0.070	0.572	
10:0....g	0.224	0.005	6	A	1		0.177	1.439	
12:0....g	0.271	0.006	6	A	1		0.214	1.735	
13:0....g									
14:0....g	0.920	0.023	6	A	1		0.727	5.898	
15:0....g	0.098	0.003	6	A	1		0.078	0.629	
16:0....g	2.929	0.067	6	A	1		2.314	18.778	
17:0....g	0.064	0.002	6	A	1		0.051	0.412	
18:0....g	1.153	0.024	6	A	1		0.911	7.391	
20:0....g	0.024	0.000	6	A	1		0.019	0.156	
22:0....g	0.018	0.000	6	A	1		0.014	0.114	
24:0....g	0.009	0.000	6	A	1		0.007	0.058	
Fatty acids, total monounsaturated....g	3.265		0	NC	4		2.579	20.930	
14:1....g	0.076	0.004	6	A	1		0.060	0.489	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.165	0.008	6	AS	1		0.131	1.061	
16:1 c....g	0.133	0.007	6	A	1		0.105	0.856	
16:1 t....g	0.032	0.002	6	A	1		0.025	0.205	
17:1....g	0.022	0.001	6	A	1		0.017	0.139	
18:1 undifferentiated....g	2.962	0.053	6	AS	1		2.340	18.987	
18:1 c....g	2.726	0.050	6	A	1		2.154	17.475	
18:1 t....g	0.236	0.004	6	A	1		0.186	1.513	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.003	6	A	1		0.029	0.235	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001	0.012	
22:1 c....g	0.002	0.000	6	A	1		0.001	0.012	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	6	A	1		0.001	0.006	
Fatty acids, total polyunsaturated....g	2.327		0	NC	4		1.838	14.915	
18:2 undifferentiated....g	2.024	0.082	6	AS	1		1.599	12.974	
18:2 n-6 c,c....g	1.884	0.082	6	A	1		1.488	12.075	
18:2 CLAs....g	0.058	0.002	6	A	1		0.046	0.371	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.082	0.003	6	A	1		0.065	0.528	
18:3 undifferentiated....g	0.247	0.013	6	AS	1		0.195	1.581	
18:3 n-3 c,c,c (ALA)....g	0.243	0.013	6	A	1		0.192	1.557	
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.003	0.025	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.002	0.014	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.004	0.029	
20:3 undifferentiated....g	0.014	0.000	6	AS	1		0.011	0.092	
20:3 n-3....g	0.001	0.000	6	A	1		0.001	0.009	
20:3 n-6....g	0.013	0.001	6	A	1		0.010	0.083	
20:4 undifferentiated....g	0.018	0.001	6	A	1		0.015	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.003	0.027	
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.004	0.032	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.005	0.038	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.002	
Fatty acids, total trans....g	0.350		0	NC	4		0.277	2.246	
Fatty acids, total trans-monoenoic....g	0.268		0	NC	4		0.212	1.718	

NDB No. 21295
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.082		0	NC	4		0.065	0.528	
Cholesterol.....mg	30	2.454	3	A	1		23	191	
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 = 79g: 1 slice

Measure 2 = 641g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21296

PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.15	0.402	6	A	1		44.16	354.52	
Energy....kcal	291		0	NC	4		320	2570	
Energy....kJ	1218		0	NC	4		1340	10755	
Protein....g	12.23	0.154	6	A	1		13.46	108.02	
Total lipid (fat)....g	12.63	0.178	6	A	1		13.90	111.55	
Ash....g	2.87	0.038	6	A	1		3.16	25.39	
Carbohydrate, by difference....g	32.11		0	NC	4		35.32	283.52	
Fiber, total dietary....g	2.6	0.145	3	A	1		2.8	22.7	
Sugars, total....g	2.82	0.080	3	A	1		3.11	24.94	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.53	0.033	3	A	1		0.59	4.71	
Fructose....g	0.83	0.033	3	A	1		0.92	7.36	
Lactose....g	0.27	0.067	3	A	1		0.29	2.35	
Maltose....g	1.10	0.058	3	A	1		1.21	9.71	
Galactose....g	0.09	0.009	3	A	1		0.10	0.81	
Starch....g	25.97	0.956	3	A	1		28.56	229.29	
Minerals:									
Calcium, Ca....mg	166	7.631	6	A	1		183	1467	
Iron, Fe....mg	2.71	0.094	6	A	1		2.98	23.96	
Magnesium, Mg....mg	24	0.600	6	A	1		26	211	
Phosphorus, P....mg	206	5.181	6	A	1		226	1816	
Potassium, K....mg	207	2.638	6	A	1		228	1826	
Sodium, Na....mg	759	5.783	6	A	1		835	6699	
Zinc, Zn....mg	1.49	0.028	6	A	1		1.64	13.16	
Copper, Cu....mg	0.106	0.003	6	A	1		0.117	0.939	
Manganese, Mn....mg	0.418	0.006	6	A	1		0.460	3.691	
Selenium, Se....µg	19.0		1	A	1		20.9	167.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	A	1		1.1	8.9	
Thiamin....mg	0.550		1	A	1		0.605	4.857	
Riboflavin....mg	0.240		1	A	1		0.264	2.119	
Niacin....mg	4.820		1	A	1		5.302	42.561	
Pantothenic acid....mg	0.400	0.004	4	A	1		0.440	3.534	
Vitamin B-6....mg	0.090		1	A	1		0.099	0.795	
Folate, total....µg	112	7.805	4	A	1		123	985	
Folic acid....µg	68	7.246	4	A	1		75	600	
Folate, food....µg	44		0	NC	4		48	384	
Folate, DFE....µg	159		0	NC	4		175	1405	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.51		1	A	1		0.56	4.50	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.65	0.047	4	A	1		0.72	5.78	
Tocopherol, beta....mg	0.05	0.003	4	A	1		0.05	0.42	
Tocopherol, gamma....mg	1.14	0.065	4	A	1		1.26	10.11	
Tocopherol, delta....mg	0.35	0.015	4	A	1		0.39	3.11	
Tocotrienol, alpha....mg	0.02	0.009	4	A	1		0.03	0.22	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.004	4	A	1		0.01	0.07	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	

NDB No. 21296
PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	8.5	0.705	4	A	1		9.3	75.1	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	2.5	0.065	4	A	1		2.8	22.5	
Lipids:									
Fatty acids, total saturated....g	5.404		0	NC	4		5.944	47.717	
4:0....g	0.090	0.004	6	A	1		0.099	0.792	
6:0....g	0.071	0.002	6	A	1		0.078	0.627	
8:0....g	0.049	0.002	6	A	1		0.054	0.433	
10:0....g	0.123	0.004	6	A	1		0.135	1.088	
12:0....g	0.151	0.005	6	A	1		0.166	1.333	
13:0....g									
14:0....g	0.557	0.021	6	A	1		0.613	4.923	
15:0....g	0.058	0.003	6	A	1		0.064	0.512	
16:0....g	2.997	0.070	6	A	1		3.297	26.468	
17:0....g	0.057	0.002	6	A	1		0.062	0.500	
18:0....g	1.195	0.024	6	A	1		1.314	10.550	
20:0....g	0.030	0.001	6	A	1		0.033	0.265	
22:0....g	0.014	0.000	6	A	1		0.016	0.125	
24:0....g	0.008	0.000	6	A	1		0.009	0.072	
Fatty acids, total monounsaturated....g	4.338		0	NC	4		4.772	38.309	
14:1....g	0.046	0.002	6	A	1		0.050	0.403	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.197	0.005	6	AS	1		0.217	1.744	
16:1 c....g	0.176	0.005	6	A	1		0.194	1.554	
16:1 t....g	0.021	0.001	6	A	1		0.024	0.190	
17:1....g	0.027	0.001	6	A	1		0.030	0.243	
18:1 undifferentiated....g	3.967	0.077	6	AS	1		4.364	35.030	
18:1 c....g	3.785	0.076	6	A	1		4.163	33.420	
18:1 t....g	0.182	0.005	6	A	1		0.201	1.610	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.075	0.004	6	A	1		0.083	0.665	
22:1 undifferentiated....g	0.022	0.001	6	AS	1		0.025	0.197	
22:1 c....g	0.022	0.001	6	A	1		0.025	0.197	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.001	6	A	1		0.003	0.026	
Fatty acids, total polyunsaturated....g	2.022		0	NC	4		2.224	17.854	
18:2 undifferentiated....g	1.748	0.049	6	AS	1		1.923	15.438	
18:2 n-6 c,c....g	1.652	0.050	6	A	1		1.817	14.587	
18:2 CLAs....g	0.041	0.002	6	A	1		0.046	0.366	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.055	0.001	6	A	1		0.060	0.484	
18:3 undifferentiated....g	0.186	0.008	6	AS	1		0.205	1.642	
18:3 n-3 c,c,c (ALA)....g	0.182	0.008	6	A	1		0.201	1.611	
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.004	0.031	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.002	0.015	
20:2 n-6 c,c....g	0.025	0.001	6	A	1		0.028	0.225	
20:3 undifferentiated....g	0.015	0.001	6	AS	1		0.017	0.137	
20:3 n-3....g	0.004	0.000	6	A	1		0.004	0.032	
20:3 n-6....g	0.012	0.000	6	A	1		0.013	0.104	
20:4 undifferentiated....g	0.025	0.001	6	A	1		0.027	0.219	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1		0.004	0.031	
21:5....g									
22:4....g	0.009	0.000	6	A	1		0.010	0.076	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.006	0.051	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001	0.007	
Fatty acids, total trans....g	0.259		0	NC	4		0.285	2.284	
Fatty acids, total trans-monoenoic....g	0.204		0	NC	4		0.224	1.800	

NDB No. 21296
PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4		0.060	0.484	
Cholesterol.....mg	26	2.186	3	A	1		28	228	
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 = 110g: 1 slice

Measure 2 = 883g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21297

PIZZA HUT 14" Pepperoni Pizza, Pan Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.17	0.311	6	A	1		46.52	374.20	
Energy....kcal	291		0	NC	4		328	2642	
Energy....kJ	1216		0	NC	4		1374	11053	
Protein....g	11.47	0.123	6	A	1		12.96	104.23	
Total lipid (fat)....g	13.07	0.353	6	A	1		14.77	118.78	
Ash....g	2.51	0.066	6	A	1		2.83	22.80	
Carbohydrate, by difference....g	31.79		0	NC	4		35.92	288.99	
Fiber, total dietary....g	2.0	0.088	3	A	1		2.2	17.9	
Sugars, total....g	1.95	0.137	3	A	1		2.20	17.72	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.33	0.033	3	A	1		0.38	3.03	
Fructose....g	0.37	0.033	3	A	1		0.41	3.33	
Lactose....g	0.37	0.088	3	A	1		0.41	3.33	
Maltose....g	0.80	0.058	3	A	1		0.90	7.27	
Galactose....g	0.08	0.009	3	A	1		0.09	0.75	
Starch....g	26.80	0.709	3	A	1		30.28	243.61	
Minerals:									
Calcium, Ca....mg	147	7.120	6	A	1		166	1335	
Iron, Fe....mg	2.57	0.085	6	A	1		2.90	23.33	
Magnesium, Mg....mg	22	0.133	6	A	1		25	201	
Phosphorus, P....mg	193	4.872	6	A	1		218	1754	
Potassium, K....mg	187	3.280	6	A	1		211	1701	
Sodium, Na....mg	676	8.155	6	A	1		764	6142	
Zinc, Zn....mg	1.36	0.021	6	A	1		1.54	12.39	
Copper, Cu....mg	0.104	0.002	6	A	1		0.118	0.950	
Manganese, Mn....mg	0.425	0.010	6	A	1		0.480	3.860	
Selenium, Se....µg	15.5		1	A	1		17.5	140.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	A	1		1.2	9.4	
Thiamin....mg	0.420		1	A	1		0.475	3.818	
Riboflavin....mg	0.210		1	A	1		0.237	1.909	
Niacin....mg	3.750		1	A	1		4.238	34.088	
Pantothenic acid....mg	0.323	0.022	4	A	1		0.365	2.938	
Vitamin B-6....mg	0.090		1	A	1		0.102	0.818	
Folate, total....µg	103	4.211	4	A	1		116	934	
Folic acid....µg	57	3.010	4	A	1		65	520	
Folate, food....µg	46		0	NC	4		51	414	
Folate, DFE....µg	143		0	NC	4		161	1298	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.51		1	A	1		0.58	4.64	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.92	0.077	4	A	1		1.05	8.41	
Tocopherol, beta....mg	0.06	0.004	4	A	1		0.07	0.54	
Tocopherol, gamma....mg	3.02	0.368	4	A	1		3.42	27.47	
Tocopherol, delta....mg	0.94	0.086	4	A	1		1.06	8.57	
Tocotrienol, alpha....mg	0.02	0.009	4	A	1		0.03	0.23	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.04	0.021	4	A	1		0.04	0.33	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	

NDB No. 21297
PIZZA HUT 14" Pepperoni Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone)....µg	21.5	3.410	4	A	1		24.3	195.4	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	2.1	0.344	4	A	1		2.4	19.1	
Lipids:									
Fatty acids, total saturated....g	4.823		0	NC	4		5.450	43.838	
4:0....g	0.084	0.007	6	A	1		0.095	0.768	
6:0....g	0.066	0.004	6	A	1		0.074	0.597	
8:0....g	0.045	0.002	6	A	1		0.050	0.406	
10:0....g	0.112	0.004	6	A	1		0.127	1.021	
12:0....g	0.134	0.004	6	A	1		0.151	1.218	
13:0....g									
14:0....g	0.501	0.011	6	A	1		0.566	4.554	
15:0....g	0.053	0.001	6	A	1		0.060	0.482	
16:0....g	2.574	0.047	6	A	1		2.908	23.396	
17:0....g	0.053	0.001	6	A	1		0.060	0.483	
18:0....g	1.141	0.019	6	A	1		1.290	10.375	
20:0....g	0.027	0.001	6	A	1		0.031	0.248	
22:0....g	0.020	0.001	6	A	1		0.023	0.186	
24:0....g	0.009	0.000	6	A	1		0.010	0.080	
Fatty acids, total monounsaturated....g	3.844		0	NC	4		4.343	34.939	
14:1....g	0.041	0.001	6	A	1		0.046	0.371	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.179	0.004	6	AS	1		0.202	1.625	
16:1 c....g	0.159	0.004	6	A	1		0.180	1.448	
16:1 t....g	0.019	0.001	6	A	1		0.022	0.177	
17:1....g	0.026	0.001	6	A	1		0.030	0.238	
18:1 undifferentiated....g	3.506	0.073	6	AS	1		3.962	31.873	
18:1 c....g	3.342	0.069	6	A	1		3.776	30.376	
18:1 t....g	0.165	0.005	6	A	1		0.186	1.497	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.074	0.002	6	A	1		0.084	0.676	
22:1 undifferentiated....g	0.015	0.003	6	AS	1		0.017	0.136	
22:1 c....g	0.015	0.003	6	A	1		0.017	0.136	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	6	A	1		0.002	0.020	
Fatty acids, total polyunsaturated....g	3.409		0	NC	4		3.853	30.992	
18:2 undifferentiated....g	2.976	0.170	6	AS	1		3.363	27.056	
18:2 n-6 c,c....g	2.885	0.170	6	A	1		3.260	26.223	
18:2 CLAs....g	0.039	0.001	6	A	1		0.044	0.357	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.052	0.002	6	A	1		0.059	0.476	
18:3 undifferentiated....g	0.350	0.025	6	AS	1		0.396	3.183	
18:3 n-3 c,c,c (ALA)....g	0.347	0.025	6	A	1		0.392	3.156	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.003	0.027	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.002	0.012	
20:2 n-6 c,c....g	0.024	0.001	6	A	1		0.027	0.215	
20:3 undifferentiated....g	0.014	0.001	6	AS	1		0.016	0.126	
20:3 n-3....g	0.003	0.001	6	A	1		0.003	0.024	
20:3 n-6....g	0.011	0.001	6	A	1		0.013	0.101	
20:4 undifferentiated....g	0.025	0.001	6	A	1		0.028	0.227	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.032	
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.010	0.080	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.006	0.048	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001	0.005	
Fatty acids, total trans....g	0.236		0	NC	4		0.267	2.150	
Fatty acids, total trans-monoenoic....g	0.184		0	NC	4		0.208	1.674	

NDB No. 21297
PIZZA HUT 14" Pepperoni Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.059	0.476	
Cholesterol.....mg	23	0.977	3	A	1		27	213	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 slice

Measure 2 = 909g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21491

PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.57	0.401	6	A	1		26.85	212.81	
Energy....kcal	333		0	NC	4		266	2109	
Energy....kJ	1392		0	NC	4		1114	8825	
Protein....g	14.13	0.174	6	A	1		11.31	89.61	
Total lipid (fat)....g	16.17	0.429	6	A	1		12.93	102.50	
Ash....g	3.48	0.079	6	A	1		2.78	22.05	
Carbohydrate, by difference....g	32.66		0	NC	4		26.12	207.03	
Fiber, total dietary....g	2.1	0.067	3	A	1		1.7	13.1	
Sugars, total....g	2.79	0.050	3	A	1		2.23	17.70	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.53	0.033	3	A	1		0.43	3.38	
Fructose....g	0.87	0.033	3	A	1		0.69	5.49	
Lactose....g	0.40	0.115	3	A	1		0.32	2.54	
Maltose....g	0.87	0.033	3	A	1		0.69	5.49	
Galactose....g	0.12	0.038	3	A	1		0.10	0.79	
Starch....g	25.63	0.694	3	A	1		20.51	162.52	
Minerals:									
Calcium, Ca....mg	196	9.283	6	A	1		157	1245	
Iron, Fe....mg	2.78	0.025	6	A	1		2.22	17.63	
Magnesium, Mg....mg	25	0.403	6	A	1		20	157	
Phosphorus, P....mg	244	6.922	6	A	1		195	1544	
Potassium, K....mg	222	5.847	6	A	1		177	1404	
Sodium, Na....mg	967	14.741	6	A	1		773	6130	
Zinc, Zn....mg	1.63	0.043	6	A	1		1.30	10.31	
Copper, Cu....mg	0.116	0.005	6	A	1		0.093	0.734	
Manganese, Mn....mg	0.431	0.007	6	A	1		0.345	2.734	
Selenium, Se....µg	23.0		1	A	1		18.4	145.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1	A	1		2.2	17.5	
Thiamin....mg	0.340		1	A	1		0.272	2.156	
Riboflavin....mg	0.230		1	A	1		0.184	1.458	
Niacin....mg	4.550		1	A	1		3.640	28.847	
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1	A	1		0.088	0.697	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.71		1	A	1		0.57	4.50	
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:									

NDB No. 21491
PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.674		0	NC	4		5.339	42.314	
4:0....g	0.095	0.011	6	A	1		0.076	0.603	
6:0....g	0.079	0.007	6	A	1		0.063	0.503	
8:0....g	0.055	0.004	6	A	1		0.044	0.351	
10:0....g	0.146	0.007	6	A	1		0.117	0.925	
12:0....g	0.179	0.006	6	A	1		0.143	1.137	
13:0....g									
14:0....g	0.704	0.021	6	A	1		0.564	4.467	
15:0....g	0.074	0.003	6	A	1		0.059	0.467	
16:0....g	3.563	0.112	6	A	1		2.850	22.588	
17:0....g	0.077	0.003	6	A	1		0.061	0.486	
18:0....g	1.636	0.044	6	A	1		1.309	10.375	
20:0....g	0.033	0.001	6	A	1		0.026	0.207	
22:0....g	0.019	0.000	6	A	1		0.015	0.123	
24:0....g	0.009	0.000	6	A	1		0.007	0.059	
Fatty acids, total monounsaturated....g	5.305		0	NC	4		4.244	33.637	
14:1....g	0.055	0.003	6	A	1		0.044	0.351	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.259	0.008	6	AS	1		0.207	1.642	
16:1 c....g	0.230	0.006	6	A	1		0.184	1.461	
16:1 t....g	0.028	0.002	6	A	1		0.023	0.181	
17:1....g	0.038	0.002	6	A	1		0.030	0.239	
18:1 undifferentiated....g	4.826	0.146	6	AS	1		3.861	30.597	
18:1 c....g	4.579	0.141	6	A	1		3.663	29.030	
18:1 t....g	0.247	0.008	6	A	1		0.198	1.567	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.094	0.003	6	A	1		0.075	0.594	
22:1 undifferentiated....g	0.030	0.002	6	AS	1		0.024	0.193	
22:1 c....g	0.030	0.002	6	A	1		0.024	0.193	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.001	6	A	1		0.003	0.021	
Fatty acids, total polyunsaturated....g	3.132		0	NC	4		2.506	19.860	
18:2 undifferentiated....g	2.732	0.052	6	AS	1		2.185	17.320	
18:2 n-6 c,c....g	2.607	0.054	6	A	1		2.086	16.530	
18:2 CLAs....g	0.055	0.001	6	A	1		0.044	0.351	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.069	0.004	6	A	1		0.055	0.439	
18:3 undifferentiated....g	0.271	0.008	6	AS	1		0.217	1.717	
18:3 n-3 c,c,c (ALA)....g	0.266	0.008	6	A	1		0.213	1.685	
18:3 n-6 c,c,c....g	0.005	0.000	6	A	1		0.004	0.032	
18:3i....g									
18:4....g	0.002	0.001	6	A	1		0.001	0.010	
20:2 n-6 c,c....g	0.040	0.002	6	A	1		0.032	0.253	
20:3 undifferentiated....g	0.023	0.001	6	AS	1		0.018	0.144	
20:3 n-3....g	0.006	0.000	6	A	1		0.005	0.037	
20:3 n-6....g	0.017	0.001	6	A	1		0.013	0.107	
20:4 undifferentiated....g	0.037	0.002	6	A	1		0.029	0.233	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	A	1		0.003	0.026	
21:5....g									
22:4....g	0.013	0.000	6	A	1		0.010	0.082	
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007	0.053	
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.001	0.011	
Fatty acids, total trans....g	0.345		0	NC	4		0.276	2.186	
Fatty acids, total trans-monoenoic....g	0.276		0	NC	4		0.221	1.748	
Fatty acids, total trans-polyenoic....g	0.069		0	NC	4		0.055	0.439	
Cholesterol....mg	37	1.650	3	A	1		29	232	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21491

PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust

Common Measures:

Measure 1 = 80g: 1 slice

Measure 2 = 634g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21497

PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.57	0.384	6	A	1		50.65	405.23	
Energy....kcal	287		0	NC	4		341	2730	
Energy....kJ	1200		0	NC	4		1428	11424	
Protein....g	11.92	0.178	6	A	1		14.18	113.45	
Total lipid (fat)....g	13.50	0.208	6	A	1		16.06	128.52	
Ash....g	2.62	0.077	6	A	1		3.12	24.97	
Carbohydrate, by difference....g	29.39		0	NC	4		34.98	279.82	
Fiber, total dietary....g	2.3	0.186	3	A	1		2.8	22.2	
Sugars, total....g	2.72	0.080	3	A	1		3.24	25.94	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.53	0.067	3	A	1		0.63	5.08	
Fructose....g	0.87	0.088	3	A	1		1.03	8.25	
Lactose....g	0.23	0.033	3	A	1		0.28	2.22	
Maltose....g	1.00	0.100	3	A	1		1.19	9.52	
Galactose....g	0.09	0.009	3	A	1		0.11	0.87	
Starch....g	23.97	1.217	3	A	1		28.52	228.16	
Minerals:									
Calcium, Ca....mg	150	5.164	6	A	1		179	1428	
Iron, Fe....mg	2.45	0.060	6	A	1		2.92	23.36	
Magnesium, Mg....mg	23	0.560	6	A	1		28	222	
Phosphorus, P....mg	191	4.271	6	A	1		228	1821	
Potassium, K....mg	211	7.537	6	A	1		251	2009	
Sodium, Na....mg	671	11.885	6	A	1		799	6391	
Zinc, Zn....mg	1.40	0.027	6	A	1		1.66	13.31	
Copper, Cu....mg	0.104	0.003	6	A	1		0.123	0.987	
Manganese, Mn....mg	0.363	0.005	6	A	1		0.433	3.461	
Selenium, Se....µg	18.5		1	A	1		22.0	176.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1	A	1		3.3	26.4	
Thiamin....mg	0.360		1	A	1		0.428	3.427	
Riboflavin....mg	0.220		1	A	1		0.262	2.094	
Niacin....mg	4.250		1	A	1		5.058	40.460	
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		1	A	1		0.107	0.857	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.49		1	A	1		0.58	4.66	
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:									

NDB No. 21497
PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.459		0	NC	4		6.496	51.968	
4:0....g	0.082	0.010	6	A	1		0.097	0.777	
6:0....g	0.067	0.006	6	A	1		0.079	0.635	
8:0....g	0.045	0.002	6	A	1		0.053	0.425	
10:0....g	0.113	0.003	6	A	1		0.134	1.073	
12:0....g	0.137	0.003	6	A	1		0.163	1.307	
13:0....g									
14:0....g	0.519	0.014	6	A	1		0.618	4.944	
15:0....g	0.051	0.002	6	A	1		0.061	0.487	
16:0....g	3.092	0.057	6	A	1		3.679	29.433	
17:0....g	0.050	0.001	6	A	1		0.059	0.476	
18:0....g	1.251	0.028	6	A	1		1.489	11.911	
20:0....g	0.029	0.001	6	A	1		0.034	0.274	
22:0....g	0.014	0.000	6	A	1		0.016	0.129	
24:0....g	0.007	0.000	6	A	1		0.009	0.070	
Fatty acids, total monounsaturated....g	4.732		0	NC	4		5.631	45.045	
14:1....g	0.037	0.002	6	A	1		0.044	0.351	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.215	0.010	6	AS	1		0.256	2.045	
16:1 c....g	0.196	0.010	6	A	1		0.234	1.869	
16:1 t....g	0.018	0.001	6	A	1		0.022	0.176	
17:1....g	0.024	0.001	6	A	1		0.029	0.232	
18:1 undifferentiated....g	4.372	0.133	6	AS	1		5.202	41.620	
18:1 c....g	4.223	0.134	6	A	1		5.025	40.201	
18:1 t....g	0.149	0.005	6	A	1		0.177	1.418	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.079	0.002	6	A	1		0.095	0.757	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.003	0.022	
22:1 c....g	0.002	0.000	6	A	1		0.003	0.022	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.001	6	A	1		0.002	0.019	
Fatty acids, total polyunsaturated....g	2.318		0	NC	4		2.759	22.070	
18:2 undifferentiated....g	2.015	0.106	6	AS	1		2.397	19.179	
18:2 n-6 c,c....g	1.923	0.107	6	A	1		2.289	18.312	
18:2 CLAs....g	0.038	0.001	6	A	1		0.045	0.363	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053	0.002	6	A	1		0.063	0.505	
18:3 undifferentiated....g	0.184	0.010	6	AS	1		0.220	1.756	
18:3 n-3 c,c,c (ALA)....g	0.180	0.010	6	A	1		0.214	1.714	
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.005	0.043	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.011	
20:2 n-6 c,c....g	0.040	0.003	6	A	1		0.048	0.381	
20:3 undifferentiated....g	0.022	0.001	6	AS	1		0.026	0.206	
20:3 n-3....g	0.006	0.000	6	A	1		0.008	0.060	
20:3 n-6....g	0.015	0.001	6	A	1		0.018	0.146	
20:4 undifferentiated....g	0.032	0.001	6	A	1		0.039	0.309	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.005	0.038	
21:5....g									
22:4....g	0.011	0.001	6	A	1		0.013	0.106	
22:5 n-3 (DPA)....g	0.006	0.001	6	A	1		0.007	0.057	
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.002	0.013	
Fatty acids, total trans....g	0.220		0	NC	4		0.262	2.099	
Fatty acids, total trans-monoenoic....g	0.167		0	NC	4		0.199	1.594	
Fatty acids, total trans-polyenoic....g	0.053		0	NC	4		0.063	0.505	
Cholesterol....mg	26	1.501	3	A	1		31	245	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21497

PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust

Common Measures:

Measure 1 = 119g: 1 slice

Measure 2 = 952g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21498

PIZZA HUT 14" Sausage Pizza, Pan Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.33	0.457	6	A	1		54.17	434.63	
Energy....kcal	287		0	NC	4		359	2881	
Energy....kJ	1202		0	NC	4		1503	12056	
Protein....g	11.08	0.174	6	A	1		13.85	111.17	
Total lipid (fat)....g	13.85	0.312	6	A	1		17.31	138.92	
Ash....g	2.18	0.093	6	A	1		2.72	21.83	
Carbohydrate, by difference....g	29.56		0	NC	4		36.95	296.45	
Fiber, total dietary....g	2.0	0.033	3	A	1		2.5	19.7	
Sugars, total....g	1.82	0.234	3	A	1		2.27	18.21	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.33	0.033	3	A	1		0.42	3.34	
Fructose....g	0.37	0.033	3	A	1		0.46	3.68	
Lactose....g	0.33	0.067	3	A	1		0.42	3.34	
Maltose....g	0.70	0.153	3	A	1		0.88	7.02	
Galactose....g	0.08	0.009	3	A	1		0.10	0.83	
Starch....g	23.47	0.639	3	A	1		29.33	235.37	
Minerals:									
Calcium, Ca....mg	132	4.078	6	A	1		165	1322	
Iron, Fe....mg	2.39	0.021	6	A	1		2.99	24.02	
Magnesium, Mg....mg	21	0.304	6	A	1		27	215	
Phosphorus, P....mg	179	2.765	6	A	1		223	1792	
Potassium, K....mg	192	3.701	6	A	1		240	1924	
Sodium, Na....mg	596	9.694	6	A	1		745	5981	
Zinc, Zn....mg	1.25	0.029	6	A	1		1.56	12.52	
Copper, Cu....mg	0.101	0.002	6	A	1		0.126	1.011	
Manganese, Mn....mg	0.375	0.008	6	A	1		0.468	3.758	
Selenium, Se....µg	15.8		1	A	1		19.8	158.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		1	A	1		2.0	16.2	
Thiamin....mg	0.400		1	A	1		0.500	4.012	
Riboflavin....mg	0.200		1	A	1		0.250	2.006	
Niacin....mg	3.830		1	A	1		4.787	38.415	
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		1	A	1		0.113	0.903	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.48		1	A	1		0.60	4.81	
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:									

NDB No. 21498
PIZZA HUT 14" Sausage Pizza, Pan Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.855		0	NC	4		6.068	48.692	
4:0....g	0.073	0.005	6	A	1		0.091	0.732	
6:0....g	0.056	0.003	6	A	1		0.070	0.565	
8:0....g	0.039	0.001	6	A	1		0.049	0.391	
10:0....g	0.099	0.003	6	A	1		0.124	0.995	
12:0....g	0.117	0.004	6	A	1		0.147	1.177	
13:0....g									
14:0....g	0.450	0.014	6	A	1		0.563	4.518	
15:0....g	0.045	0.002	6	A	1		0.056	0.453	
16:0....g	2.676	0.060	6	A	1		3.345	26.844	
17:0....g	0.047	0.001	6	A	1		0.059	0.470	
18:0....g	1.191	0.033	6	A	1		1.489	11.946	
20:0....g	0.029	0.001	6	A	1		0.036	0.291	
22:0....g	0.020	0.001	6	A	1		0.025	0.201	
24:0....g	0.008	0.000	6	A	1		0.011	0.085	
Fatty acids, total monounsaturated....g	4.273		0	NC	4		5.342	42.861	
14:1....g	0.033	0.002	6	A	1		0.041	0.331	
15:1....g	0.000	0.000	6	A	1		0.000	0.002	
16:1 undifferentiated....g	0.197	0.009	6	AS	1		0.247	1.979	
16:1 c....g	0.181	0.009	6	A	1		0.226	1.814	
16:1 t....g	0.016	0.001	6	A	1		0.021	0.165	
17:1....g	0.024	0.001	6	A	1		0.030	0.244	
18:1 undifferentiated....g	3.934	0.105	6	AS	1		4.917	39.455	
18:1 c....g	3.805	0.103	6	A	1		4.756	38.164	
18:1 t....g	0.129	0.004	6	A	1		0.161	1.291	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.080	0.003	6	A	1		0.101	0.807	
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.003	0.027	
22:1 c....g	0.003	0.000	6	A	1		0.003	0.027	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	6	A	1		0.002	0.017	
Fatty acids, total polyunsaturated....g	3.723		0	NC	4		4.654	37.345	
18:2 undifferentiated....g	3.258	0.183	6	AS	1		4.073	32.683	
18:2 n-6 c,c....g	3.168	0.181	6	A	1		3.960	31.773	
18:2 CLAs....g	0.036	0.001	6	A	1		0.045	0.361	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.055	0.003	6	A	1		0.068	0.548	
18:3 undifferentiated....g	0.352	0.030	6	AS	1		0.440	3.529	
18:3 n-3 c,c,c (ALA)....g	0.348	0.030	6	A	1		0.435	3.489	
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.005	0.040	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.005	
20:2 n-6 c,c....g	0.038	0.003	6	A	1		0.048	0.383	
20:3 undifferentiated....g	0.020	0.001	6	AS	1		0.025	0.197	
20:3 n-3....g	0.006	0.001	6	A	1		0.007	0.060	
20:3 n-6....g	0.014	0.001	6	A	1		0.017	0.137	
20:4 undifferentiated....g	0.030	0.002	6	A	1		0.038	0.306	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.005	0.037	
21:5....g									
22:4....g	0.011	0.001	6	A	1		0.014	0.112	
22:5 n-3 (DPA)....g	0.007	0.000	6	A	1		0.008	0.067	
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.002	0.017	
Fatty acids, total trans....g	0.200		0	NC	4		0.250	2.004	
Fatty acids, total trans-monoenoic....g	0.145		0	NC	4		0.181	1.456	
Fatty acids, total trans-polyenoic....g	0.055		0	NC	4		0.068	0.548	
Cholesterol....mg	23	2.198	3	A	1		29	234	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21498

PIZZA HUT 14" Sausage Pizza, Pan Crust

Common Measures:

Measure 1 = 125g: 1 slice

Measure 2 = 1003g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21496

PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	37.28	0.526	6	A	1		34.30	274.78	
Energy ... kcal	323		0	NC	4		297	2378	
Energy ... kJ	1350		0	NC	4		1242	9950	
Protein ... g	13.95	0.382	6	A	1		12.83	102.81	
Total lipid (fat) ... g	16.90	0.448	6	A	1		15.55	124.55	
Ash ... g	3.16	0.075	6	A	1		2.91	23.31	
Carbohydrate, by difference ... g	28.70		0	NC	4		26.41	211.54	
Fiber, total dietary ... g	2.4	0.088	3	A	1		2.2	17.4	
Sugars, total ... g	2.62	0.114	3	A	1		2.41	19.34	
Sucrose ... g	0.03	0.033	3	A	1		0.03	0.25	
Glucose (dextrose) ... g	0.53	0.033	3	A	1		0.49	3.93	
Fructose ... g	0.80	0.058	3	A	1		0.74	5.90	
Lactose ... g	0.33	0.088	3	A	1		0.31	2.46	
Maltose ... g	0.80	0.058	3	A	1		0.74	5.90	
Galactose ... g	0.12	0.038	3	A	1		0.11	0.92	
Starch ... g	24.30	1.234	3	A	1		22.36	179.09	
Minerals:									
Calcium, Ca ... mg	193	5.994	6	A	1		178	1422	
Iron, Fe ... mg	2.38	0.038	6	A	1		2.19	17.58	
Magnesium, Mg ... mg	24	0.537	6	A	1		22	176	
Phosphorus, P ... mg	238	6.091	6	A	1		219	1753	
Potassium, K ... mg	220	5.477	6	A	1		202	1621	
Sodium, Na ... mg	839	15.391	6	A	1		772	6185	
Zinc, Zn ... mg	1.54	0.043	6	A	1		1.42	11.36	
Copper, Cu ... mg	0.101	0.002	6	A	1		0.093	0.742	
Manganese, Mn ... mg	0.354	0.006	6	A	1		0.325	2.606	
Selenium, Se ... µg	17.5		1	A	1		16.1	129.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.0		1	A	1		2.8	22.0	
Thiamin ... mg	0.360		1	A	1		0.331	2.653	
Riboflavin ... mg	0.220		1	A	1		0.202	1.621	
Niacin ... mg	4.500		1	A	1		4.140	33.165	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.080		1	A	1		0.074	0.590	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.49		1	A	1		0.45	3.61	
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:									

NDB No. 21496
PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.698		0	NC	4		6.162	49.366	
4:0....g	0.120	0.012	6	A	1		0.110	0.883	
6:0....g	0.094	0.007	6	A	1		0.086	0.690	
8:0....g	0.063	0.003	6	A	1		0.058	0.462	
10:0....g	0.158	0.003	6	A	1		0.145	1.163	
12:0....g	0.186	0.005	6	A	1		0.171	1.373	
13:0....g									
14:0....g	0.703	0.020	6	A	1		0.646	5.177	
15:0....g	0.070	0.002	6	A	1		0.064	0.513	
16:0....g	3.583	0.112	6	A	1		3.296	26.407	
17:0....g	0.067	0.002	6	A	1		0.062	0.497	
18:0....g	1.595	0.046	6	A	1		1.468	11.758	
20:0....g	0.031	0.001	6	A	1		0.028	0.227	
22:0....g	0.017	0.000	6	A	1		0.015	0.124	
24:0....g	0.008	0.000	6	A	1		0.008	0.061	
Fatty acids, total monounsaturated....g	5.444		0	NC	4		5.008	40.122	
14:1....g	0.051	0.003	6	A	1		0.047	0.380	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.270	0.015	6	AS	1		0.249	1.994	
16:1 c....g	0.245	0.014	6	A	1		0.225	1.806	
16:1 t....g	0.025	0.001	6	A	1		0.023	0.188	
17:1....g	0.033	0.002	6	A	1		0.030	0.241	
18:1 undifferentiated....g	4.995	0.206	6	AS	1		4.596	36.816	
18:1 c....g	4.808	0.197	6	A	1		4.423	35.435	
18:1 t....g	0.187	0.015	6	A	1		0.172	1.381	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.090	0.004	6	A	1		0.083	0.667	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.017	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.017	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	6	A	1		0.001	0.009	
Fatty acids, total polyunsaturated....g	3.330		0	NC	4		3.064	24.542	
18:2 undifferentiated....g	2.901	0.088	6	AS	1		2.669	21.383	
18:2 n-6 c,c....g	2.781	0.088	6	A	1		2.559	20.497	
18:2 CLAs....g	0.050	0.001	6	A	1		0.046	0.372	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.070	0.002	6	A	1		0.064	0.513	
18:3 undifferentiated....g	0.267	0.010	6	AS	1		0.246	1.971	
18:3 n-3 c,c,c (ALA)....g	0.262	0.010	6	A	1		0.241	1.930	
18:3 n-6 c,c,c....g	0.006	0.000	6	A	1		0.005	0.042	
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001	0.007	
20:2 n-6 c,c....g	0.053	0.003	6	A	1		0.048	0.388	
20:3 undifferentiated....g	0.028	0.001	6	AS	1		0.026	0.206	
20:3 n-3....g	0.008	0.000	6	A	1		0.008	0.063	
20:3 n-6....g	0.019	0.001	6	A	1		0.018	0.144	
20:4 undifferentiated....g	0.044	0.002	6	A	1		0.040	0.324	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007	0.004	6	A	1		0.006	0.052	
21:5....g									
22:4....g	0.015	0.001	6	A	1		0.014	0.109	
22:5 n-3 (DPA)....g	0.009	0.000	6	A	1		0.009	0.070	
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1		0.002	0.018	
Fatty acids, total trans....g	0.282		0	NC	4		0.260	2.082	
Fatty acids, total trans-monoenoic....g	0.213		0	NC	4		0.196	1.569	
Fatty acids, total trans-polyenoic....g	0.070		0	NC	4		0.064	0.513	
Cholesterol....mg	37	2.973	3	A	1		34	272	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21496

PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust

Common Measures:

Measure 1 = 92g: 1 slice

Measure 2 = 737g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21298

PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	49.15	0.485	4	A	1		60.46	645.37	
Energy ... kcal	248		0	NC	4		305	3257	
Energy ... kJ	1038		0	NC	4		1276	13625	
Protein ... g	11.34	0.313	4	A	1		13.95	148.94	
Total lipid (fat) ... g	10.95	0.361	4	A	1		13.47	143.84	
Ash ... g	2.53	0.050	4	A	1		3.12	33.28	
Carbohydrate, by difference ... g	26.01		0	NC	4		32.00	341.57	
Fiber, total dietary ... g	2.3	0.560	4	A	1		2.9	30.6	
Sugars, total ... g	3.04	0.123	4	A	1		3.74	39.95	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.67	0.030	4	A	1		0.82	8.74	
Fructose ... g	1.03	0.064	4	A	1		1.26	13.47	
Lactose ... g	0.14	0.049	4	A	1		0.17	1.81	
Maltose ... g	1.12	0.041	4	A	1		1.38	14.77	
Galactose ... g	0.09	0.008	4	A	1		0.11	1.16	
Starch ... g	20.32	0.995	4	A	1		24.99	266.77	
Minerals:									
Calcium, Ca ... mg	104	3.614	4	A	1		128	1362	
Iron, Fe ... mg	1.53	0.025	4	A	1		1.88	20.02	
Magnesium, Mg ... mg	23	0.250	4	A	1		29	305	
Phosphorus, P ... mg	183	4.787	4	A	1		224	2396	
Potassium, K ... mg	208	4.787	4	A	1		255	2724	
Sodium, Na ... mg	658	15.478	4	A	1		809	8633	
Zinc, Zn ... mg	1.15	0.029	4	A	1		1.41	15.10	
Copper, Cu ... mg	0.149	0.000	4	A	1		0.183	1.958	
Manganese, Mn ... mg	0.285	0.006	4	A	1		0.351	3.742	
Selenium, Se ... µg	14.5	0.715	4	A	1		17.8	189.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6	0.088	4	A	1		0.7	7.5	
Thiamin ... mg	0.367	0.010	4	A	1		0.452	4.825	
Riboflavin ... mg	0.290	0.012	4	A	1		0.357	3.814	
Niacin ... mg	2.380	0.248	4	A	1		2.927	31.248	
Pantothenic acid ... mg	0.422	0.006	4	A	1		0.519	5.540	
Vitamin B-6 ... mg	0.098	0.002	4	A	1		0.121	1.289	
Folate, total ... µg	59	1.323	4	A	1		72	768	
Folic acid ... µg	35	2.723	4	A	1		42	453	
Folate, food ... µg	24		0	AS	1		30	315	
Folate, DFE ... µg	83		0	NC	4		102	1085	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.84	0.056	4	A	1		1.04	11.09	
Vitamin A, RAE ... µg	32		0	AS	1		39	416	
Retinol ... µg	29	2.695	4	A	1		35	376	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	156		0	AS	1		192	2049	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.66	0.059	4	A	1		0.82	8.73	
Tocopherol, beta ... mg	0.04	0.003	4	A	1		0.05	0.56	
Tocopherol, gamma ... mg	0.90	0.050	4	A	1		1.11	11.88	
Tocopherol, delta ... mg	0.29	0.006	4	A	1		0.35	3.77	
Tocotrienol, alpha ... mg	0.03	0.005	4	A	1		0.03	0.36	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.02	0.001	4	A	1		0.02	0.23	
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg									

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PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	8.1	0.253	4	A	1		10.0	107.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	2.0	0.096	4	A	1		2.5	26.9	
Lipids:									
Fatty acids, total saturated....g	4.217		0	NC	4		5.187	55.370	
4:0....g									
6:0....g									
8:0....g	0.035	0.003	4	A	1		0.043	0.458	
10:0....g	0.082	0.005	4	A	1		0.101	1.083	
12:0....g	0.100	0.007	4	A	1		0.123	1.312	
13:0....g									
14:0....g	0.437	0.018	4	A	1		0.538	5.744	
15:0....g	0.042	0.003	4	A	1		0.052	0.557	
16:0....g	2.367	0.060	4	A	1		2.912	31.085	
17:0....g	0.050	0.000	4	A	1		0.062	0.657	
18:0....g	1.082	0.045	4	A	1		1.331	14.213	
20:0....g	0.020	0.000	4	A	1		0.024	0.261	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.805		0	NC	4		4.680	49.954	
14:1....g	0.035	0.003	4	A	1		0.043	0.458	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.215	0.010	4	A	1		0.264	2.822	
17:1....g	0.030	0.000	4	A	1		0.037	0.393	
18:1 undifferentiated....g	3.480	0.191	4	A	1		4.280	45.691	
20:1....g	0.045	0.003	4	A	1		0.055	0.590	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.875		0	NC	4		2.306	24.614	
18:2 undifferentiated....g	1.625	0.046	4	A	1		1.999	21.336	
18:3 undifferentiated....g	0.167	0.003	4	A	1		0.206	2.199	
18:4....g	0.030	0.000	4	A	1		0.037	0.393	
20:2 n-6 c,c....g	0.027	0.005	4	A	1		0.034	0.360	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.025	0.005	4	A	1		0.031	0.327	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	28	0.951	4	A	1		34	362	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.170	1.810	
Threonine....g	0.504		0	A	1		0.620	6.617	
Isoleucine....g	0.527		0	A	1		0.648	6.913	
Leucine....g	0.976		0	A	1		1.200	12.809	
Lysine....g	0.711		0	A	1		0.875	9.339	
Methionine....g	0.200		0	A	1		0.246	2.628	
Cystine....g	0.133		0	A	1		0.163	1.741	
Phenylalanine....g	0.570		0	A	1		0.701	7.478	
Tyrosine....g	0.381		0	A	1		0.469	5.004	
Valine....g	0.624		0	A	1		0.768	8.198	
Arginine....g	0.534		0	A	1		0.656	7.006	
Histidine....g	0.331		0	A	1		0.407	4.344	
Alanine....g	0.489		0	A	1		0.601	6.417	
Aspartic acid....g	1.047		0	A	1		1.288	13.753	
Glutamic acid....g	2.923		0	A	1		3.595	38.378	
Glycine....g	0.438		0	A	1		0.539	5.757	

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PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.020		0	A	1		1.254	13.387	
Serine.....g	0.587		0	A	1		0.722	7.709	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 slice

Measure 2 = 1313g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21416
POPEYES, Coleslaw
Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.84	0.855	4	A	1		87.41	138.40	
Energy....kcal	161		0	NC	4		193	306	
Energy....kJ	674		0	NC	4		809	1280	
Protein....g	0.98	0.030	4	A	1		1.18	1.87	
Total lipid (fat)....g	11.18	0.408	4	A	1		13.42	21.24	
Ash....g	0.87	0.020	4	A	1		1.04	1.65	
Carbohydrate, by difference....g	14.12		0	NC	4		16.95	26.83	
Fiber, total dietary....g	1.7	0.222	4	A	1		2.1	3.3	
Sugars, total....g	10.83	0.303	4	A	1		13.00	20.59	
Sucrose....g	7.74	0.269	4	A	1		9.29	14.71	
Glucose (dextrose)....g	1.65	0.106	4	A	1		1.99	3.14	
Fructose....g	1.44	0.064	4	A	1		1.73	2.74	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	31	1.597	4	A	1		38	60	
Iron, Fe....mg	0.23	0.008	4	A	1		0.27	0.43	
Magnesium, Mg....mg	7	0.221	4	A	1		9	14	
Phosphorus, P....mg	20	0.354	4	A	1		23	37	
Potassium, K....mg	118	5.297	4	A	1		142	225	
Sodium, Na....mg	218	4.500	4	A	1		261	413	
Zinc, Zn....mg	0.12	0.004	4	A	1		0.15	0.23	
Copper, Cu....mg	0.014	0.002	4	A	1		0.017	0.027	
Manganese, Mn....mg	0.083	0.008	4	A	1		0.100	0.159	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.7	0.766	4	A	1		17.6	27.9	
Thiamin....mg	0.015	0.000	4	A	1		0.018	0.028	
Riboflavin....mg	0.025	0.006	4	A	1		0.030	0.047	
Niacin....mg	0.206	0.024	4	A	1		0.247	0.391	
Pantothenic acid....mg	0.250	0.007	4	A	1		0.300	0.475	
Vitamin B-6....mg	0.102	0.005	4	A	1		0.123	0.194	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE....µg	56		0	AS	1		67	106	
Vitamin A, IU....IU	185		2	AS	1		223	352	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21416
POPEYES, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.887		0	NC	4		2.264	3.585	
4:0....g	0.004	0.000	4	A	1		0.005	0.008	
6:0....g	0.010	0.005	4	A	1		0.012	0.019	
8:0....g	0.008	0.001	4	A	1		0.010	0.016	
10:0....g	0.013	0.001	4	A	1		0.015	0.024	
12:0....g	0.002	0.000	4	A	1		0.002	0.003	
13:0....g									
14:0....g	0.005	0.003	4	A	1		0.006	0.009	
15:0....g	0.004	0.001	4	A	1		0.005	0.008	
16:0....g	1.196	0.025	4	A	1		1.435	2.272	
17:0....g	0.024	0.002	4	A	1		0.028	0.045	
18:0....g	0.517	0.006	4	A	1		0.621	0.983	
20:0....g	0.040	0.002	4	A	1		0.048	0.076	
22:0....g	0.042	0.004	4	A	1		0.050	0.079	
24:0....g	0.023	0.002	4	A	1		0.027	0.043	
Fatty acids, total monounsaturated....g	3.339		0	NC	4		4.006	6.343	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.027	0.001	4	AS	1		0.032	0.051	
16:1 c....g	0.026	0.001	4	A	1		0.031	0.049	
16:1 t....g	0.001	0.000	4	A	1		0.001	0.001	
17:1....g	0.012	0.001	4	A	1		0.014	0.023	
18:1 undifferentiated....g	2.553	0.038	4	AS	1		3.063	4.850	
18:1 c....g	2.549	0.039	4	A	1		3.059	4.843	
18:1 t....g	0.003	0.002	4	A	1		0.004	0.007	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.732	0.012	4	A	1		0.878	1.390	
22:1 undifferentiated....g	0.010	0.003	4	AS	1		0.012	0.019	
22:1 c....g	0.005	0.001	4	A	1		0.006	0.010	
22:1 t....g	0.005	0.002	4	A	1		0.006	0.009	
24:1 c....g	0.006	0.002	4	A	1		0.007	0.011	
Fatty acids, total polyunsaturated....g	5.852		0	NC	4		7.022	11.118	
18:2 undifferentiated....g	5.745	0.143	4	AS	1		6.894	10.915	
18:2 n-6 c,c....g	5.686	0.138	4	A	1		6.824	10.804	
18:2 CLAs....g	0.024	0.003	4	A	1		0.028	0.045	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.003	4	A	1		0.042	0.066	
18:3 undifferentiated....g	0.062	0.011	4	AS	1		0.074	0.117	
18:3 n-3 c,c,c (ALA)....g	0.035	0.009	4	A	1		0.041	0.066	
18:3 n-6 c,c,c....g	0.027	0.003	4	A	1		0.033	0.052	
18:3i....g									
18:4....g	0.006	0.001	4	A	1		0.008	0.012	
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.004	0.006	
20:3 undifferentiated....g	0.013	0.002	4	AS	1		0.015	0.024	
20:3 n-3....g	0.002	0.000	4	A	1		0.003	0.005	
20:3 n-6....g	0.010	0.002	4	A	1		0.013	0.020	
20:4 undifferentiated....g	0.007	0.000	4	A	1		0.008	0.013	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.011	0.005	4	A	1		0.013	0.020	
21:5....g									
22:4....g	0.002	0.002	4	A	1		0.003	0.004	
22:5 n-3 (DPA)....g	0.001	0.000	4	A	1		0.001	0.002	
22:6 n-3 (DHA)....g	0.001	0.001	4	A	1		0.002	0.002	
Fatty acids, total trans....g	0.044		0	NC	4		0.052	0.083	
Fatty acids, total trans-monoenoic....g	0.009		0	NC	4		0.011	0.017	
Fatty acids, total trans-polyenoic....g	0.035		0	NC	4		0.042	0.066	
Cholesterol....mg	7	0.545	4	A	1		8	13	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.009	0.014	
Threonine....g	0.030		0	A	1		0.036	0.057	
Isoleucine....g	0.030		0	A	1		0.036	0.057	

NDB No. 21416
POPEYES, Coleslaw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.030		0	A	1		0.036	0.057	
Lysine....g	0.030		0	A	1		0.036	0.057	
Methionine....g	0.007		0	A	1		0.009	0.014	
Cystine....g	0.010		0	A	1		0.012	0.019	
Phenylalanine....g	0.020		0	A	1		0.024	0.038	
Tyrosine....g	0.010		0	A	1		0.012	0.019	
Valine....g	0.040		0	A	1		0.048	0.076	
Arginine....g	0.050		0	A	1		0.060	0.095	
Histidine....g	0.020		0	A	1		0.024	0.038	
Alanine....g	0.050		0	A	1		0.060	0.095	
Aspartic acid....g	0.070		0	A	1		0.084	0.133	
Glutamic acid....g	0.110		0	A	1		0.132	0.209	
Glycine....g	0.020		0	A	1		0.024	0.038	
Proline....g	0.010		0	A	1		0.012	0.019	
Serine....g	0.040		0	A	1		0.048	0.076	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 package

Measure 2 = 190g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21456

POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 17% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.48		0	RKA	1		95.99	65.31	48.99
Energy....kcal	274		0	RKI	6		532	362	271
Energy....kJ	1147		0	RKI	6		2226	1514	1136
Protein....g	21.67		0	RKA	1		42.05	28.61	21.46
Total lipid (fat)....g	16.47		0	RKA	1		31.95	21.74	16.30
Ash....g	2.55		0	RKA	1		4.95	3.37	2.53
Carbohydrate, by difference....g	9.83		0	RKI	6		19.06	12.97	9.73
Fiber, total dietary....g	0.4		0	RKA	1		0.8	0.6	0.4
Sugars, total....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch....g	7.87		0	RKA	1		15.26	10.39	7.79
Minerals:									
Calcium, Ca....mg	23		0	RKI	6		45	30	23
Iron, Fe....mg	0.74		0	RKI	6		1.43	0.97	0.73
Magnesium, Mg....mg	25		0	RKI	6		48	33	25
Phosphorus, P....mg	191		0	RKI	6		370	252	189
Potassium, K....mg	283		0	RKI	6		549	374	280
Sodium, Na....mg	540		0	RKI	6		1048	713	535
Zinc, Zn....mg	0.76		0	RKI	6		1.48	1.01	0.76
Copper, Cu....mg	0.043		0	RKI	6		0.083	0.056	0.042
Manganese, Mn....mg	0.109		0	RKI	6		0.211	0.144	0.108
Selenium, Se....µg	29.4		0	RKI	6		57.1	38.8	29.1
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.102		0	RKI	6		0.198	0.135	0.101
Riboflavin....mg	0.164		0	RKI	6		0.319	0.217	0.163
Niacin....mg	8.988		0	RKI	6		17.437	11.864	8.898
Pantothenic acid....mg	1.401		0	RKI	6		2.717	1.849	1.387
Vitamin B-6....mg	0.389		0	RKI	6		0.754	0.513	0.385
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36		0	RKI	6		0.70	0.48	0.36
Vitamin A, RAE....µg	16		0	RKA	1		31	21	16
Vitamin A, IU....IU	53		0	RKA	1		104	70	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:									

NDB No. 21456

POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.765		0	RKI	6		11.185	7.610	5.708
4:0....g	0.003		0	RKA	1		0.005	0.004	0.003
6:0....g	0.001		0	RKA	1		0.002	0.001	0.001
8:0....g	0.003		0	RKA	1		0.005	0.003	0.003
10:0....g	0.007		0	RKA	1		0.014	0.009	0.007
12:0....g	0.013		0	RKA	1		0.025	0.017	0.013
13:0....g									
14:0....g	0.275		0	RKA	1		0.533	0.363	0.272
15:0....g	0.041		0	RKA	1		0.079	0.054	0.040
16:0....g	3.687		0	RKA	1		7.153	4.867	3.650
17:0....g	0.093		0	RKA	1		0.180	0.123	0.092
18:0....g	1.619		0	RKA	1		3.140	2.137	1.602
20:0....g	0.015		0	RKA	1		0.030	0.020	0.015
22:0....g	0.005		0	RKA	1		0.010	0.007	0.005
24:0....g	0.004		0	RKA	1		0.007	0.005	0.004
Fatty acids, total monounsaturated....g	7.281		0	RKI	6		14.126	9.611	7.209
14:1....g	0.066		0	RKA	1		0.128	0.087	0.065
15:1....g	0.003		0	RKA	1		0.006	0.004	0.003
16:1 undifferentiated....g	0.866		0	RKA	1		1.680	1.143	0.857
17:1....g	0.050		0	RKA	1		0.098	0.066	0.050
18:1 undifferentiated....g	6.227		0	RKA	1		12.081	8.220	6.165
20:1....g	0.061		0	RKA	1		0.118	0.080	0.060
22:1 undifferentiated....g	0.003		0	RKA	1		0.006	0.004	0.003
24:1 c....g	0.004		0	RKA	1		0.009	0.006	0.004
Fatty acids, total polyunsaturated....g	1.832		0	RKI	6		3.554	2.418	1.814
18:2 undifferentiated....g	1.628		0	RKA	1		3.158	2.148	1.611
18:3 undifferentiated....g	0.093		0	RKA	1		0.180	0.122	0.092
18:4....g	0.003		0	RKA	1		0.005	0.004	0.003
20:2 n-6 c,c....g	0.015		0	RKA	1		0.029	0.020	0.015
20:3 undifferentiated....g	0.027		0	RKA	1		0.052	0.035	0.026
20:4 undifferentiated....g	0.043		0	RKA	1		0.084	0.057	0.043
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.004	0.003	0.002
21:5....g									
22:4....g	0.014		0	RKA	1		0.026	0.018	0.013
22:5 n-3 (DPA)....g	0.005		0	RKA	1		0.009	0.006	0.005
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.005	0.004	0.003
Fatty acids, total trans....g	0.488		0	RKI	6		0.947	0.645	0.483
Cholesterol....mg	98		0	RKI	6		189	129	97
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.166		0	RKA	1		0.322	0.219	0.164
Threonine....g	0.715		0	RKA	1		1.387	0.944	0.708
Isoleucine....g	0.636		0	RKA	1		1.234	0.840	0.630
Leucine....g	1.321		0	RKA	1		2.564	1.744	1.308
Lysine....g	0.940		0	RKA	1		1.824	1.241	0.931
Methionine....g	0.314		0	RKA	1		0.609	0.414	0.311
Cystine....g	0.251		0	RKA	1		0.487	0.331	0.249
Phenylalanine....g	0.829		0	RKA	1		1.608	1.094	0.821
Tyrosine....g	0.663		0	RKA	1		1.287	0.875	0.657
Valine....g	0.790		0	RKA	1		1.532	1.042	0.782
Arginine....g	1.226		0	RKA	1		2.378	1.618	1.213
Histidine....g	0.516		0	RKA	1		1.002	0.682	0.511
Alanine....g	1.235		0	RKA	1		2.395	1.630	1.222
Aspartic acid....g	1.472		0	RKA	1		2.856	1.943	1.458
Glutamic acid....g	5.068		0	RKA	1		9.832	6.690	5.017
Glycine....g	1.822		0	RKA	1		3.535	2.405	1.804
Proline....g	1.739		0	RKA	1		3.374	2.296	1.722
Serine....g	0.844		0	RKA	1		1.638	1.114	0.836
Hydroxyproline....g	0.588		0	RKI	6		1.140	0.776	0.582

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 21456

POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Common Measures:

Measure 1 = 194g: 1 breast, with skin

Measure 2 = 132g: 1 breast, without skin

Measure 3 = 99g: 1 breast, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 50% Skin, subcutaneous fat and breading, 32%; Cartilage and bone, 17%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.77	0.520	6	A	1		85.49	64.12	
Energy....kcal	157		0	NC	4		207	155	
Energy....kJ	655		0	NC	4		865	648	
Protein....g	28.98	0.580	6	A	1		38.25	28.69	
Total lipid (fat)....g	4.52	0.405	6	A	1		5.96	4.47	
Ash....g	2.26	0.060	6	A	1		2.98	2.24	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.506	6	A	1		27	20	
Iron, Fe....mg	0.55	0.029	6	A	1		0.73	0.55	
Magnesium, Mg....mg	29	0.778	6	A	1		39	29	
Phosphorus, P....mg	219	4.949	6	A	1		289	217	
Potassium, K....mg	327	6.200	6	A	1		432	324	
Sodium, Na....mg	526	38.246	6	A	1		694	521	
Zinc, Zn....mg	0.97	0.044	6	A	1		1.28	0.96	
Copper, Cu....mg	0.052	0.005	6	A	1		0.069	0.052	
Manganese, Mn....mg	0.030	0.002	6	A	1		0.039	0.029	
Selenium, Se....µg	35.2	5.372	3	A	1		46.5	34.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.107	0.010	3	A	1		0.141	0.106	
Riboflavin....mg	0.240	0.006	3	A	1		0.317	0.238	
Niacin....mg	9.393	0.419	3	A	1		12.399	9.299	
Pantothenic acid....mg	1.500		2	A	1		1.980	1.485	
Vitamin B-6....mg	0.370	0.035	3	A	1		0.488	0.366	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	99.7		1	A	1		131.6	98.7	
Betaine....mg	8.0		1	A	1		10.5	7.9	
Vitamin B-12....µg	0.33	0.055	3	A	1		0.44	0.33	
Vitamin A, RAE....µg	4		0	AS	1		5	4	
Vitamin A, IU....IU	12		0	AS	1		16	12	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21	0.061	3	A	1		0.28	0.21	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.06	0.065	3	A	1		0.09	0.06	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.368		0	NC	4		1.805	1.354	
4:0....g	0.007	0.000	4	A	1		0.010	0.007	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.017	0.001	4	A	1		0.023	0.017	
12:0 g	0.005	0.001	4	A	1		0.006	0.004	
13:0 g									
14:0 g	0.049	0.005	4	A	1		0.065	0.048	
15:0 g	0.009	0.001	4	A	1		0.012	0.009	
16:0 g	0.868	0.044	4	A	1		1.145	0.859	
17:0 g	0.017	0.002	4	A	1		0.022	0.017	
18:0 g	0.389	0.025	4	A	1		0.513	0.385	
20:0 g	0.004	0.002	4	A	1		0.006	0.004	
22:0 g	0.003	0.001	4	A	1		0.004	0.003	
24:0 g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.789		0	NC	4		2.361	1.771	
14:1 g	0.014	0.001	4	A	1		0.018	0.014	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.178	0.010	4	AS	1		0.235	0.176	
16:1 c g	0.173	0.010	4	A	1		0.228	0.171	
16:1 t g	0.005	0.001	4	A	1		0.007	0.005	
17:1 g	0.009	0.001	4	A	1		0.012	0.009	
18:1 undifferentiated g	1.561	0.217	4	AS	1		2.061	1.546	
18:1 c g	1.491	0.217	4	A	1		1.969	1.477	
18:1 t g	0.070	0.009	4	A	1		0.092	0.069	
18:1-11 t (18:1t n-7) g									
20:1 g	0.024	0.006	4	A	1		0.032	0.024	
22:1 undifferentiated g	0.002	0.001	4	AS	1		0.003	0.002	
22:1 c g	0.002	0.001	4	A	1		0.003	0.002	
22:1 t g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.596		0	NC	4		0.786	0.590	
18:2 undifferentiated g	0.474	0.092	4	AS	1		0.625	0.469	
18:2 n-6 c,c g	0.460	0.091	4	A	1		0.608	0.456	
18:2 CLAs g	0.006	0.001	4	A	1		0.007	0.005	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.008	0.001	4	A	1		0.010	0.008	
18:3 undifferentiated g	0.035	0.019	4	AS	1		0.046	0.034	
18:3 n-3 c,c,c (ALA) g	0.033	0.018	4	A	1		0.044	0.033	
18:3 n-6 c,c,c g	0.001	0.001	4	A	1		0.002	0.001	
18:3i g	0.000	0.000	4	A	1		0.000	0.000	
18:4 g	0.001	0.000	4	A	1		0.001	0.000	
20:2 n-6 c,c g	0.008	0.000	4	A	1		0.010	0.008	
20:3 undifferentiated g	0.018	0.001	4	AS	1		0.024	0.018	
20:3 n-3 g	0.002	0.000	4	A	1		0.002	0.001	
20:3 n-6 g	0.016	0.001	4	A	1		0.022	0.016	
20:4 undifferentiated g	0.043	0.004	4	A	1		0.057	0.042	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	A	1		0.000	0.000	
21:5 g									
22:4 g	0.010	0.001	4	A	1		0.014	0.010	
22:5 n-3 (DPA) g	0.004	0.000	4	A	1		0.006	0.004	
22:6 n-3 (DHA) g	0.003	0.000	4	A	1		0.005	0.003	
Fatty acids, total trans g	0.083		0	NC	4		0.109	0.082	
Fatty acids, total trans-monoenoic g	0.075		0	NC	4		0.099	0.074	
Fatty acids, total trans-polyenoic g	0.008		0	NC	4		0.010	0.008	
Cholesterol mg	97	7.130	3	A	1		128	96	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0	A	1		0.292	0.219	
Threonine g	0.956		0	A	1		1.262	0.947	
Isoleucine g	0.851		0	A	1		1.123	0.842	
Leucine g	1.767		0	A	1		2.332	1.749	
Lysine g	1.257		0	A	1		1.660	1.245	
Methionine g	0.420		0	A	1		0.554	0.415	
Cystine g	0.336		0	A	1		0.443	0.332	

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	1.108		0	A	1		1.463	1.097	
Tyrosine....g	0.887		0	A	1		1.171	0.878	
Valine....g	1.056		0	A	1		1.394	1.045	
Arginine....g	1.639		0	A	1		2.163	1.622	
Histidine....g	0.690		0	A	1		0.911	0.683	
Alanine....g	1.651		0	A	1		2.179	1.634	
Aspartic acid....g	1.969		0	A	1		2.598	1.949	
Glutamic acid....g	6.776		0	A	1		8.945	6.709	
Glycine....g	2.436		0	A	1		3.216	2.412	
Proline....g	2.326		0	A	1		3.070	2.302	
Serine....g	1.129		0	A	1		1.490	1.118	
Hydroxyproline....g	0.759		0	BFPN	4		1.001	0.751	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 breast without skin

Measure 2 = 99g: 1 breast bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21457

POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 20% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.14		0	RKA	1		36.58	28.40	21.18
Energy ... kcal	293		0	RKI	6		223	173	129
Energy ... kJ	1228		0	RKI	6		933	724	540
Protein ... g	20.44		0	RKA	1		15.53	12.06	8.99
Total lipid (fat) ... g	19.14		0	RKA	1		14.55	11.30	8.42
Ash ... g	2.44		0	RKA	1		1.86	1.44	1.08
Carbohydrate, by difference ... g	9.84		0	RKI	6		7.48	5.81	4.33
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		0	RKI	6		15	12	9
Iron, Fe ... mg	1.06		0	RKI	6		0.80	0.62	0.46
Magnesium, Mg ... mg	22		0	RKI	6		16	13	10
Phosphorus, P ... mg	171		0	RKI	6		130	101	75
Potassium, K ... mg	261		0	RKI	6		198	154	115
Sodium, Na ... mg	588		0	RKI	6		447	347	259
Zinc, Zn ... mg	1.76		0	RKI	6		1.34	1.04	0.77
Copper, Cu ... mg	0.074		0	RKI	6		0.057	0.044	0.033
Manganese, Mn ... mg	0.121		0	RKI	6		0.092	0.071	0.053
Selenium, Se ... µg	27.9		0	RKI	6		21.2	16.5	12.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.101		0	RKI	6		0.077	0.060	0.045
Riboflavin ... mg	0.250		0	RKI	6		0.190	0.148	0.110
Niacin ... mg	5.443		0	RKI	6		4.136	3.211	2.395
Pantothenic acid ... mg	1.205		0	RKI	6		0.916	0.711	0.530
Vitamin B-6 ... mg	0.235		0	RKI	6		0.178	0.138	0.103
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.62		0	RKI	6		0.47	0.37	0.27
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	6.591		0	RKI	6		5.009	3.889	2.900
4:0 ... g	0.003		0	RKA	1		0.002	0.001	0.001
6:0 ... g	0.001		0	RKA	1		0.001	0.001	0.001
8:0 ... g	0.003		0	RKA	1		0.002	0.002	0.001
10:0 ... g	0.008		0	RKA	1		0.006	0.005	0.003
12:0 ... g	0.015		0	RKA	1		0.012	0.009	0.007

NDB No. 21457
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.306		0	RKA	1		0.233	0.181	0.135
15:0....g	0.045		0	RKA	1		0.034	0.027	0.020
16:0....g	4.248		0	RKA	1		3.229	2.507	1.869
17:0....g	0.103		0	RKA	1		0.078	0.061	0.045
18:0....g	1.830		0	RKA	1		1.390	1.079	0.805
20:0....g	0.018		0	RKA	1		0.014	0.011	0.008
22:0....g	0.007		0	RKA	1		0.005	0.004	0.003
24:0....g	0.005		0	RKA	1		0.004	0.003	0.002
Fatty acids, total monounsaturated....g	8.488		0	RKI	6		6.451	5.008	3.735
14:1....g	0.075		0	RKA	1		0.057	0.045	0.033
15:1....g	0.003		0	RKA	1		0.002	0.002	0.001
16:1 undifferentiated....g	1.061		0	RKA	1		0.807	0.626	0.467
16:1 c....g	1.031		0	RKA	1		0.784	0.608	0.454
16:1 t....g	0.030		0	RKA	1		0.023	0.018	0.013
17:1....g	0.053		0	RKA	1		0.040	0.031	0.023
18:1 undifferentiated....g	7.215		0	RKA	1		5.484	4.257	3.175
18:1 c....g	6.764		0	RKA	1		5.141	3.991	2.976
18:1 t....g	0.451		0	RKA	1		0.343	0.266	0.199
18:1-11 t (18:1t n-7)....g									
20:1....g	0.070		0	RKA	1		0.053	0.041	0.031
22:1 undifferentiated....g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 c....g	0.004		0	RKA	1		0.003	0.002	0.002
22:1 t....g	0.000		0	RKA	1		0.000	0.000	0.000
24:1 c....g	0.006		0	RKA	1		0.004	0.003	0.003
Fatty acids, total polyunsaturated....g	2.226		0	RKI	6		1.692	1.313	0.979
18:2 undifferentiated....g	1.970		0	RKA	1		1.497	1.162	0.867
18:2 n-6 c,c....g	1.875		0	RKA	1		1.425	1.106	0.825
18:2 CLAs....g	0.042		0	RKA	1		0.032	0.025	0.018
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053		0	RKA	1		0.040	0.031	0.023
18:3 undifferentiated....g	0.113		0	RKA	1		0.086	0.066	0.050
18:3 n-3 c,c,c (ALA)....g	0.093		0	RKA	1		0.071	0.055	0.041
18:3 n-6 c,c,c....g	0.019		0	RKA	1		0.015	0.011	0.008
18:3i....g									
18:4....g	0.003		0	RKA	1		0.003	0.002	0.002
20:2 n-6 c,c....g	0.017		0	RKA	1		0.013	0.010	0.007
20:3 undifferentiated....g	0.030		0	RKA	1		0.023	0.018	0.013
20:3 n-3....g	0.001		0	RKA	1		0.001	0.001	0.001
20:3 n-6....g	0.029		0	RKA	1		0.022	0.017	0.013
20:4 undifferentiated....g	0.062		0	RKA	1		0.047	0.036	0.027
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.002	0.002	0.001
21:5....g									
22:4....g	0.018		0	RKA	1		0.014	0.011	0.008
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.005	0.004	0.003
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.002	0.002	0.001
Fatty acids, total trans....g	0.535		0	RKI	6		0.407	0.316	0.235
Fatty acids, total trans-monoenoic....g	0.482		0	RKI	6		0.366	0.284	0.212
Fatty acids, total trans-polyenoic....g	0.053		0	RKI	6		0.040	0.031	0.023
Cholesterol....mg	108		0	RKI	6		82	63	47
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.156		0	RKA	1		0.119	0.092	0.069
Threonine....g	0.674		0	RKA	1		0.512	0.398	0.297
Isoleucine....g	0.600		0	RKA	1		0.456	0.354	0.264
Leucine....g	1.246		0	RKA	1		0.947	0.735	0.548
Lysine....g	0.887		0	RKA	1		0.674	0.523	0.390
Methionine....g	0.296		0	RKA	1		0.225	0.175	0.130
Cystine....g	0.237		0	RKA	1		0.180	0.140	0.104
Phenylalanine....g	0.782		0	RKA	1		0.594	0.461	0.344
Tyrosine....g	0.625		0	RKA	1		0.475	0.369	0.275

NDB No. 21457
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.745		0	RKA	1		0.566	0.439	0.328
Arginine.....g	1.156		0	RKA	1		0.878	0.682	0.509
Histidine.....g	0.487		0	RKA	1		0.370	0.287	0.214
Alanine.....g	1.164		0	RKA	1		0.885	0.687	0.512
Aspartic acid.....g	1.388		0	RKA	1		1.055	0.819	0.611
Glutamic acid.....g	4.779		0	RKA	1		3.632	2.819	2.103
Glycine.....g	1.718		0	RKA	1		1.306	1.014	0.756
Proline.....g	1.640		0	RKA	1		1.246	0.968	0.722
Serine.....g	0.796		0	RKA	1		0.605	0.470	0.350
Hydroxyproline.....g	0.528		0	RKI	6		0.402	0.312	0.233

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 1 drumstick, with skin

Measure 2 = 59g: 1 drumstick, without skin

Measure 3 = 44g: 1 drumstick, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 42% Skin, subcutaneous fat and breading, 22%; Cartilage and bone, 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.18	0.357	6	A	1		28.24	37.87	
Energy....kcal	170		0	NC	4		75	101	
Energy....kJ	713		0	NC	4		314	421	
Protein....g	26.51	0.419	6	A	1		11.66	15.64	
Total lipid (fat)....g	7.14	0.184	6	A	1		3.14	4.21	
Ash....g	2.13	0.107	6	A	1		0.94	1.26	
Carbohydrate, by difference....g	0.04		0	NC	4		0.02	0.02	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		7	9	
Iron, Fe....mg	1.06		0	BFNN	4		0.46	0.62	
Magnesium, Mg....mg	25		0	BFNN	4		11	15	
Phosphorus, P....mg	206		0	BFNN	4		91	122	
Potassium, K....mg	321		0	BFNN	4		141	189	
Sodium, Na....mg	478		0	BFNN	4		210	282	
Zinc, Zn....mg	2.59		0	BFNN	4		1.14	1.53	
Copper, Cu....mg	0.084		0	BFNN	4		0.037	0.049	
Manganese, Mn....mg	0.046		0	BFNN	4		0.020	0.027	
Selenium, Se....µg	34.6		0	BFNN	4		15.2	20.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.107		0	BFPN	4		0.047	0.063	
Riboflavin....mg	0.341		0	BFPN	4		0.150	0.201	
Niacin....mg	6.150		0	BFPN	4		2.706	3.629	
Pantothenic acid....mg	1.469		0	BFPN	4		0.646	0.867	
Vitamin B-6....mg	0.296		0	BFPN	4		0.130	0.174	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.85		0	BFPN	4		0.37	0.50	
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	2.282		0	NC	4		1.004	1.346	
4:0....g	0.002	0.000	6	A	1		0.001	0.001	
6:0....g	0.001	0.000	6	A	1		0.000	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	
10:0....g	0.004	0.000	6	A	1		0.002	0.003	
12:0....g	0.007	0.001	6	A	1		0.003	0.004	

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.077	0.004	6	A	1		0.034	0.046	
15:0....g	0.012	0.001	6	A	1		0.005	0.007	
16:0....g	1.526	0.049	6	A	1		0.671	0.900	
17:0....g	0.024	0.001	6	A	1		0.010	0.014	
18:0....g	0.612	0.020	6	A	1		0.269	0.361	
20:0....g	0.007	0.000	6	A	1		0.003	0.004	
22:0....g	0.005	0.000	6	A	1		0.002	0.003	
24:0....g	0.004	0.000	6	A	1		0.002	0.002	
Fatty acids, total monounsaturated....g	3.079		0	NC	4		1.355	1.817	
14:1....g	0.020	0.001	6	A	1		0.009	0.012	
15:1....g	0.002	0.000	6	A	1		0.001	0.001	
16:1 undifferentiated....g	0.448	0.012	6	AS	1		0.197	0.265	
16:1 c....g	0.440	0.012	6	A	1		0.194	0.260	
16:1 t....g	0.008	0.000	6	A	1		0.004	0.005	
17:1....g	0.013	0.002	6	A	1		0.006	0.008	
18:1 undifferentiated....g	2.558	0.077	6	AS	1		1.126	1.509	
18:1 c....g	2.455	0.073	6	A	1		1.080	1.449	
18:1 t....g	0.103	0.005	6	A	1		0.045	0.061	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.001	6	A	1		0.012	0.016	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001	0.001	
22:1 c....g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.007	0.000	6	A	1		0.003	0.004	
Fatty acids, total polyunsaturated....g	1.011		0	NC	4		0.445	0.596	
18:2 undifferentiated....g	0.838	0.041	6	AS	1		0.369	0.494	
18:2 n-6 c,c....g	0.808	0.040	6	A	1		0.356	0.477	
18:2 CLAs....g	0.012	0.001	6	A	1		0.005	0.007	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018	0.001	6	A	1		0.008	0.011	
18:3 undifferentiated....g	0.042	0.003	6	AS	1		0.019	0.025	
18:3 n-3 c,c,c (ALA)....g	0.035	0.003	6	A	1		0.015	0.020	
18:3 n-6 c,c,c....g	0.008	0.000	6	A	1		0.003	0.005	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.009	0.000	6	A	1		0.004	0.006	
20:3 undifferentiated....g	0.023	0.000	6	AS	1		0.010	0.013	
20:3 n-3....g	0.001	0.000	6	A	1		0.000	0.001	
20:3 n-6....g	0.022	0.000	6	A	1		0.010	0.013	
20:4 undifferentiated....g	0.066	0.002	6	A	1		0.029	0.039	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1		0.001	0.001	
21:5....g									
22:4....g	0.019	0.001	6	A	1		0.008	0.011	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.003	0.003	
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1		0.001	0.002	
Fatty acids, total trans....g	0.130		0	NC	4		0.057	0.076	
Fatty acids, total trans-monoenoic....g	0.112		0	NC	4		0.049	0.066	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.008	0.011	
Cholesterol....mg	127		0	BFSN	4		56	75	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0	A	1		0.089	0.120	
Threonine....g	0.875		0	A	1		0.385	0.516	
Isoleucine....g	0.778		0	A	1		0.342	0.459	
Leucine....g	1.616		0	A	1		0.711	0.954	
Lysine....g	1.150		0	A	1		0.506	0.679	
Methionine....g	0.384		0	A	1		0.169	0.226	
Cystine....g	0.307		0	A	1		0.135	0.181	
Phenylalanine....g	1.014		0	A	1		0.446	0.598	
Tyrosine....g	0.811		0	A	1		0.357	0.479	

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.966		0	A	1		0.425	0.570	
Arginine....g	1.499		0	A	1		0.660	0.885	
Histidine....g	0.632		0	A	1		0.278	0.373	
Alanine....g	1.510		0	A	1		0.664	0.891	
Aspartic acid....g	1.801		0	A	1		0.792	1.062	
Glutamic acid....g	6.199		0	A	1		2.728	3.657	
Glycine....g	2.228		0	A	1		0.981	1.315	
Proline....g	2.127		0	A	1		0.936	1.255	
Serine....g	1.033		0	A	1		0.454	0.609	
Hydroxyproline....g	0.686		0	BFPN	4		0.302	0.405	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 drumstick, bone and skin removed

Measure 2 = 59g: 1 drumstick, without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21444

POPEYES, Fried Chicken, Mild, Skin and Breading

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	29.63	0.530	6	A	1				
Energy ... kcal	433		0	NC	4				
Energy ... kJ	1811		0	NC	4				
Protein ... g	13.96	0.606	6	A	1				
Total lipid (fat) ... g	32.32	0.760	6	A	1				
Ash ... g	2.55	0.071	6	A	1				
Carbohydrate, by difference ... g	21.54		0	NC	4				
Fiber, total dietary ... g	1.0		1	A	1				
Sugars, total ... g	0.00		1	A	1				
Sucrose ... g	0.00		1	A	1				
Glucose (dextrose) ... g	0.00		1	A	1				
Fructose ... g	0.00		1	A	1				
Lactose ... g	0.00		1	A	1				
Maltose ... g	0.00		1	A	1				
Galactose ... g	0.00		1	A	1				
Starch ... g	20.17	0.674	6	A	1				
Minerals:									
Calcium, Ca ... mg	26	2.578	6	A	1				
Iron, Fe ... mg	1.73	0.043	6	A	1				
Magnesium, Mg ... mg	19	0.481	6	A	1				
Phosphorus, P ... mg	119	3.535	6	A	1				
Potassium, K ... mg	192	3.772	6	A	1				
Sodium, Na ... mg	769	26.963	6	A	1				
Zinc, Zn ... mg	0.67	0.018	6	A	1				
Copper, Cu ... mg	0.069	0.004	6	A	1				
Manganese, Mn ... mg	0.241	0.005	6	A	1				
Selenium, Se ... µg	22.6	0.664	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.165		2	A	1				
Riboflavin ... mg	0.283	0.003	3	A	1				
Niacin ... mg	5.353	0.174	3	A	1				
Pantothenic acid ... mg	0.740		2	A	1				
Vitamin B-6 ... mg	0.107	0.003	3	A	1				
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.38	0.006	3	A	1				
Vitamin A, RAE ... µg	25		0	AS	1				
Vitamin A, IU ... IU	84		0	AS	1				
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.20	0.037	3	A	1				
Tocopherol, beta ... mg	0.00	0.000	3	A	1				
Tocopherol, gamma ... mg	0.14	0.046	3	A	1				
Tocopherol, delta ... mg	0.05	0.030	3	A	1				
Tocotrienol, alpha ... mg	0.00	0.000	3	A	1				
Tocotrienol, beta ... mg	0.13	0.021	3	A	1				
Tocotrienol, gamma ... mg	0.00	0.000	3	A	1				
Tocotrienol, delta ... mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

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POPEYES, Fried Chicken, Mild, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.750		0	NC	4				
4:0....g	0.000	0.000	5	A	1				
6:0....g	0.000	0.000	5	A	1				
8:0....g	0.005	0.001	5	A	1				
10:0....g	0.014	0.001	5	A	1				
12:0....g	0.022	0.001	5	A	1				
13:0....g									
14:0....g	0.617	0.016	5	A	1				
15:0....g	0.099	0.002	5	A	1				
16:0....g	7.004	0.210	5	A	1				
17:0....g	0.259	0.006	5	A	1				
18:0....g	3.679	0.100	5	A	1				
20:0....g	0.033	0.001	5	A	1				
22:0....g	0.014	0.001	5	A	1				
24:0....g	0.005	0.000	5	A	1				
Fatty acids, total monounsaturated....g	14.151		0	NC	4				
14:1....g	0.167	0.006	5	A	1				
15:1....g	0.000	0.000	5	A	1				
16:1 undifferentiated....g	1.351	0.051	5	AS	1				
16:1 c....g	1.275	0.051	5	A	1				
16:1 t....g	0.076	0.002	5	A	1				
17:1....g	0.150	0.004	5	A	1				
18:1 undifferentiated....g	12.332	0.334	5	AS	1				
18:1 c....g	11.293	0.334	5	A	1				
18:1 t....g	1.039	0.011	5	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.144	0.004	5	A	1				
22:1 undifferentiated....g	0.004	0.000	5	AS	1				
22:1 c....g	0.004	0.000	5	A	1				
22:1 t....g	0.000	0.000	5	A	1				
24:1 c....g	0.005	0.000	5	A	1				
Fatty acids, total polyunsaturated....g	3.094		0	NC	4				
18:2 undifferentiated....g	2.803	0.074	5	AS	1				
18:2 n-6 c,c....g	2.590	0.077	5	A	1				
18:2 CLAs....g	0.089	0.006	5	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.124	0.003	5	A	1				
18:3 undifferentiated....g	0.154	0.002	5	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.146	0.001	5	A	1				
18:3 n-6 c,c,c....g	0.007	0.000	5	A	1				
18:3i....g	0.001	0.000	5	A	1				
18:4....g	0.004	0.000	5	A	1				
20:2 n-6 c,c....g	0.019	0.000	5	A	1				
20:3 undifferentiated....g	0.032	0.001	5	AS	1				
20:3 n-3....g	0.002	0.000	5	A	1				
20:3 n-6....g	0.030	0.001	5	A	1				
20:4 undifferentiated....g	0.054	0.002	5	A	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	5	A	1				
21:5....g									
22:4....g	0.015	0.001	5	A	1				
22:5 n-3 (DPA)....g	0.007	0.000	5	A	1				
22:6 n-3 (DHA)....g	0.002	0.000	5	A	1				
Fatty acids, total trans....g	1.240		0	NC	4				
Fatty acids, total trans-monoenoic....g	1.115		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.125		0	NC	4				
Cholesterol....mg	82	5.550	3	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0	A	1				
Threonine....g	0.461		0	A	1				

NDB No. 21444
POPEYES, Fried Chicken, Mild, Skin and Breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.410		0	A	1				
Leucine....g	0.851		0	A	1				
Lysine....g	0.606		0	A	1				
Methionine....g	0.202		0	A	1				
Cystine....g	0.162		0	A	1				
Phenylalanine....g	0.534		0	A	1				
Tyrosine....g	0.427		0	A	1				
Valine....g	0.509		0	A	1				
Arginine....g	0.789		0	A	1				
Histidine....g	0.333		0	A	1				
Alanine....g	0.795		0	A	1				
Aspartic acid....g	0.948		0	A	1				
Glutamic acid....g	3.264		0	A	1				
Glycine....g	1.173		0	A	1				
Proline....g	1.120		0	A	1				
Serine....g	0.544		0	A	1				
Hydroxyproline....g	0.315		0	BFPN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21458

POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 20% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	46.40		0	RKA	1		64.04	38.52	25.06
Energy ... kcal	310		0	RKI	6		428	258	168
Energy ... kJ	1298		0	RKI	6		1791	1077	701
Protein ... g	19.14		0	RKA	1		26.41	15.88	10.33
Total lipid (fat) ... g	20.99		0	RKA	1		28.97	17.42	11.34
Ash ... g	2.27		0	RKA	1		3.14	1.89	1.23
Carbohydrate, by difference ... g	11.20		0	RKI	6		15.45	9.29	6.05
Fiber, total dietary ... g	0.5		0	RKA	1		0.7	0.4	0.3
Sugars, total ... g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Starch ... g	10.09		0	RKA	1		13.92	8.37	5.45
Minerals:									
Calcium, Ca ... mg	30		0	RKA	1		41	25	16
Iron, Fe ... mg	1.38		0	RKA	1		1.90	1.14	0.74
Magnesium, Mg ... mg	21		0	RKA	1		30	18	12
Phosphorus, P ... mg	153		0	RKA	1		211	127	83
Potassium, K ... mg	243		0	RKA	1		336	202	131
Sodium, Na ... mg	685		0	RKA	1		945	568	370
Zinc, Zn ... mg	1.34		0	RKA	1		1.85	1.11	0.72
Copper, Cu ... mg	0.084		0	RKA	1		0.115	0.069	0.045
Manganese, Mn ... mg	0.139		0	RKA	1		0.192	0.115	0.075
Selenium, Se ... µg	28.4		0	RKA	1		39.2	23.6	15.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.138		0	RKA	1		0.191	0.115	0.075
Riboflavin ... mg	0.345		0	RKA	1		0.476	0.286	0.186
Niacin ... mg	5.687		0	RKA	1		7.848	4.720	3.071
Pantothenic acid ... mg	1.172		0	RKA	1		1.618	0.973	0.633
Vitamin B-6 ... mg	0.235		0	RKA	1		0.325	0.195	0.127
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.48		0	RKA	1		0.67	0.40	0.26
Vitamin A, RAE ... µg	19		0	RKA	1		27	16	10
Vitamin A, IU ... IU	64		0	RKA	1		89	53	35
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.24		0	RKA	1		0.33	0.20	0.13
Tocopherol, beta ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.10		0	RKA	1		0.14	0.08	0.05
Tocopherol, delta ... mg	0.03		0	RKA	1		0.04	0.02	0.01
Tocotrienol, alpha ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, beta ... mg	0.07		0	RKA	1		0.09	0.05	0.04
Tocotrienol, gamma ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21458

POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.344		0	RKI	6		10.134	6.095	3.966
4:0....g	0.002		0	RKA	1		0.003	0.002	0.001
6:0....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0....g	0.003		0	RKA	1		0.004	0.002	0.002
10:0....g	0.009		0	RKA	1		0.012	0.007	0.005
12:0....g	0.014		0	RKA	1		0.019	0.011	0.007
13:0....g									
14:0....g	0.350		0	RKA	1		0.483	0.290	0.189
15:0....g	0.055		0	RKA	1		0.076	0.046	0.030
16:0....g	4.553		0	RKA	1		6.283	3.779	2.459
17:0....g	0.141		0	RKA	1		0.194	0.117	0.076
18:0....g	2.187		0	RKA	1		3.018	1.815	1.181
20:0....g	0.020		0	RKA	1		0.027	0.016	0.011
22:0....g	0.007		0	RKA	1		0.010	0.006	0.004
24:0....g	0.003		0	RKA	1		0.004	0.002	0.002
Fatty acids, total monounsaturated....g	9.129		0	RKI	6		12.598	7.577	4.930
14:1....g	0.096		0	RKA	1		0.132	0.079	0.052
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.949		0	RKA	1		1.310	0.788	0.513
17:1....g	0.084		0	RKA	1		0.116	0.070	0.045
18:1 undifferentiated....g	7.898		0	RKA	1		10.899	6.555	4.265
20:1....g	0.097		0	RKA	1		0.134	0.081	0.053
22:1 undifferentiated....g	0.003		0	RKA	1		0.004	0.002	0.001
24:1 c....g	0.002		0	RKA	1		0.003	0.002	0.001
Fatty acids, total polyunsaturated....g	2.297		0	RKI	6		3.169	1.906	1.240
18:2 undifferentiated....g	2.054		0	RKA	1		2.834	1.705	1.109
18:3 undifferentiated....g	0.107		0	RKA	1		0.148	0.089	0.058
18:4....g	0.003		0	RKA	1		0.004	0.003	0.002
20:2 n-6 c,c....g	0.015		0	RKA	1		0.021	0.012	0.008
20:3 undifferentiated....g	0.027		0	RKA	1		0.037	0.022	0.015
20:4 undifferentiated....g	0.063		0	RKA	1		0.087	0.052	0.034
20:5 n-3 (EPA)....g	0.002		0	RKA	1		0.003	0.002	0.001
21:5....g									
22:4....g	0.016		0	RKA	1		0.022	0.013	0.008
22:5 n-3 (DPA)....g	0.006		0	RKA	1		0.009	0.005	0.003
22:6 n-3 (DHA)....g	0.003		0	RKA	1		0.004	0.002	0.002
Fatty acids, total trans....g	0.672		0	RKI	6		0.927	0.558	0.363
Cholesterol....mg	107		0	RKA	1		147	88	58
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	RKA	1		0.200	0.120	0.078
Threonine....g	0.626		0	RKA	1		0.863	0.519	0.338
Isoleucine....g	0.557		0	RKA	1		0.768	0.462	0.301
Leucine....g	1.156		0	RKA	1		1.596	0.960	0.624
Lysine....g	0.823		0	RKA	1		1.135	0.683	0.444
Methionine....g	0.275		0	RKA	1		0.379	0.228	0.148
Cystine....g	0.220		0	RKA	1		0.303	0.182	0.119
Phenylalanine....g	0.725		0	RKA	1		1.001	0.602	0.392
Tyrosine....g	0.580		0	RKA	1		0.801	0.482	0.313
Valine....g	0.691		0	RKA	1		0.954	0.573	0.373
Arginine....g	1.072		0	RKA	1		1.480	0.890	0.579
Histidine....g	0.452		0	RKA	1		0.623	0.375	0.244
Alanine....g	1.080		0	RKA	1		1.491	0.897	0.583
Aspartic acid....g	1.288		0	RKA	1		1.778	1.069	0.696
Glutamic acid....g	4.434		0	RKA	1		6.119	3.681	2.395
Glycine....g	1.594		0	RKA	1		2.200	1.323	0.861
Proline....g	1.522		0	RKA	1		2.100	1.263	0.822
Serine....g	0.739		0	RKA	1		1.019	0.613	0.399
Hydroxyproline....g	0.474		0	RKI	6		0.654	0.393	0.256

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21458
POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 138g: 1 thigh with skin

Measure 2 = 83g: 1 thigh without skin

Measure 3 = 54g: 1 thigh bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 60% Skin, subcutaneous fat and breading, 40%; Cartilage and bone, 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.18	0.623	6	A	1		52.44	34.12	
Energy....kcal	188		0	NC	4		156	101	
Energy....kJ	785		0	NC	4		652	424	
Protein....g	24.31	0.151	6	A	1		20.18	13.13	
Total lipid (fat)....g	9.66	0.369	6	A	1		8.02	5.22	
Ash....g	2.00	0.115	6	A	1		1.66	1.08	
Carbohydrate, by difference....g	0.85		0	NC	4		0.71	0.46	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34	7.164	6	A	1		28	18	
Iron, Fe....mg	1.03	0.022	6	A	1		0.85	0.55	
Magnesium, Mg....mg	24	0.327	6	A	1		20	13	
Phosphorus, P....mg	187	3.240	6	A	1		155	101	
Potassium, K....mg	294	3.114	6	A	1		244	159	
Sodium, Na....mg	601	14.401	6	A	1		499	325	
Zinc, Zn....mg	2.01	0.036	6	A	1		1.67	1.09	
Copper, Cu....mg	0.098	0.002	6	A	1		0.082	0.053	
Manganese, Mn....mg	0.037	0.002	6	A	1		0.031	0.020	
Selenium, Se....µg	34.2	3.412	3	A	1		28.4	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.111	0.003	3	A	1		0.092	0.060	
Riboflavin....mg	0.407	0.015	3	A	1		0.337	0.220	
Niacin....mg	6.020	0.243	3	A	1		4.997	3.251	
Pantothenic acid....mg	1.605		2	A	1		1.332	0.867	
Vitamin B-6....mg	0.364	0.031	3	A	1		0.302	0.197	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.59	0.055	3	A	1		0.49	0.32	
Vitamin A, RAE....µg	13		0	AS	1		11	7	
Vitamin A, IU....IU	44		0	AS	1		37	24	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.28	0.097	3	A	1		0.23	0.15	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05	0.028	3	A	1		0.05	0.03	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.938		0	NC	4		2.438	1.586	
4:0....g	0.004	0.000	6	A	1		0.003	0.002	
6:0....g	0.001	0.000	6	A	1		0.001	0.001	
8:0....g	0.001	0.000	6	A	1		0.001	0.001	

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.003	0.000	6	A	1		0.002	0.002	
12:0 g	0.006	0.000	6	A	1		0.005	0.003	
13:0 g									
14:0 g	0.083	0.004	6	A	1		0.069	0.045	
15:0 g	0.012	0.001	6	A	1		0.010	0.007	
16:0 g	2.101	0.047	6	A	1		1.744	1.135	
17:0 g	0.023	0.002	6	A	1		0.019	0.012	
18:0 g	0.696	0.024	6	A	1		0.577	0.376	
20:0 g	0.006	0.000	6	A	1		0.005	0.003	
22:0 g	0.001	0.000	6	A	1		0.001	0.001	
24:0 g	0.001	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated g	4.107		0	NC	4		3.409	2.218	
14:1 g	0.025	0.001	6	A	1		0.020	0.013	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.548	0.011	6	AS	1		0.455	0.296	
16:1 c g	0.542	0.011	6	A	1		0.450	0.292	
16:1 t g	0.007	0.001	6	A	1		0.006	0.004	
17:1 g	0.018	0.001	6	A	1		0.015	0.010	
18:1 undifferentiated g	3.464	0.100	6	AS	1		2.875	1.870	
18:1 c g	3.379	0.097	6	A	1		2.805	1.825	
18:1 t g	0.084	0.006	6	A	1		0.070	0.046	
18:1-11 t (18:1t n-7) g									
20:1 g	0.051	0.001	6	A	1		0.042	0.028	
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.001	0.001	
22:1 c g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	1.499		0	NC	4		1.244	0.809	
18:2 undifferentiated g	1.305	0.038	6	AS	1		1.083	0.704	
18:2 n-6 c,c g	1.280	0.038	6	A	1		1.063	0.691	
18:2 CLAs g	0.012	0.001	6	A	1		0.010	0.006	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.013	0.001	6	A	1		0.010	0.007	
18:3 undifferentiated g	0.061	0.004	6	AS	1		0.050	0.033	
18:3 n-3 c,c,c (ALA) g	0.060	0.004	6	A	1		0.049	0.032	
18:3 n-6 c,c,c g	0.001	0.000	6	A	1		0.001	0.001	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c g	0.011	0.000	6	A	1		0.009	0.006	
20:3 undifferentiated g	0.022	0.001	6	AS	1		0.018	0.012	
20:3 n-3 g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6 g	0.021	0.001	6	A	1		0.017	0.011	
20:4 undifferentiated g	0.071	0.003	6	A	1		0.059	0.038	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	A	1		0.002	0.001	
21:5 g									
22:4 g	0.016	0.000	6	A	1		0.013	0.009	
22:5 n-3 (DPA) g	0.006	0.000	6	A	1		0.005	0.003	
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.002	
Fatty acids, total trans g	0.104		0	NC	4		0.086	0.056	
Fatty acids, total trans-monoenoic g	0.091		0	NC	4		0.075	0.049	
Fatty acids, total trans-polyenoic g	0.013		0	NC	4		0.010	0.007	
Cholesterol mg	131	5.341	3	A	1		108	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.183		0	A	1		0.152	0.099	
Threonine g	0.791		0	A	1		0.656	0.427	
Isoleucine g	0.704		0	A	1		0.584	0.380	
Leucine g	1.461		0	A	1		1.213	0.789	
Lysine g	1.040		0	A	1		0.863	0.562	
Methionine g	0.347		0	A	1		0.288	0.187	
Cystine g	0.278		0	A	1		0.230	0.150	

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.917		0	A	1		0.761	0.495	
Tyrosine.....g	0.733		0	A	1		0.609	0.396	
Valine.....g	0.873		0	A	1		0.725	0.472	
Arginine.....g	1.355		0	A	1		1.125	0.732	
Histidine.....g	0.571		0	A	1		0.474	0.308	
Alanine.....g	1.365		0	A	1		1.133	0.737	
Aspartic acid.....g	1.628		0	A	1		1.351	0.879	
Glutamic acid.....g	5.605		0	A	1		4.652	3.027	
Glycine.....g	2.015		0	A	1		1.672	1.088	
Proline.....g	1.923		0	A	1		1.596	1.039	
Serine.....g	0.934		0	A	1		0.775	0.504	
Hydroxyproline.....g	0.633		0	BFPN	4		0.526	0.342	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 83g: 1 thigh thigh without skin

Measure 2 = 54g: 1 thigh bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21459

POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse: 32% Cartilage and bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	40.90		0	RKA	1		23.31	14.32	6.95
Energy ... kcal	338		0	RKI	6		193	118	57
Energy ... kJ	1414		0	RKI	6		806	495	240
Protein ... g	20.40		0	RKA	1		11.63	7.14	3.47
Total lipid (fat) ... g	22.48		0	RKA	1		12.81	7.87	3.82
Ash ... g	2.70		0	RKA	1		1.54	0.94	0.46
Carbohydrate, by difference ... g	13.52		0	RKI	6		7.71	4.73	2.30
Fiber, total dietary ... g	0.6		0	RKA	1		0.3	0.2	0.1
Sugars, total ... g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose ... g	0.00		0	RKA	1		0.00	0.00	0.00
Starch ... g	11.50		0	RKA	1		6.55	4.02	1.95
Minerals:									
Calcium, Ca ... mg	31		0	RKA	1		18	11	5
Iron, Fe ... mg	1.38		0	RKA	1		0.79	0.48	0.23
Magnesium, Mg ... mg	22		0	RKA	1		13	8	4
Phosphorus, P ... mg	149		0	RKA	1		85	52	25
Potassium, K ... mg	245		0	RKA	1		139	86	42
Sodium, Na ... mg	788		0	RKA	1		449	276	134
Zinc, Zn ... mg	1.25		0	RKA	1		0.71	0.44	0.21
Copper, Cu ... mg	0.079		0	RKA	1		0.045	0.028	0.013
Manganese, Mn ... mg	0.155		0	RKA	1		0.088	0.054	0.026
Selenium, Se ... µg	31.2		0	RKA	1		17.8	10.9	5.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.136		0	RKA	1		0.078	0.048	0.023
Riboflavin ... mg	0.289		0	RKA	1		0.165	0.101	0.049
Niacin ... mg	6.546		0	RKA	1		3.731	2.291	1.113
Pantothenic acid ... mg	1.002		0	RKA	1		0.571	0.351	0.170
Vitamin B-6 ... mg	0.190		0	RKA	1		0.108	0.066	0.032
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg	60.7		0	RKA	1		34.6	21.3	10.3
Betaine ... mg	7.8		0	RKA	1		4.5	2.7	1.3
Vitamin B-12 ... µg	0.54		0	RKA	1		0.31	0.19	0.09
Vitamin A, RAE ... µg	19		0	RKA	1		11	7	3
Vitamin A, IU ... IU	63		0	RKA	1		36	22	11
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.28		0	RKA	1		0.16	0.10	0.05
Tocopherol, beta ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.13		0	RKA	1		0.07	0.05	0.02
Tocopherol, delta ... mg	0.03		0	RKA	1		0.02	0.01	0.01
Tocotrienol, alpha ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, beta ... mg	0.08		0	RKA	1		0.04	0.03	0.01
Tocotrienol, gamma ... mg	0.03		0	RKA	1		0.02	0.01	0.00
Tocotrienol, delta ... mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21459

POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.021		0	RKI	6		4.572	2.807	1.364
4:0....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0....g	0.003		0	RKA	1		0.002	0.001	0.000
10:0....g	0.009		0	RKA	1		0.005	0.003	0.002
12:0....g	0.015		0	RKA	1		0.008	0.005	0.002
13:0....g									
14:0....g	0.400		0	RKA	1		0.228	0.140	0.068
15:0....g	0.063		0	RKA	1		0.036	0.022	0.011
16:0....g	4.874		0	RKA	1		2.778	1.706	0.829
17:0....g	0.164		0	RKA	1		0.094	0.057	0.028
18:0....g	2.456		0	RKA	1		1.400	0.860	0.417
20:0....g	0.023		0	RKA	1		0.013	0.008	0.004
22:0....g	0.010		0	RKA	1		0.006	0.004	0.002
24:0....g	0.005		0	RKA	1		0.003	0.002	0.001
Fatty acids, total monounsaturated....g	9.796		0	RKI	6		5.584	3.429	1.665
14:1....g	0.108		0	RKA	1		0.062	0.038	0.018
15:1....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.976		0	RKA	1		0.556	0.342	0.166
17:1....g	0.095		0	RKA	1		0.054	0.033	0.016
18:1 undifferentiated....g	8.504		0	RKA	1		4.847	2.976	1.446
20:1....g	0.104		0	RKA	1		0.059	0.036	0.018
22:1 undifferentiated....g	0.003		0	RKA	1		0.002	0.001	0.000
24:1 c....g	0.006		0	RKA	1		0.003	0.002	0.001
Fatty acids, total polyunsaturated....g	2.362		0	RKI	6		1.346	0.827	0.401
18:2 undifferentiated....g	2.101		0	RKA	1		1.198	0.735	0.357
18:3 undifferentiated....g	0.110		0	RKA	1		0.063	0.039	0.019
18:4....g	0.003		0	RKA	1		0.001	0.001	0.000
20:2 n-6 c,c....g	0.016		0	RKA	1		0.009	0.006	0.003
20:3 undifferentiated....g	0.031		0	RKA	1		0.018	0.011	0.005
20:4 undifferentiated....g	0.066		0	RKA	1		0.038	0.023	0.011
20:5 n-3 (EPA)....g	0.003		0	RKA	1		0.001	0.001	0.000
21:5....g									
22:4....g	0.018		0	RKA	1		0.011	0.006	0.003
22:5 n-3 (DPA)....g	0.008		0	RKA	1		0.004	0.003	0.001
22:6 n-3 (DHA)....g	0.004		0	RKA	1		0.002	0.001	0.001
Fatty acids, total trans....g	0.791		0	RKI	6		0.451	0.277	0.134
Cholesterol....mg	114		0	RKA	1		65	40	19
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.156		0	RKA	1		0.089	0.055	0.027
Threonine....g	0.673		0	RKA	1		0.384	0.236	0.114
Isoleucine....g	0.599		0	RKA	1		0.341	0.210	0.102
Leucine....g	1.244		0	RKA	1		0.709	0.435	0.211
Lysine....g	0.885		0	RKA	1		0.504	0.310	0.150
Methionine....g	0.295		0	RKA	1		0.168	0.103	0.050
Cystine....g	0.236		0	RKA	1		0.135	0.083	0.040
Phenylalanine....g	0.780		0	RKA	1		0.445	0.273	0.133
Tyrosine....g	0.624		0	RKA	1		0.356	0.218	0.106
Valine....g	0.743		0	RKA	1		0.424	0.260	0.126
Arginine....g	1.154		0	RKA	1		0.658	0.404	0.196
Histidine....g	0.486		0	RKA	1		0.277	0.170	0.083
Alanine....g	1.162		0	RKA	1		0.662	0.407	0.198
Aspartic acid....g	1.386		0	RKA	1		0.790	0.485	0.236
Glutamic acid....g	4.770		0	RKA	1		2.719	1.670	0.811
Glycine....g	1.715		0	RKA	1		0.977	0.600	0.292
Proline....g	1.637		0	RKA	1		0.933	0.573	0.278
Serine....g	0.795		0	RKA	1		0.453	0.278	0.135
Hydroxyproline....g	0.510		0	RKI	6		0.291	0.179	0.087

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 21459
POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 57g: 1 wing, with skin

Measure 2 = 35g: 1 wing, without skin

Measure 3 = 17g: 1 wing, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse: 72% Skin, subcutaneous fat and breading, 38%; Cartilage and bone, 32%; Handling loss, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.85	0.828	6	A	1		8.94		
Energy....kcal	212		0	NC	4		34		
Energy....kJ	888		0	NC	4		142		
Protein....g	28.94	0.324	6	A	1		4.63		
Total lipid (fat)....g	9.42	0.698	6	A	1		1.51		
Ash....g	2.89	0.136	6	A	1		0.46		
Carbohydrate, by difference....g	2.90		0	NC	4		0.46		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	38	6.018	6	A	1		6		
Iron, Fe....mg	0.92	0.019	6	A	1		0.15		
Magnesium, Mg....mg	26	0.591	6	A	1		4		
Phosphorus, P....mg	188	4.264	6	A	1		30		
Potassium, K....mg	314	5.760	6	A	1		50		
Sodium, Na....mg	814	45.365	6	A	1		130		
Zinc, Zn....mg	2.02	0.056	6	A	1		0.32		
Copper, Cu....mg	0.093	0.014	6	A	1		0.015		
Manganese, Mn....mg	0.041	0.003	6	A	1		0.006		
Selenium, Se....µg	42.7	4.103	3	A	1		6.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.098	0.007	3	A	1		0.016		
Riboflavin....mg	0.297	0.009	3	A	1		0.047		
Niacin....mg	8.127	0.530	3	A	1		1.300		
Pantothenic acid....mg	1.350		2	A	1		0.216		
Vitamin B-6....mg	0.300	0.006	3	A	1		0.048		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	141.2		1	A	1		22.6		
Betaine....mg	18.3		1	A	1		2.9		
Vitamin B-12....µg	0.75	0.059	3	A	1		0.12		
Vitamin A, RAE....µg	10		0	AS	1		2		
Vitamin A, IU....IU	35		0	AS	1		6		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.39	0.057	3	A	1		0.06		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.11	0.020	3	A	1		0.02		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
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	0.07	0.002	3	A	1		0.01		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.079		0	NC	4		0.493		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002	0.000	6	A	1		0.000		
12:0 g	0.006	0.001	6	A	1		0.001		
13:0 g									
14:0 g	0.111	0.009	6	A	1		0.018		
15:0 g	0.017	0.001	6	A	1		0.003		
16:0 g	2.050	0.167	6	A	1		0.328		
17:0 g	0.039	0.004	6	A	1		0.006		
18:0 g	0.834	0.060	6	A	1		0.133		
20:0 g	0.010	0.001	6	A	1		0.002		
22:0 g	0.006	0.000	6	A	1		0.001		
24:0 g	0.004	0.000	6	A	1		0.001		
Fatty acids, total monounsaturated g	4.024		0	NC	4		0.644		
14:1 g	0.031	0.002	6	A	1		0.005		
15:1 g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated g	0.480	0.036	6	AS	1		0.077		
16:1 c g	0.466	0.035	6	A	1		0.075		
16:1 t g	0.013	0.001	6	A	1		0.002		
17:1 g	0.023	0.002	6	A	1		0.004		
18:1 undifferentiated g	3.430	0.285	6	AS	1		0.549		
18:1 c g	3.270	0.272	6	A	1		0.523		
18:1 t g	0.160	0.015	6	A	1		0.026		
18:1-11 t (18:1t n-7) g									
20:1 g	0.050	0.004	6	A	1		0.008		
22:1 undifferentiated g	0.002	0.000	6	AS	1		0.000		
22:1 c g	0.002	0.000	6	A	1		0.000		
22:1 t g	0.000	0.000	6	A	1		0.000		
24:1 c g	0.007	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated g	1.391		0	NC	4		0.222		
18:2 undifferentiated g	1.171	0.137	6	AS	1		0.187		
18:2 n-6 c,c g	1.134	0.134	6	A	1		0.181		
18:2 CLAs g	0.014	0.001	6	A	1		0.002		
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.023	0.002	6	A	1		0.004		
18:3 undifferentiated g	0.053	0.007	6	AS	1		0.008		
18:3 n-3 c,c,c (ALA) g	0.052	0.007	6	A	1		0.008		
18:3 n-6 c,c,c g	0.001	0.000	6	A	1		0.000		
18:3i g	0.000	0.000	6	A	1		0.000		
18:4 g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c g	0.013	0.001	6	A	1		0.002		
20:3 undifferentiated g	0.030	0.001	6	AS	1		0.005		
20:3 n-3 g	0.001	0.000	6	A	1		0.000		
20:3 n-6 g	0.030	0.001	6	A	1		0.005		
20:4 undifferentiated g	0.082	0.003	6	A	1		0.013		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	6	A	1		0.001		
21:5 g									
22:4 g	0.022	0.001	6	A	1		0.004		
22:5 n-3 (DPA) g	0.009	0.000	6	A	1		0.001		
22:6 n-3 (DHA) g	0.006	0.000	6	A	1		0.001		
Fatty acids, total trans g	0.196		0	NC	4		0.031		
Fatty acids, total trans-monoenoic g	0.173		0	NC	4		0.028		
Fatty acids, total trans-polyenoic g	0.023		0	NC	4		0.004		
Cholesterol mg	156	1.159	3	A	1		25		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0	A	1		0.035		
Threonine g	0.955		0	A	1		0.153		
Isoleucine g	0.849		0	A	1		0.136		
Leucine g	1.764		0	A	1		0.282		
Lysine g	1.255		0	A	1		0.201		
Methionine g	0.419		0	A	1		0.067		
Cystine g	0.335		0	A	1		0.054		

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	1.107		0	A	1		0.177		
Tyrosine.....g	0.886		0	A	1		0.142		
Valine.....g	1.054		0	A	1		0.169		
Arginine.....g	1.636		0	A	1		0.262		
Histidine.....g	0.689		0	A	1		0.110		
Alanine.....g	1.648		0	A	1		0.264		
Aspartic acid.....g	1.966		0	A	1		0.315		
Glutamic acid.....g	6.767		0	A	1		1.083		
Glycine.....g	2.432		0	A	1		0.389		
Proline.....g	2.322		0	A	1		0.372		
Serine.....g	1.127		0	A	1		0.180		
Hydroxyproline.....g	0.769		0	BFPN	4		0.123		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 wing without skin, bone and breading

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21417

POPEYES, Mild Chicken Strips, analyzed 2006

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.18	0.641	4	A	1		24.40		
Energy....kcal	271		0	NC	4		146		
Energy....kJ	1135		0	NC	4		613		
Protein....g	19.20	0.393	4	A	1		10.37		
Total lipid (fat)....g	13.01	0.512	4	A	1		7.03		
Ash....g	3.29	0.046	3	A	1		1.77		
Carbohydrate, by difference....g	19.31		0	NC	4		10.43		
Fiber, total dietary....g	0.8		2	A	1		0.5		
Sugars, total....g	0.00		2	A	1		0.00		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	18.15	0.603	4	A	1		9.80		
Minerals:									
Calcium, Ca....mg	12	0.227	4	A	1		6		
Iron, Fe....mg	0.91	0.084	4	A	1		0.49		
Magnesium, Mg....mg	26	0.163	4	A	1		14		
Phosphorus, P....mg	265	3.772	4	A	1		143		
Potassium, K....mg	269	3.816	4	A	1		145		
Sodium, Na....mg	922	18.085	4	A	1		498		
Zinc, Zn....mg	0.59	0.006	4	A	1		0.32		
Copper, Cu....mg	0.062	0.001	4	A	1		0.033		
Manganese, Mn....mg	0.207	0.006	4	A	1		0.112		
Selenium, Se....µg	19.7	0.411	4	A	1		10.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.120	0.014	4	A	1		0.065		
Riboflavin....mg	0.122	0.009	4	A	1		0.066		
Niacin....mg	8.317	0.406	4	A	1		4.491		
Pantothenic acid....mg	1.060	0.040	4	A	1		0.572		
Vitamin B-6....mg	0.486	0.019	4	A	1		0.263		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.11	0.019	4	A	1		0.06		
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:									

NDB No. 21417
POPEYES, Mild Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	5.442		0	NC	4		2.938		
4:0....g	0.004	0.001	4	A	1		0.002		
6:0....g	0.005	0.002	4	A	1		0.003		
8:0....g	0.004	0.000	4	A	1		0.002		
10:0....g	0.016	0.004	4	A	1		0.008		
12:0....g	0.008	0.001	4	A	1		0.004		
13:0....g									
14:0....g	0.313	0.011	4	A	1		0.169		
15:0....g	0.051	0.002	4	A	1		0.027		
16:0....g	3.052	0.056	4	A	1		1.648		
17:0....g	0.150	0.004	4	A	1		0.081		
18:0....g	1.761	0.053	4	A	1		0.951		
20:0....g	0.017	0.001	4	A	1		0.009		
22:0....g	0.013	0.002	4	A	1		0.007		
24:0....g	0.048	0.035	4	A	1		0.026		
Fatty acids, total monounsaturated....g	6.201		0	NC	4		3.348		
14:1....g	0.087	0.004	4	A	1		0.047		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.618	0.022	4	AS	1		0.333		
16:1 c....g	0.579	0.021	4	A	1		0.312		
16:1 t....g	0.039	0.002	4	A	1		0.021		
17:1....g	0.116	0.002	4	A	1		0.063		
18:1 undifferentiated....g	5.279	0.075	4	AS	1		2.851		
18:1 c....g	4.729	0.067	4	A	1		2.554		
18:1 t....g	0.550	0.018	4	A	1		0.297		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.087	0.004	4	A	1		0.047		
22:1 undifferentiated....g	0.009	0.003	4	AS	1		0.005		
22:1 c....g	0.005	0.002	4	A	1		0.003		
22:1 t....g	0.004	0.001	4	A	1		0.002		
24:1 c....g	0.005	0.001	4	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.257		0	NC	4		0.679		
18:2 undifferentiated....g	1.082	0.020	4	AS	1		0.584		
18:2 n-6 c,c....g	0.943	0.021	4	A	1		0.509		
18:2 CLAs....g	0.058	0.008	4	A	1		0.031		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.081	0.004	4	A	1		0.044		
18:3 undifferentiated....g	0.013	0.002	4	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g	0.006	0.001	4	A	1		0.003		
18:3 n-6 c,c,c....g	0.007	0.002	4	A	1		0.004		
18:3i....g									
18:4....g	0.018	0.004	4	A	1		0.010		
20:2 n-6 c,c....g	0.012	0.002	4	A	1		0.006		
20:3 undifferentiated....g	0.023	0.004	4	AS	1		0.013		
20:3 n-3....g	0.003	0.001	4	A	1		0.001		
20:3 n-6....g	0.021	0.003	4	A	1		0.011		
20:4 undifferentiated....g	0.050	0.003	4	A	1		0.027		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.026	0.021	4	A	1		0.014		
21:5....g									
22:4....g	0.011	0.002	4	A	1		0.006		
22:5 n-3 (DPA)....g	0.006	0.002	4	A	1		0.003		
22:6 n-3 (DHA)....g	0.016	0.014	4	A	1		0.009		
Fatty acids, total trans....g	0.675		0	NC	4		0.364		
Fatty acids, total trans-monoenoic....g	0.593		0	NC	4		0.320		
Fatty acids, total trans-polyenoic....g	0.081		0	NC	4		0.044		
Cholesterol....mg	52	0.328	4	A	1		28		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	A	1		0.124		
Threonine....g	0.770		0	A	1		0.416		
Isoleucine....g	0.820		0	A	1		0.443		

NDB No. 21417
POPEYES, Mild Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	1.450		0	A	1		0.783		
Lysine.....g	1.360		0	A	1		0.734		
Methionine.....g	0.460		0	A	1		0.248		
Cystine.....g	0.260		0	A	1		0.140		
Phenylalanine.....g	0.780		0	A	1		0.421		
Tyrosine.....g	0.500		0	A	1		0.270		
Valine.....g	0.870		0	A	1		0.470		
Arginine.....g	1.100		0	A	1		0.594		
Histidine.....g	0.620		0	A	1		0.335		
Alanine.....g	1.010		0	A	1		0.545		
Aspartic acid.....g	1.600		0	A	1		0.864		
Glutamic acid.....g	3.960		0	A	1		2.138		
Glycine.....g	0.790		0	A	1		0.427		
Proline.....g	1.010		0	A	1		0.545		
Serine.....g	0.760		0	A	1		0.410		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 strip

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21418

POPEYES, Spicy Chicken Strips, analyzed 2006

Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.11	0.975	4	A	1		24.97		
Energy....kcal	253		0	NC	4		134		
Energy....kJ	1060		0	NC	4		562		
Protein....g	19.61	0.156	4	A	1		10.39		
Total lipid (fat)....g	11.20	0.503	4	A	1		5.94		
Ash....g	3.56	0.034	4	A	1		1.89		
Carbohydrate, by difference....g	18.52		0	NC	4		9.81		
Fiber, total dietary....g	1.2		2	A	1		0.6		
Sugars, total....g	0.00		2	A	1		0.00		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	17.55	0.661	4	A	1		9.30		
Minerals:									
Calcium, Ca....mg	12	0.125	4	A	1		6		
Iron, Fe....mg	1.01	0.067	4	A	1		0.54		
Magnesium, Mg....mg	28	0.596	4	A	1		15		
Phosphorus, P....mg	276	8.190	4	A	1		146		
Potassium, K....mg	289	8.396	4	A	1		153		
Sodium, Na....mg	997	30.249	4	A	1		528		
Zinc, Zn....mg	0.60	0.011	4	A	1		0.32		
Copper, Cu....mg	0.071	0.002	4	A	1		0.038		
Manganese, Mn....mg	0.222	0.004	4	A	1		0.117		
Selenium, Se....µg	18.9	1.101	4	A	1		10.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.117	0.012	4	A	1		0.062		
Riboflavin....mg	0.130	0.009	4	A	1		0.069		
Niacin....mg	8.690	0.300	4	A	1		4.606		
Pantothenic acid....mg	1.100	0.041	4	A	1		0.583		
Vitamin B-6....mg	0.426	0.007	4	A	1		0.226		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20	0.017	4	A	1		0.11		
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:									

NDB No. 21418
POPEYES, Spicy Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.743		0	NC	4		2.514		
4:0....g	0.004	0.001	4	A	1		0.002		
6:0....g	0.012	0.002	4	A	1		0.006		
8:0....g	0.006	0.000	4	A	1		0.003		
10:0....g	0.019	0.002	4	A	1		0.010		
12:0....g	0.009	0.001	4	A	1		0.005		
13:0....g									
14:0....g	0.277	0.019	4	A	1		0.147		
15:0....g	0.044	0.004	4	A	1		0.023		
16:0....g	2.652	0.174	4	A	1		1.406		
17:0....g	0.138	0.009	4	A	1		0.073		
18:0....g	1.553	0.117	4	A	1		0.823		
20:0....g	0.015	0.001	4	A	1		0.008		
22:0....g	0.009	0.001	4	A	1		0.005		
24:0....g	0.004	0.001	4	A	1		0.002		
Fatty acids, total monounsaturated....g	5.321		0	NC	4		2.820		
14:1....g	0.072	0.009	4	A	1		0.038		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.515	0.032	4	AS	1		0.273		
16:1 c....g	0.495	0.038	4	A	1		0.262		
16:1 t....g	0.021	0.008	4	A	1		0.011		
17:1....g	0.102	0.008	4	A	1		0.054		
18:1 undifferentiated....g	4.554	0.333	4	AS	1		2.414		
18:1 c....g	4.076	0.291	4	A	1		2.160		
18:1 t....g	0.478	0.045	4	A	1		0.254		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.067	0.008	4	A	1		0.035		
22:1 undifferentiated....g	0.007	0.001	4	AS	1		0.004		
22:1 c....g	0.005	0.001	4	A	1		0.002		
22:1 t....g	0.003	0.001	4	A	1		0.001		
24:1 c....g	0.003	0.001	4	A	1		0.002		
Fatty acids, total polyunsaturated....g	1.112		0	NC	4		0.589		
18:2 undifferentiated....g	0.977	0.059	4	AS	1		0.518		
18:2 n-6 c,c....g	0.865	0.049	4	A	1		0.459		
18:2 CLAs....g	0.045	0.004	4	A	1		0.024		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.066	0.007	4	A	1		0.035		
18:3 undifferentiated....g	0.015	0.001	4	AS	1		0.008		
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	4	A	1		0.004		
18:3 n-6 c,c,c....g	0.007	0.000	4	A	1		0.004		
18:3i....g									
18:4....g	0.010	0.001	4	A	1		0.005		
20:2 n-6 c,c....g	0.007	0.001	4	A	1		0.004		
20:3 undifferentiated....g	0.023	0.002	4	AS	1		0.012		
20:3 n-3....g	0.002	0.001	4	A	1		0.001		
20:3 n-6....g	0.021	0.001	4	A	1		0.011		
20:4 undifferentiated....g	0.055	0.002	4	A	1		0.029		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	4	A	1		0.002		
21:5....g									
22:4....g	0.011	0.001	4	A	1		0.006		
22:5 n-3 (DPA)....g	0.004	0.001	4	A	1		0.002		
22:6 n-3 (DHA)....g	0.004	0.000	4	A	1		0.002		
Fatty acids, total trans....g	0.568		0	NC	4		0.301		
Fatty acids, total trans-monoenoic....g	0.502		0	NC	4		0.266		
Fatty acids, total trans-polyenoic....g	0.066		0	NC	4		0.035		
Cholesterol....mg	53	1.529	4	A	1		28		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.235		0	A	1		0.125		
Threonine....g	0.780		0	A	1		0.413		
Isoleucine....g	0.809		0	A	1		0.429		

NDB No. 21418
POPEYES, Spicy Chicken Strips, analyzed 2006

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	1.469		0	A	1		0.779		
Lysine.....g	1.389		0	A	1		0.736		
Methionine.....g	0.475		0	A	1		0.252		
Cystine.....g	0.262		0	A	1		0.139		
Phenylalanine.....g	0.787		0	A	1		0.417		
Tyrosine.....g	0.512		0	A	1		0.272		
Valine.....g	0.857		0	A	1		0.454		
Arginine.....g	1.097		0	A	1		0.581		
Histidine.....g	0.630		0	A	1		0.334		
Alanine.....g	1.012		0	A	1		0.536		
Aspartic acid.....g	1.647		0	A	1		0.873		
Glutamic acid.....g	3.562		0	A	1		1.888		
Glycine.....g	0.777		0	A	1		0.412		
Proline.....g	0.992		0	A	1		0.526		
Serine.....g	0.767		0	A	1		0.407		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 strip

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21415
POPEYES, biscuit
Popeyes Chicken and Biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.52	0.335	6	A	1		15.91		
Energy....kcal	401		0	NC	4		241		
Energy....kJ	1679		0	NC	4		1007		
Protein....g	6.00	0.087	6	A	1		3.60		
Total lipid (fat)....g	23.71	0.543	6	A	1		14.23		
Ash....g	2.81	0.021	6	A	1		1.69		
Carbohydrate, by difference....g	40.95		0	NC	4		24.57		
Fiber, total dietary....g	3.8	0.092	3	A	1		2.3		
Sugars, total....g	3.46	0.026	3	A	1		2.07		
Sucrose....g	0.74	0.038	3	A	1		0.44		
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	2.17	0.029	3	A	1		1.30		
Maltose....g	0.55	0.032	3	A	1		0.33		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	36.57	0.736	3	A	1		21.94		
Minerals:									
Calcium, Ca....mg	108	0.946	6	A	1		65		
Iron, Fe....mg	2.51	0.059	6	A	1		1.51		
Magnesium, Mg....mg	13	0.137	6	A	1		8		
Phosphorus, P....mg	309	2.926	6	A	1		185		
Potassium, K....mg	173	10.689	6	A	1		104		
Sodium, Na....mg	745	11.972	6	A	1		447		
Zinc, Zn....mg	0.49	0.005	6	A	1		0.30		
Copper, Cu....mg	0.066	0.001	6	A	1		0.040		
Manganese, Mn....mg	0.300	0.004	6	A	1		0.180		
Selenium, Se....µg	4.1	0.120	3	A	1		2.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.460	0.020	3	A	1		0.276		
Riboflavin....mg	0.277	0.013	3	A	1		0.166		
Niacin....mg	3.240	0.145	3	A	1		1.944		
Pantothenic acid....mg	0.455		2	A	1		0.273		
Vitamin B-6....mg	0.047	0.003	3	A	1		0.028		
Folate, total....µg	91	3.152	3	A	1		55		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00		
Vitamin A, RAE....µg	64		0	AS	1		38		
Vitamin A, IU....IU	212		0	AS	1		127		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.02	0.087	3	A	1		0.61		
Tocopherol, beta....mg	0.07	0.010	3	A	1		0.04		
Tocopherol, gamma....mg	3.07	0.501	3	A	1		1.84		
Tocopherol, delta....mg	1.02	0.196	3	A	1		0.61		
Tocotrienol, alpha....mg	0.25	0.017	3	A	1		0.15		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.56	0.023	3	A	1		0.33		
Tocotrienol, delta....mg	0.06	0.008	3	A	1		0.04		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21415
POPEYES, biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.515		0	NC	4		6.909		
4:0....g	0.014	0.000	3	A	1		0.008		
6:0....g	0.007	0.000	3	A	1		0.004		
8:0....g	0.009	0.000	3	A	1		0.006		
10:0....g	0.014	0.001	3	A	1		0.008		
12:0....g	0.064	0.002	3	A	1		0.039		
13:0....g									
14:0....g	0.235	0.004	3	A	1		0.141		
15:0....g	0.016	0.000	3	A	1		0.009		
16:0....g	9.706	0.113	3	A	1		5.824		
17:0....g	0.026	0.001	3	A	1		0.015		
18:0....g	1.298	0.071	3	A	1		0.779		
20:0....g	0.077	0.003	3	A	1		0.046		
22:0....g	0.030	0.003	3	A	1		0.018		
24:0....g	0.019	0.001	3	A	1		0.012		
Fatty acids, total monounsaturated....g	5.686		0	NC	4		3.411		
14:1....g	0.001	0.001	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.025	0.001	3	AS	1		0.015		
16:1 c....g	0.025	0.001	3	A	1		0.015		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.006	0.000	3	A	1		0.004		
18:1 undifferentiated....g	5.621	0.155	3	AS	1		3.373		
18:1 c....g	5.578	0.148	3	A	1		3.347		
18:1 t....g	0.043	0.007	3	A	1		0.026		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033	0.002	3	A	1		0.020		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	4.379		0	NC	4		2.627		
18:2 undifferentiated....g	3.957	0.495	3	AS	1		2.374		
18:2 n-6 c,c....g	3.916	0.494	3	A	1		2.349		
18:2 CLAs....g	0.011	0.000	3	A	1		0.007		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.001	3	A	1		0.018		
18:3 undifferentiated....g	0.416	0.070	3	AS	1		0.249		
18:3 n-3 c,c,c (ALA)....g	0.401	0.069	3	A	1		0.241		
18:3 n-6 c,c,c....g	0.015	0.001	3	A	1		0.009		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.001	0.000	3	A	1		0.001		
20:3 undifferentiated....g	0.001	0.001	3	AS	1		0.000		
20:3 n-3....g	0.001	0.001	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.004	0.001	3	A	1		0.003		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.073		0	NC	4		0.044		
Fatty acids, total trans-monoenoic....g	0.043		0	NC	4		0.026		
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.018		
Cholesterol....mg	2		2	A	1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0	A	1		0.044		
Threonine....g	0.178		0	A	1		0.107		

NDB No. 21415
POPEYES, biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.230		0	A	1		0.138		
Leucine.....g	0.439		0	A	1		0.264		
Lysine.....g	0.188		0	A	1		0.113		
Methionine.....g	0.105		0	A	1		0.063		
Cystine.....g	0.125		0	A	1		0.075		
Phenylalanine.....g	0.293		0	A	1		0.176		
Tyrosine.....g	0.157		0	A	1		0.094		
Valine.....g	0.272		0	A	1		0.163		
Arginine.....g	0.209		0	A	1		0.126		
Histidine.....g	0.125		0	A	1		0.075		
Alanine.....g	0.188		0	A	1		0.113		
Aspartic acid.....g	0.314		0	A	1		0.188		
Glutamic acid.....g	1.915		0	A	1		1.149		
Glycine.....g	0.188		0	A	1		0.113		
Proline.....g	0.649		0	A	1		0.389		
Serine.....g	0.283		0	A	1		0.170		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 biscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21224
Pizza, cheese topping, regular crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	46.28	1.360	8	A	1		37.49	69.89	67.58
Energy ... kcal	268		0	NC	4		217	405	391
Energy ... kJ	1121		0	NC	4		908	1693	1637
Protein ... g	10.36	0.264	8	A	1		8.39	15.64	15.12
Total lipid (fat) ... g	12.28	0.685	8	A	1		9.94	18.54	17.92
Ash ... g	2.06	0.045	8	A	1		1.67	3.11	3.00
Carbohydrate, by difference ... g	29.02		0	NC	4		23.51	43.83	42.37
Fiber, total dietary ... g	2.2	0.080	3	A	1		1.8	3.3	3.2
Sugars, total ... g	3.57		0	NR	4		2.89	5.39	5.21
Sucrose ... g	0.31		2	A	1		0.25	0.46	0.45
Glucose (dextrose) ... g	0.93	0.028	4	A	1		0.75	1.40	1.35
Fructose ... g	1.20	0.077	4	A	1		0.97	1.81	1.75
Lactose ... g	0.39	0.003	3	A	1		0.31	0.59	0.57
Maltose ... g	0.74	0.104	4	A	1		0.60	1.12	1.08
Galactose ... g									
Starch ... g	18.74	0.302	4	A	1		15.18	28.30	27.36
Minerals:									
Calcium, Ca ... mg	179	5.176	8	A	1		145	271	262
Iron, Fe ... mg	2.27	0.262	8	A	1		1.84	3.43	3.32
Magnesium, Mg ... mg	23	0.334	8	A	1		19	35	34
Phosphorus, P ... mg	179	3.463	8	A	1		145	270	261
Potassium, K ... mg	152	6.458	8	A	1		123	230	222
Sodium, Na ... mg	447	8.589	8	A	1		362	675	653
Zinc, Zn ... mg	1.32	0.038	8	A	1		1.07	2.00	1.93
Copper, Cu ... mg	0.227	0.019	3	A	1		0.184	0.342	0.331
Manganese, Mn ... mg	0.291	0.037	8	A	1		0.236	0.440	0.425
Selenium, Se ... µg	21.5	4.481	4	A	1		17.4	32.5	31.4
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2	0.127	3	A	1		1.0	1.9	1.8
Thiamin ... mg	0.211	0.016	5	A	1		0.171	0.318	0.307
Riboflavin ... mg	0.258	0.008	5	A	1		0.209	0.390	0.377
Niacin ... mg	2.196	0.276	5	A	1		1.779	3.316	3.206
Pantothenic acid ... mg	0.219		2	A	1		0.177	0.331	0.320
Vitamin B-6 ... mg	0.083	0.005	5	A	1		0.067	0.125	0.121
Folate, total ... µg	38	2.348	8	A	1		31	58	56
Folic acid ... µg	38		0	NR	4		31	58	56
Folate, food ... µg	0		0	NR	4		0	0	0
Folate, DFE ... µg	65		0	NC	4		52	98	95
Choline, total ... mg	14.3		0	BFPN	4		11.6	21.6	20.8
Betaine ... mg									
Vitamin B-12 ... µg	0.78		2	A	1		0.64	1.18	1.15
Vitamin B-12, added ... µg	0.00		0	BFCN	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	66		0	NC	4		53	99	96
Retinol ... µg	58		0	BFSN	4		47	88	85
Carotene, beta ... µg	88		0	BFSN	4		71	133	129
Carotene, alpha ... µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0	0	0
Vitamin A, IU ... IU	342		0	NC	4		277	516	499
Lycopene ... µg	1829		0	BFSN	4		1482	2762	2670
Lutein + zeaxanthin ... µg	34		0	BFFN	4		27	51	49
Vitamin E (alpha-tocopherol) ... mg	1.01		0	BFFN	4		0.82	1.52	1.47
Vitamin E, added ... mg	0.00		0	BFFN	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. 21224

Pizza, cheese topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	6.6		0	BFCN	4		5.3	10.0	9.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.272		0	NC	4		3.460	6.451	6.237
4:0....g	0.275		0	BFFN	4		0.223	0.416	0.402
6:0....g	0.053		0	BFFN	4		0.043	0.080	0.078
8:0....g	0.083		0	BFFN	4		0.067	0.125	0.121
10:0....g	0.112		2	A	1		0.091	0.169	0.164
12:0....g	0.152	0.005	7	A	1		0.123	0.229	0.221
13:0....g									
14:0....g	0.453	0.043	8	A	1		0.367	0.685	0.662
15:0....g									
16:0....g	2.039	0.145	8	A	1		1.652	3.079	2.977
17:0....g									
18:0....g	1.105	0.134	8	A	1		0.895	1.668	1.613
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.246		0	NC	4		3.439	6.412	6.199
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.129	0.011	7	A	1		0.105	0.195	0.189
17:1....g									
18:1 undifferentiated....g	4.092	0.517	8	A	1		3.314	6.179	5.974
20:1....g	0.025		0	BFFN	4		0.020	0.037	0.036
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.903		0	NC	4		1.541	2.873	2.778
18:2 undifferentiated....g	1.680	0.180	8	A	1		1.361	2.537	2.453
18:3 undifferentiated....g	0.167	0.025	7	A	1		0.135	0.252	0.244
18:4....g	0.041		0	BFFN	4		0.033	0.062	0.060
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFFN	4		0.012	0.022	0.021
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	14	0.369	5	A	1		12	22	21
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		2	A	1		0.137	0.256	0.247
Threonine....g	0.379		2	A	1		0.307	0.572	0.553
Isoleucine....g	0.469		2	A	1		0.379	0.707	0.684
Leucine....g	0.871		2	A	1		0.705	1.314	1.271
Lysine....g	0.589		2	A	1		0.477	0.889	0.859
Methionine....g	0.184		2	A	1		0.149	0.278	0.269
Cystine....g	0.106		2	A	1		0.085	0.159	0.154
Phenylalanine....g	0.529		2	A	1		0.428	0.799	0.772
Tyrosine....g	0.320		2	A	1		0.259	0.483	0.467
Valine....g	0.596		2	A	1		0.483	0.900	0.870
Arginine....g	0.398		2	A	1		0.322	0.601	0.581
Histidine....g	0.279		2	A	1		0.226	0.421	0.407
Alanine....g	0.328		2	A	1		0.265	0.495	0.478
Aspartic acid....g	0.645		2	A	1		0.522	0.973	0.941
Glutamic acid....g	2.852		2	A	1		2.310	4.306	4.163
Glycine....g	0.272		2	A	1		0.220	0.410	0.396

NDB No. 21224
Pizza, cheese topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	1.243		2	A	1		1.006	1.876	1.814
Serine....g	0.558		2	A	1		0.452	0.842	0.814
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFCN	4		0	0	0
Theobromine....mg	0		0	BFCN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 1 serving 9 servings per 24 oz package

Measure 2 = 151g: 1 serving 3 servings per 15.1 oz package

Measure 3 = 146g: 1 serving 2 servings per 9.8 oz package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21225

Pizza, cheese topping, rising crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.46	0.610	4	A	1		60.41	64.76	362.48
Energy....kcal	260		0	NC	4		362	388	2170
Energy....kJ	1088		0	NC	4		1513	1622	9078
Protein....g	12.37	0.397	4	A	1		17.19	18.42	103.13
Total lipid (fat)....g	8.78	0.484	4	A	1		12.21	13.09	73.26
Ash....g	2.48	0.108	4	A	1		3.45	3.70	20.69
Carbohydrate, by difference....g	32.91		0	NC	4		45.74	49.03	274.44
Fiber, total dietary....g	2.5	0.126	4	A	1		3.5	3.7	20.8
Sugars, total....g	5.09		0	NR	4		7.08	7.59	42.46
Sucrose....g									
Glucose (dextrose)....g	1.16	0.161	4	A	1		1.61	1.72	9.65
Fructose....g	1.50	0.197	4	A	1		2.09	2.24	12.55
Lactose....g									
Maltose....g	2.43	1.203	4	A	1		3.38	3.62	20.27
Galactose....g									
Starch....g	20.46	1.010	4	A	1		28.44	30.48	170.62
Minerals:									
Calcium, Ca....mg	177	11.942	4	A	1		246	263	1473
Iron, Fe....mg	1.77	0.176	4	A	1		2.46	2.64	14.79
Magnesium, Mg....mg	26	1.234	4	A	1		36	39	218
Phosphorus, P....mg	238	4.691	4	A	1		331	355	1985
Potassium, K....mg	175	10.388	4	A	1		243	261	1459
Sodium, Na....mg	556	22.427	4	A	1		773	828	4635
Zinc, Zn....mg	1.32	0.070	4	A	1		1.83	1.97	11.00
Copper, Cu....mg	0.255		2	A	1		0.354	0.380	2.127
Manganese, Mn....mg	0.428	0.043	4	A	1		0.594	0.637	3.565
Selenium, Se....µg	34.8	5.266	4	A	1		48.3	51.8	289.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		2	A	1		2.6	2.8	15.8
Thiamin....mg	0.241	0.031	4	A	1		0.335	0.359	2.008
Riboflavin....mg	0.246	0.019	4	A	1		0.342	0.366	2.050
Niacin....mg	1.985	0.361	4	A	1		2.759	2.957	16.553
Pantothenic acid....mg	0.256		2	A	1		0.355	0.381	2.131
Vitamin B-6....mg	0.092	0.006	4	A	1		0.128	0.137	0.765
Folate, total....µg	37	11.296	4	A	1		52	56	311
Folic acid....µg	37		0	NR	4		51	55	309
Folate, food....µg	0		0	NR	4		0	0	0
Folate, DFE....µg	63		0	NC	4		87	94	525
Choline, total....mg	17.1		0	BFPN	4		23.7	25.4	142.3
Betaine....mg									
Vitamin B-12....µg	0.70	0.044	4	A	1		0.97	1.04	5.82
Vitamin B-12, added....µg	0.00		0	BFCN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	69		0	NC	4		96	103	577
Retinol....µg	61		0	BFSN	4		85	92	512
Carotene, beta....µg	93		0	BFSN	4		129	138	774
Carotene, alpha....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU....IU	359		0	NC	4		500	536	2998
Lycopene....µg	1925		0	BFSN	4		2676	2868	16056
Lutein + zeaxanthin....µg	24		0	BFFN	4		33	36	201
Vitamin E (alpha-tocopherol)....mg	0.72		0	BFFN	4		1.00	1.07	6.01
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 21225

Pizza, cheese topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.5		0	BFCN	4		10.4	11.1	62.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.825		0	NC	4		5.316	5.699	31.897
4:0....g	0.197		0	BFFN	4		0.274	0.294	1.643
6:0....g	0.038		0	BFFN	4		0.053	0.057	0.317
8:0....g	0.059		0	BFFN	4		0.082	0.088	0.493
10:0....g	0.122	0.012	3	A	1		0.169	0.181	1.015
12:0....g	0.164	0.016	4	A	1		0.228	0.245	1.370
13:0....g									
14:0....g	0.517	0.040	4	A	1		0.719	0.771	4.314
15:0....g									
16:0....g	1.820	0.127	4	A	1		2.530	2.712	15.181
17:0....g									
18:0....g	0.907	0.056	4	A	1		1.261	1.351	7.564
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.198		0	NC	4		3.055	3.275	18.329
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.121	0.009	3	A	1		0.168	0.180	1.009
17:1....g									
18:1 undifferentiated....g	2.059	0.163	4	A	1		2.862	3.068	17.172
20:1....g	0.018		0	BFFN	4		0.025	0.026	0.148
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.381		0	NC	4		1.920	2.058	11.521
18:2 undifferentiated....g	1.155	0.185	4	A	1		1.605	1.720	9.629
18:3 undifferentiated....g	0.187		1	A	1		0.260	0.279	1.560
18:4....g	0.030		0	BFFN	4		0.041	0.044	0.247
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	BFFN	4		0.014	0.015	0.086
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	16	1.238	4	A	1		23	24	137
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		2	A	1		0.261	0.280	1.568
Threonine....g	0.451		2	A	1		0.627	0.672	3.761
Isoleucine....g	0.576		2	A	1		0.801	0.858	4.804
Leucine....g	1.077		2	A	1		1.496	1.604	8.978
Lysine....g	0.649		2	A	1		0.901	0.966	5.408
Methionine....g	0.207		2	A	1		0.288	0.308	1.726
Cystine....g	0.131		2	A	1		0.182	0.195	1.093
Phenylalanine....g	0.661		2	A	1		0.918	0.984	5.509
Tyrosine....g	0.382		2	A	1		0.530	0.568	3.182
Valine....g	0.713		2	A	1		0.990	1.062	5.942
Arginine....g	0.474		2	A	1		0.659	0.706	3.953
Histidine....g	0.330		2	A	1		0.458	0.491	2.748
Alanine....g	0.412		2	A	1		0.573	0.614	3.436
Aspartic acid....g	0.754		2	A	1		1.047	1.123	6.284
Glutamic acid....g	3.727		2	A	1		5.181	5.553	31.083
Glycine....g	0.345		2	A	1		0.479	0.513	2.873

NDB No. 21225
Pizza, cheese topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	1.557		2	A	1		2.164	2.319	12.981
Serine....g	0.684		2	A	1		0.951	1.019	5.705
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFCN	4		0	0	0
Theobromine....mg	0		0	BFCN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 1 serving 6 servings per 29.25 oz package

Measure 2 = 149g: 1 serving 4 servings per 19.7 oz package

Measure 3 = 834g: 1 package 29.25 oz pizza

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21505
Pizza, cheese topping, thin crust, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.01	0.154	12	A	1		31.74	255.79	
Energy	kcal	263		0	NC	4		181	1460	
Energy	kJ	1098		0	NC	4		758	6105	
Protein	g	11.91	0.089	12	A	1		8.22	66.23	
Total lipid (fat)	g	11.07	0.128	12	A	1		7.64	61.56	
Ash	g	2.21	0.017	12	A	1		1.52	12.28	
Carbohydrate, by difference	g	28.80		0	NC	4		19.87	160.13	
Fiber, total dietary	g	3.0		2	A	1		2.1	16.7	
Sugars, total	g	3.71	0.036	6	A	1		2.56	20.62	
Sucrose	g	0.10	0.000	6	A	1		0.07	0.56	
Glucose (dextrose)	g	0.88	0.023	6	A	1		0.61	4.92	
Fructose	g	1.25	0.028	6	A	1		0.86	6.97	
Lactose	g	0.38	0.039	6	A	1		0.26	2.11	
Maltose	g	0.85	0.028	6	A	1		0.59	4.75	
Galactose	g	0.24	0.024	6	A	1		0.16	1.33	
Starch	g									
Minerals:										
Calcium, Ca	mg	228	6.005	12	A	1		157	1266	
Iron, Fe	mg	2.14	0.092	12	A	1		1.47	11.87	
Magnesium, Mg	mg	24	0.335	12	A	1		17	134	
Phosphorus, P	mg	215	1.793	12	A	1		148	1193	
Potassium, K	mg	201	3.359	12	A	1		139	1118	
Sodium, Na	mg	471	4.708	12	A	1		325	2620	
Zinc, Zn	mg	1.49	0.029	12	A	1		1.03	8.28	
Copper, Cu	mg	0.091	0.002	12	A	1		0.063	0.505	
Manganese, Mn	mg	0.328	0.006	12	A	1		0.226	1.821	
Selenium, Se	µg	21.4	0.520	3	A	1		14.8	119.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1	A	1		0.1	0.7	
Thiamin	mg	0.103	0.018	3	A	1		0.071	0.575	
Riboflavin	mg	0.127	0.003	3	A	1		0.087	0.704	
Niacin	mg	1.283	0.022	3	A	1		0.885	7.135	
Pantothenic acid	mg	0.497	0.027	3	A	1		0.343	2.761	
Vitamin B-6	mg	0.130	0.000	3	A	1		0.090	0.723	
Folate, total	µg	87		0	BFNN	4		60	483	
Folic acid	µg	51		0	BFNN	4		35	283	
Folate, food	µg	36		0	BFNN	4		25	200	
Folate, DFE	µg	122		0	NC	4		85	681	
Choline, total	mg	18.9		0	BFZN	4		13.0	104.9	
Betaine	mg									
Vitamin B-12	µg	0.62	0.023	3	A	1		0.43	3.45	
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE	µg	72		0	NC	4		50	399	
Retinol	µg	64	3.665	3	A	1		44	354	
Carotene, beta	µg	97		0	BFZN	4		67	540	
Carotene, alpha	µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	374		0	NC	4		258	2081	
Lycopene	µg	2013		0	BFZN	4		1389	11194	
Lutein + zeaxanthin	µg	30		0	BFZN	4		21	169	
Vitamin E (alpha-tocopherol)	mg	0.74	0.103	3	A	1		0.51	4.13	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg	0.05	0.010	3	A	1		0.03	0.28	
Tocopherol, gamma	mg	1.05	0.119	3	A	1		0.73	5.86	
Tocopherol, delta	mg	0.30	0.018	3	A	1		0.21	1.69	
Tocotrienol, alpha	mg	0.00	0.003	3	A	1		0.00	0.02	
Tocotrienol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 21505
Pizza, cheese topping, thin crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01	0.007	3	A	1		0.00	0.04	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone)....µg	4.2	0.259	3	A	1		2.9	23.3	
Dihydrophylloquinone....µg	2.8	0.150	3	A	1		1.9	15.6	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.698		0	NC	4		3.931	31.678	
4:0....g	0.159	0.002	6	A	1		0.110	0.884	
6:0....g	0.125	0.002	6	A	1		0.086	0.692	
8:0....g	0.075	0.002	6	A	1		0.051	0.414	
10:0....g	0.183	0.002	6	A	1		0.126	1.019	
12:0....g	0.205	0.004	6	A	1		0.142	1.142	
13:0....g									
14:0....g	0.713	0.011	6	A	1		0.492	3.962	
15:0....g	0.076	0.002	6	A	1		0.052	0.421	
16:0....g	3.096	0.040	6	A	1		2.136	17.212	
17:0....g	0.048	0.002	6	A	1		0.033	0.266	
18:0....g	0.976	0.011	6	A	1		0.674	5.428	
20:0....g	0.020	0.000	6	A	1		0.014	0.111	
22:0....g	0.010	0.000	6	A	1		0.007	0.054	
24:0....g	0.007	0.000	6	A	1		0.005	0.041	
Fatty acids, total monounsaturated....g	3.028		0	NC	4		2.089	16.834	
14:1....g	0.054	0.000	6	A	1		0.037	0.298	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.143	0.002	6	AS	1		0.098	0.793	
16:1 c....g	0.123	0.002	6	A	1		0.085	0.682	
16:1 t....g	0.020	0.000	6	A	1		0.014	0.111	
17:1....g	0.010	0.000	6	A	1		0.007	0.056	
18:1 undifferentiated....g	2.799	0.019	6	AS	1		1.931	15.561	
18:1 c....g	2.609	0.017	6	A	1		1.800	14.506	
18:1 t....g	0.190	0.002	6	A	1		0.131	1.055	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.001	6	A	1		0.015	0.118	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001	0.009	
22:1 c....g	0.002	0.000	6	A	1		0.001	0.009	
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	1.695		0	NC	4		1.169	9.423	
18:2 undifferentiated....g	1.547	0.013	6	AS	1		1.067	8.600	
18:2 n-6 c,c....g	1.432	0.013	6	A	1		0.988	7.960	
18:2 CLAs....g	0.048	0.001	6	A	1		0.033	0.265	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.068	0.001	6	A	1		0.047	0.376	
18:3 undifferentiated....g	0.110	0.002	6	AS	1		0.076	0.610	
18:3 n-3 c,c,c (ALA)....g	0.106	0.002	6	A	1		0.073	0.591	
18:3 n-6 c,c,c....g	0.003	0.000	6	A	1		0.002	0.019	
18:3i....g									
18:4....g	0.002	0.000	6	A	1		0.001	0.012	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.003	0.022	
20:3 undifferentiated....g	0.010	0.000	6	AS	1		0.007	0.055	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.001	
20:3 n-6....g	0.009	0.000	6	A	1		0.007	0.053	
20:4 undifferentiated....g	0.010	0.000	6	A	1		0.007	0.056	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1		0.002	0.018	
21:5....g									
22:4....g	0.003	0.000	6	A	1		0.002	0.017	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.004	0.031	

NDB No. 21505
Pizza, cheese topping, thin crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.002	
Fatty acids, total trans....g	0.277		0	NC	4		0.191	1.542	
Fatty acids, total trans-monoenoic....g	0.210		0	NC	4		0.145	1.166	
Fatty acids, total trans-polyenoic....g	0.068		0	NC	4		0.047	0.376	
Cholesterol....mg	21		2	A	1		15	118	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 slice

Measure 2 = 556g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.71	0.900	5	A	1		66.80	60.26	82.68
Energy....kcal	276		0	NC	4		394	355	488
Energy....kJ	1153		0	NC	4		1649	1487	2041
Protein....g	11.28	0.267	5	A	1		16.13	14.55	19.96
Total lipid (fat)....g	14.43	0.177	5	A	1		20.64	18.62	25.54
Ash....g	2.44	0.090	5	A	1		3.49	3.15	4.32
Carbohydrate, by difference....g	25.14		0	NC	4		35.95	32.43	44.50
Fiber, total dietary....g	2.2	0.142	5	A	1		3.1	2.8	3.9
Sugars, total....g	4.85		0	NR	4		6.94	6.26	8.58
Sucrose....g									
Glucose (dextrose)....g	2.51	0.099	5	A	1		3.59	3.24	4.45
Fructose....g	1.32	0.107	5	A	1		1.89	1.71	2.34
Lactose....g									
Maltose....g	0.87	0.093	5	A	1		1.25	1.13	1.54
Galactose....g	0.14	0.022	5	A	1		0.20	0.18	0.25
Starch....g	19.76	0.846	5	A	1		28.26	25.49	34.98
Minerals:									
Calcium, Ca....mg	152	11.120	5	A	1		218	196	270
Iron, Fe....mg	1.36	0.079	5	A	1		1.94	1.75	2.40
Magnesium, Mg....mg	25	0.760	5	A	1		35	32	44
Phosphorus, P....mg	181	11.879	5	A	1		259	234	321
Potassium, K....mg	209	13.378	5	A	1		298	269	369
Sodium, Na....mg	555	17.982	5	A	1		794	716	983
Zinc, Zn....mg	1.71	0.072	5	A	1		2.45	2.21	3.03
Copper, Cu....mg	0.170	0.011	5	A	1		0.243	0.219	0.301
Manganese, Mn....mg	0.323	0.016	5	A	1		0.462	0.417	0.572
Selenium, Se....µg	9.0	1.422	3	A	1		12.9	11.6	15.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.4	0.259	5	A	1		4.8	4.3	5.9
Thiamin....mg	0.216	0.032	5	A	1		0.308	0.278	0.382
Riboflavin....mg	0.233	0.009	5	A	1		0.333	0.300	0.412
Niacin....mg	2.379	0.084	5	A	1		3.402	3.069	4.211
Pantothenic acid....mg	0.332	0.017	5	A	1		0.475	0.429	0.588
Vitamin B-6....mg	0.149	0.013	3	A	1		0.213	0.192	0.264
Folate, total....µg	34	4.540	5	A	1		48	43	59
Folic acid....µg	34		0	NR	4		48	43	59
Folate, food....µg	0		0	NC	4		0	0	0
Folate, DFE....µg	57		0	NC	4		82	74	101
Choline, total....mg	24.5		0	AS	1		35.1	31.6	43.4
Betaine....mg	25.2		1	A	1		36.1	32.6	44.7
Vitamin B-12....µg	0.62	0.054	5	A	1		0.89	0.80	1.10
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	65		0	BFSN	4		93	84	115
Retinol....µg	58		0	BFSN	4		83	75	102
Carotene, beta....µg	88		0	BFSN	4		125	113	155
Carotene, alpha....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU....IU	339		0	NC	4		485	437	600
Lycopene....µg	1815		0	BFSN	4		2595	2341	3212
Lutein + zeaxanthin....µg	55		0	BFSN	4		79	71	97
Vitamin E (alpha-tocopherol)....mg	1.13		0	BFFN	4		1.62	1.46	2.01
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D....IU	0		0	BFFN	4		0	0	0
Vitamin K (phylloquinone)....µg	8.2		0	BFFN	4		11.7	10.5	14.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.083		0	NC	4		7.269	6.557	8.997
4:0....g	0.194		0	BFFN	4		0.278	0.251	0.344
6:0....g	0.037		0	BFFN	4		0.054	0.048	0.066
8:0....g	0.052		0	BFFN	4		0.074	0.067	0.092
10:0....g	0.112		1	A	1		0.160	0.144	0.198
12:0....g	0.121	0.009	4	A	1		0.173	0.156	0.214
13:0....g									
14:0....g	0.442	0.026	5	A	1		0.633	0.571	0.783
15:0....g									
16:0....g	2.663	0.044	5	A	1		3.808	3.435	4.713
17:0....g									
18:0....g	1.462	0.074	5	A	1		2.090	1.886	2.587
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.890		0	NC	4		8.423	7.598	10.425
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.273	0.011	5	A	1		0.390	0.352	0.483
17:1....g									
18:1 undifferentiated....g	5.559	0.241	5	A	1		7.950	7.172	9.840
20:1....g	0.056		0	BFFN	4		0.080	0.072	0.099
22:1 undifferentiated....g	0.002		0	BFFN	4		0.002	0.002	0.003
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.578		0	NC	4		3.686	3.325	4.563
18:2 undifferentiated....g	2.291	0.226	5	A	1		3.276	2.955	4.055
18:3 undifferentiated....g	0.220	0.056	4	A	1		0.314	0.283	0.389
18:4....g	0.038		0	BFFN	4		0.054	0.049	0.067
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.042	0.037	0.051
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	16	2.147	3	A	1		23	21	29
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFFN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFFN	4		0	0	0
Theobromine....mg	0		0	BFFN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 serving 5 servings per 24.2 oz package

Measure 2 = 129g: 1 serving 5 servings per 22.85 oz package

Measure 3 = 177g: 1 serving 2 servings per 10.9 oz package

NDB No. 21226

Pizza, meat and vegetable topping, regular crust, frozen, cooked

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.24		2	A	1		75.20	65.91	61.05
Energy....kcal	271		0	NC	4		461	404	374
Energy....kJ	1135		0	NC	4		1930	1692	1567
Protein....g	12.63		2	A	1		21.47	18.82	17.43
Total lipid (fat)....g	11.75		2	A	1		19.97	17.51	16.21
Ash....g	2.61		2	A	1		4.43	3.89	3.60
Carbohydrate, by difference....g	28.78		0	NC	4		48.92	42.88	39.71
Fiber, total dietary....g	2.3		2	A	1		3.9	3.4	3.2
Sugars, total....g	7.26		0	BFSN	4		12.34	10.82	10.02
Sucrose....g									
Glucose (dextrose)....g	3.00		2	A	1		5.10	4.47	4.14
Fructose....g	1.70		2	A	1		2.90	2.54	2.35
Lactose....g									
Maltose....g	2.40		2	A	1		4.07	3.57	3.31
Galactose....g	0.16		2	A	1		0.27	0.24	0.22
Starch....g	19.76		2	A	1		33.58	29.43	27.26
Minerals:									
Calcium, Ca....mg	155		2	A	1		264	231	214
Iron, Fe....mg	1.36		2	A	1		2.31	2.02	1.87
Magnesium, Mg....mg	27		2	A	1		46	40	37
Phosphorus, P....mg	211		2	A	1		358	314	290
Potassium, K....mg	189		2	A	1		321	282	261
Sodium, Na....mg	640		2	A	1		1087	953	883
Zinc, Zn....mg	1.87		2	A	1		3.18	2.79	2.58
Copper, Cu....mg	0.210		2	A	1		0.357	0.313	0.290
Manganese, Mn....mg	0.323		2	A	1		0.549	0.481	0.446
Selenium, Se....µg	11.6		1	A	1		19.7	17.3	16.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.2		2	A	1		7.1	6.2	5.8
Thiamin....mg	0.250		2	A	1		0.425	0.373	0.345
Riboflavin....mg	0.206		2	A	1		0.349	0.306	0.284
Niacin....mg	2.155		2	A	1		3.663	3.210	2.973
Pantothenic acid....mg	0.435		2	A	1		0.740	0.648	0.600
Vitamin B-6....mg	0.140		1	A	1		0.238	0.209	0.193
Folate, total....µg	70		2	A	1		119	104	97
Folic acid....µg	41		0	BFSN	4		69	61	56
Folate, food....µg	29		0	BFSN	4		49	43	40
Folate, DFE....µg	98		0	NC	4		167	146	135
Choline, total....mg	24.3		0	BFSN	4		41.4	36.3	33.6
Betaine....mg									
Vitamin B-12....µg	0.80		2	A	1		1.37	1.20	1.11
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	68		0	BFSN	4		116	102	94
Retinol....µg	61		0	BFSN	4		103	90	84
Carotene, beta....µg	92		0	BFSN	4		156	136	126
Carotene, alpha....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU....IU	355		0	NC	4		603	528	489
Lycopene....µg	1899		0	BFSN	4		3228	2829	2620
Lutein + zeaxanthin....µg	58		0	BFSN	4		98	86	79
Vitamin E (alpha-tocopherol)....mg	0.92		0	BFFN	4		1.57	1.38	1.27
Vitamin E, added....mg	0.00		0	BFFN	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. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D....IU	0		0	BFFN	4		0	0	0
Vitamin K (phylloquinone)....µg	6.7		0	BFFN	4		11.3	9.9	9.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.586		0	NC	4		7.795	6.832	6.328
4:0....g	0.158		0	BFFN	4		0.269	0.236	0.218
6:0....g	0.030		0	BFFN	4		0.052	0.045	0.042
8:0....g	0.042		0	BFFN	4		0.072	0.063	0.058
10:0....g	0.100		0	BFFN	4		0.170	0.149	0.138
12:0....g	0.126		1	A	1		0.214	0.188	0.174
13:0....g									
14:0....g	0.426		2	A	1		0.723	0.634	0.587
15:0....g									
16:0....g	2.418		2	A	1		4.111	3.603	3.337
17:0....g									
18:0....g	1.286		2	A	1		2.185	1.915	1.774
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.343		0	NC	4		7.383	6.471	5.993
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.281		2	A	1		0.478	0.419	0.388
17:1....g									
18:1 undifferentiated....g	4.015		2	A	1		6.826	5.982	5.541
20:1....g	0.046		0	BFFN	4		0.078	0.068	0.063
22:1 undifferentiated....g	0.001		0	BFFN	4		0.002	0.002	0.002
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.890		0	NC	4		3.213	2.816	2.608
18:2 undifferentiated....g	1.669		2	A	1		2.837	2.487	2.303
18:3 undifferentiated....g	0.167		2	A	1		0.283	0.248	0.230
18:4....g	0.031		0	BFFN	4		0.052	0.046	0.043
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.040	0.035	0.033
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	19		1	A	1		33	29	27
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFFN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFFN	4		0	0	0
Theobromine....mg	0		0	BFFN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 serving 6 servings per 34.98 oz package

Measure 2 = 149g: 1 serving 6 servings per 30.7 oz package

Measure 3 = 138g: 1 serving 3 servings per 14.3 oz package

NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.44	0.550	9	A	1		61.97	181.65	
Energy....kcal	296		0	NC	4		432	1266	
Energy....kJ	1237		0	NC	4		1807	5296	
Protein....g	11.21	0.290	9	A	1		16.37	47.99	
Total lipid (fat)....g	15.20	0.278	9	A	1		22.20	65.08	
Ash....g	2.63	0.035	9	A	1		3.84	11.26	
Carbohydrate, by difference....g	28.51		0	NC	4		41.62	122.02	
Fiber, total dietary....g	2.2	0.095	9	A	1		3.2	9.4	
Sugars, total....g									
Sucrose....g	0.34	0.112	4	A	1		0.50	1.45	
Glucose (dextrose)....g	1.59	0.033	9	A	1		2.32	6.79	
Fructose....g	1.06	0.057	9	A	1		1.54	4.52	
Lactose....g	0.23	0.010	3	A	1		0.34	0.98	
Maltose....g	0.75	0.065	9	A	1		1.10	3.22	
Galactose....g									
Starch....g	21.04	0.410	9	A	1		30.72	90.06	
Minerals:									
Calcium, Ca....mg	151	10.813	9	A	1		220	646	
Iron, Fe....mg	2.41	0.173	9	A	1		3.53	10.33	
Magnesium, Mg....mg	24	0.803	9	A	1		34	101	
Phosphorus, P....mg	207	3.979	9	A	1		303	887	
Potassium, K....mg	198	9.048	9	A	1		288	846	
Sodium, Na....mg	618	8.506	9	A	1		902	2644	
Zinc, Zn....mg	1.48	0.036	9	A	1		2.16	6.32	
Copper, Cu....mg	0.105	0.015	9	A	1		0.153	0.447	
Manganese, Mn....mg	0.319	0.023	9	A	1		0.466	1.365	
Selenium, Se....µg	19.6	1.304	9	A	1		28.6	83.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.245	9	A	1		2.8	8.2	
Thiamin....mg	0.224	0.006	9	A	1		0.327	0.960	
Riboflavin....mg	0.230	0.003	9	A	1		0.336	0.986	
Niacin....mg	2.470	0.126	9	A	1		3.606	10.571	
Pantothenic acid....mg	0.274	0.006	5	A	1		0.399	1.171	
Vitamin B-6....mg	0.099	0.002	9	A	1		0.145	0.424	
Folate, total....µg	47	2.903	9	A	1		68	199	
Folic acid....µg									
Folate, food....µg	47	2.903	9	A	1		68	199	
Folate, DFE....µg									
Choline, total....mg	26.3		0	AS	1		38.3	112.4	
Betaine....mg	19.8		1	A	1		29.0	84.9	
Vitamin B-12....µg	0.57	0.039	9	A	1		0.83	2.42	
Vitamin A, RAE....µg	0		3	AS	1		0	0	
Retinol....µg									
Carotene, beta....µg	0	0.020	3	A	1		0	0	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		3	AS	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									

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.792	0.271	9	NC	4		6.997	20.511	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.135	0.004	4	A	1		0.197	0.579	
13:0....g									
14:0....g	0.398	0.052	9	A	1		0.581	1.702	
15:0....g									
16:0....g	2.726	0.113	9	A	1		3.980	11.667	
17:0....g									
18:0....g	1.608	0.099	9	A	1		2.348	6.884	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.865	0.236	9	NC	4		10.024	29.384	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.257	0.012	9	A	1		0.376	1.101	
17:1....g									
18:1 undifferentiated....g	6.608	0.242	9	A	1		9.648	28.283	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.356	0.050	9	NC	4		3.440	10.084	
18:2 undifferentiated....g	2.161	0.053	9	A	1		3.155	9.250	
18:3 undifferentiated....g	0.195	0.015	9	A	1		0.284	0.834	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	15	1.385	9	A	1		21	63	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 serving

Measure 2 = 428g: 1 pizza

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, cooked

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21213

SUBWAY, cold cut sub on white bread, with lettuce and tomato

Subway

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.51	0.403	6	A	1		110.75	220.94	
Energy....kcal	214		0	NC	4		420	837	
Energy....kJ	896		0	NC	4		1756	3503	
Protein....g	10.52	0.208	6	A	1		20.62	41.13	
Total lipid (fat)....g	10.04	0.152	6	A	1		19.67	39.24	
Ash....g	2.50	0.052	6	A	1		4.91	9.79	
Carbohydrate, by difference....g	20.43		0	NC	4		40.05	79.89	
Fiber, total dietary....g	1.2	0.105	3	A	1		2.3	4.6	
Sugars, total....g	3.18	0.116	3	A	1		6.24	12.44	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.23	0.033	3	A	1		2.42	4.82	
Fructose....g	1.40	0.058	3	A	1		2.74	5.47	
Lactose....g	0.08	0.009	3	A	1		0.16	0.32	
Maltose....g	0.47	0.033	3	A	1		0.91	1.82	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	15.67	0.441	3	A	1		30.71	61.26	
Minerals:									
Calcium, Ca....mg	171	2.824	6	A	1		335	667	
Iron, Fe....mg	1.81	0.023	6	A	1		3.54	7.07	
Magnesium, Mg....mg	20	0.266	6	A	1		39	77	
Phosphorus, P....mg	112	2.012	6	A	1		219	436	
Potassium, K....mg	282	4.326	6	A	1		552	1101	
Sodium, Na....mg	575	19.431	6	A	1		1126	2247	
Zinc, Zn....mg	1.05	0.021	6	A	1		2.05	4.09	
Copper, Cu....mg	0.084	0.001	6	A	1		0.164	0.327	
Manganese, Mn....mg	0.354	0.008	6	A	1		0.694	1.385	
Selenium, Se....µg	19.9	1.484	3	A	1		39.0	77.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5	0.376	3	A	1		14.6	29.2	
Thiamin....mg	0.343	0.003	3	A	1		0.673	1.342	
Riboflavin....mg	0.267	0.009	3	A	1		0.523	1.043	
Niacin....mg	4.323	0.095	3	A	1		8.474	16.904	
Pantothenic acid....mg	0.555		2	A	1		1.088	2.170	
Vitamin B-6....mg	0.203	0.005	3	A	1		0.398	0.795	
Folate, total....µg	66	5.357	3	A	1		129	257	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.22	0.009	3	A	1		0.42	0.85	
Vitamin A, RAE....µg	22		0	AS	1		42	84	
Vitamin A, IU....IU	170		0	AS	1		333	665	
Lycopene....µg	275		1	A	1		539	1075	
Lutein + zeaxanthin....µg	115		1	A	1		226	451	
Vitamin E (alpha-tocopherol)....mg	0.41		2	A	1		0.80	1.60	
Tocopherol, beta....mg	0.06		2	A	1		0.13	0.25	
Tocopherol, gamma....mg	0.37		2	A	1		0.73	1.46	
Tocopherol, delta....mg	0.10		2	A	1		0.20	0.41	
Tocotrienol, alpha....mg	0.04		2	A	1		0.09	0.18	
Tocotrienol, beta....mg	0.24		2	A	1		0.48	0.96	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21213
SUBWAY, cold cut sub on white bread, with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	3.554		0	NC	4		6.965	13.895	
4:0....g	0.013	0.006	3	A	1		0.025	0.051	
6:0....g	0.009	0.004	3	A	1		0.017	0.034	
8:0....g	0.006	0.003	3	A	1		0.012	0.023	
10:0....g	0.024	0.007	3	A	1		0.046	0.092	
12:0....g	0.023	0.008	3	A	1		0.046	0.091	
13:0....g									
14:0....g	0.178	0.030	3	A	1		0.348	0.695	
15:0....g	0.016	0.003	3	A	1		0.031	0.062	
16:0....g	2.077	0.100	3	A	1		4.071	8.121	
17:0....g	0.041	0.003	3	A	1		0.081	0.161	
18:0....g	1.138	0.058	3	A	1		2.231	4.451	
20:0....g	0.017	0.000	3	A	1		0.034	0.068	
22:0....g	0.008	0.000	3	A	1		0.016	0.031	
24:0....g	0.004	0.000	3	A	1		0.008	0.016	
Fatty acids, total monounsaturated....g	3.716		0	NC	4		7.283	14.529	
14:1....g	0.017	0.003	3	A	1		0.033	0.065	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.191	0.008	3	AS	1		0.374	0.746	
16:1 c....g	0.183	0.007	3	A	1		0.358	0.714	
16:1 t....g	0.008	0.001	3	A	1		0.016	0.032	
17:1....g	0.026	0.001	3	A	1		0.051	0.102	
18:1 undifferentiated....g	3.408	0.097	3	AS	1		6.680	13.326	
18:1 c....g	3.316	0.092	3	A	1		6.499	12.964	
18:1 t....g	0.093	0.010	3	A	1		0.181	0.362	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.066	0.002	3	A	1		0.129	0.258	
22:1 undifferentiated....g	0.008	0.000	3	AS	1		0.016	0.032	
22:1 c....g	0.008	0.000	3	A	1		0.016	0.032	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.927		0	NC	4		3.776	7.533	
18:2 undifferentiated....g	1.698	0.020	3	AS	1		3.328	6.638	
18:2 n-6 c,c....g	1.665	0.023	3	A	1		3.264	6.511	
18:2 CLAs....g	0.014	0.002	3	A	1		0.028	0.056	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018	0.002	3	A	1		0.036	0.071	
18:3 undifferentiated....g	0.107	0.002	3	AS	1		0.210	0.420	
18:3 n-3 c,c,c (ALA)....g	0.104	0.002	3	A	1		0.204	0.407	
18:3 n-6 c,c,c....g	0.003	0.000	3	A	1		0.007	0.013	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.048	0.001	3	A	1		0.093	0.186	
20:3 undifferentiated....g	0.017	0.002	3	AS	1		0.033	0.066	
20:3 n-3....g	0.004	0.002	3	A	1		0.008	0.017	
20:3 n-6....g	0.013	0.001	3	A	1		0.025	0.049	
20:4 undifferentiated....g	0.036	0.002	3	A	1		0.070	0.139	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	A	1		0.002	0.004	
21:5....g									
22:4....g	0.013	0.001	3	A	1		0.026	0.052	
22:5 n-3 (DPA)....g	0.005	0.000	3	A	1		0.010	0.021	
22:6 n-3 (DHA)....g	0.002	0.000	3	A	1		0.003	0.007	
Fatty acids, total trans....g	0.119		0	NC	4		0.234	0.466	
Fatty acids, total trans-monoenoic....g	0.101		0	NC	4		0.198	0.394	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.036	0.071	
Cholesterol....mg	27	0.775	3	A	1		54	107	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.196	0.392	
Threonine....g	0.331		0	A	1		0.648	1.293	

NDB No. 21213
SUBWAY, cold cut sub on white bread, with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.431		0	A	1		0.844	1.685	
Leucine....g	0.752		0	A	1		1.473	2.938	
Lysine....g	0.491		0	A	1		0.962	1.920	
Methionine....g	0.210		0	A	1		0.412	0.822	
Cystine....g									
Phenylalanine....g	0.431		0	A	1		0.844	1.685	
Tyrosine....g	0.260		0	A	1		0.510	1.018	
Valine....g	0.501		0	A	1		0.982	1.959	
Arginine....g	0.501		0	A	1		0.982	1.959	
Histidine....g	0.301		0	A	1		0.589	1.175	
Alanine....g	0.481		0	A	1		0.942	1.880	
Aspartic acid....g	0.741		0	A	1		1.453	2.899	
Glutamic acid....g	2.455		0	A	1		4.812	9.599	
Glycine....g	0.451		0	A	1		0.884	1.763	
Proline....g	1.022		0	A	1		2.003	3.996	
Serine....g	0.411		0	A	1		0.805	1.606	
Hydroxyproline....g	0.070		1	A	1		0.137	0.274	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 6 inch sub

Measure 2 = 391g: 12 inch sub

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21210

SUBWAY, roast beef sub on white bread, with lettuce and tomato

Subway

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.08	0.617	6	A	1		119.86	240.34	
Energy....kcal	155		0	NC	4		294	589	
Energy....kJ	647		0	NC	4		1229	2465	
Protein....g	12.17	0.225	6	A	1		23.12	46.35	
Total lipid (fat)....g	2.73	0.186	6	A	1		5.18	10.39	
Ash....g	1.68	0.040	6	A	1		3.20	6.41	
Carbohydrate, by difference....g	20.34		0	NC	4		38.65	77.50	
Fiber, total dietary....g	0.7	0.179	3	A	1		1.4	2.8	
Sugars, total....g	3.00	0.115	3	A	1		5.70	11.43	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.07	0.088	3	A	1		2.03	4.06	
Fructose....g	1.40	0.000	3	A	1		2.66	5.33	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.53	0.033	3	A	1		1.01	2.03	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	15.60	0.400	3	A	1		29.64	59.44	
Minerals:									
Calcium, Ca....mg	164	3.394	6	A	1		311	623	
Iron, Fe....mg	2.09	0.046	6	A	1		3.97	7.96	
Magnesium, Mg....mg	20	0.414	6	A	1		38	77	
Phosphorus, P....mg	118	3.027	6	A	1		225	450	
Potassium, K....mg	188	3.000	6	A	1		357	716	
Sodium, Na....mg	329	9.981	6	A	1		625	1254	
Zinc, Zn....mg	1.50	0.053	6	A	1		2.85	5.71	
Copper, Cu....mg	0.081	0.003	6	A	1		0.153	0.307	
Manganese, Mn....mg	0.267	0.007	6	A	1		0.508	1.018	
Selenium, Se....µg	17.0	1.575	3	A	1		32.3	64.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.230	0.006	3	A	1		0.437	0.876	
Riboflavin....mg	0.257	0.009	3	A	1		0.488	0.978	
Niacin....mg	4.183	0.144	3	A	1		7.948	15.938	
Pantothenic acid....mg	0.415		2	A	1		0.789	1.581	
Vitamin B-6....mg	0.275	0.010	3	A	1		0.523	1.049	
Folate, total....µg	67	6.341	3	A	1		127	255	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.44	0.043	3	A	1		0.84	1.69	
Vitamin A, RAE....µg	6		0	AS	1		12	23	
Vitamin A, IU....IU	77		0	AS	1		146	293	
Lycopene....µg	213		1	A	1		406	813	
Lutein + zeaxanthin....µg	44		1	A	1		83	166	
Vitamin E (alpha-tocopherol)....mg	0.29		2	A	1		0.56	1.11	
Tocopherol, beta....mg	0.07		2	A	1		0.13	0.25	
Tocopherol, gamma....mg	0.43		2	A	1		0.82	1.65	
Tocopherol, delta....mg	0.13		2	A	1		0.26	0.51	
Tocotrienol, alpha....mg	0.02		2	A	1		0.04	0.09	
Tocotrienol, beta....mg	0.33		2	A	1		0.63	1.25	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21210
SUBWAY, roast beef sub on white bread, with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.972		0	NC	4		1.847	3.703	
4:0....g	0.007	0.007	3	A	1		0.013	0.025	
6:0....g	0.004	0.004	3	A	1		0.008	0.015	
8:0....g	0.003	0.003	3	A	1		0.005	0.010	
10:0....g	0.010	0.006	3	A	1		0.019	0.038	
12:0....g	0.010	0.007	3	A	1		0.018	0.037	
13:0....g									
14:0....g	0.055	0.025	3	A	1		0.104	0.208	
15:0....g	0.009	0.003	3	A	1		0.016	0.033	
16:0....g	0.517	0.090	3	A	1		0.983	1.971	
17:0....g	0.015	0.003	3	A	1		0.029	0.058	
18:0....g	0.328	0.051	3	A	1		0.624	1.251	
20:0....g	0.006	0.001	3	A	1		0.011	0.023	
22:0....g	0.006	0.000	3	A	1		0.011	0.021	
24:0....g	0.003	0.000	3	A	1		0.006	0.013	
Fatty acids, total monounsaturated....g	0.789		0	NC	4		1.499	3.006	
14:1....g	0.010	0.003	3	A	1		0.019	0.038	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.049	0.008	3	AS	1		0.094	0.188	
16:1 c....g	0.045	0.007	3	A	1		0.085	0.170	
16:1 t....g	0.005	0.001	3	A	1		0.009	0.018	
17:1....g	0.010	0.001	3	A	1		0.020	0.039	
18:1 undifferentiated....g	0.708	0.100	3	AS	1		1.345	2.697	
18:1 c....g	0.669	0.092	3	A	1		1.270	2.547	
18:1 t....g	0.039	0.009	3	A	1		0.075	0.150	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009	0.002	3	A	1		0.018	0.036	
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.001	0.003	
22:1 c....g	0.001	0.001	3	A	1		0.001	0.003	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.002	0.002	3	A	1		0.003	0.006	
Fatty acids, total polyunsaturated....g	0.718		0	NC	4		1.364	2.735	
18:2 undifferentiated....g	0.617	0.014	3	AS	1		1.172	2.350	
18:2 n-6 c,c....g	0.603	0.010	3	A	1		1.146	2.298	
18:2 CLAs....g	0.006	0.002	3	A	1		0.011	0.023	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.002	3	A	1		0.015	0.029	
18:3 undifferentiated....g	0.065	0.003	3	AS	1		0.123	0.246	
18:3 n-3 c,c,c (ALA)....g	0.063	0.004	3	A	1		0.120	0.241	
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.003	0.005	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	3	A	1		0.002	0.004	
20:3 undifferentiated....g	0.007	0.000	3	AS	1		0.013	0.025	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.006	0.000	3	A	1		0.012	0.024	
20:4 undifferentiated....g	0.014	0.000	3	A	1		0.027	0.053	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	3	A	1		0.007	0.014	
21:5....g									
22:4....g	0.003	0.000	3	A	1		0.006	0.013	
22:5 n-3 (DPA)....g	0.006	0.001	3	A	1		0.012	0.024	
22:6 n-3 (DHA)....g	0.001	0.000	3	A	1		0.003	0.005	
Fatty acids, total trans....g	0.052		0	NC	4		0.098	0.197	
Fatty acids, total trans-monoenoic....g	0.044		0	NC	4		0.084	0.168	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.015	0.029	
Cholesterol....mg	18	0.751	3	A	1		35	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.273	0.547	
Threonine....g	0.420		0	A	1		0.798	1.600	

NDB No. 21210
SUBWAY, roast beef sub on white bread, with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.553		0	A	1		1.051	2.108	
Leucine.....g	0.953		0	A	1		1.810	3.630	
Lysine.....g	0.697		0	A	1		1.324	2.655	
Methionine.....g	0.266		0	A	1		0.506	1.015	
Cystine.....g									
Phenylalanine.....g	0.522		0	A	1		0.993	1.990	
Tyrosine.....g	0.328		0	A	1		0.623	1.249	
Valine.....g	0.615		0	A	1		1.168	2.342	
Arginine.....g	0.645		0	A	1		1.226	2.459	
Histidine.....g	0.379		0	A	1		0.720	1.444	
Alanine.....g	0.604		0	A	1		1.148	2.303	
Aspartic acid.....g	0.932		0	A	1		1.772	3.552	
Glutamic acid.....g	2.828		0	A	1		5.373	10.774	
Glycine.....g	0.502		0	A	1		0.954	1.913	
Proline.....g	1.117		0	A	1		2.122	4.255	
Serine.....g	0.492		0	A	1		0.934	1.873	
Hydroxyproline.....g	0.060		1	A	1		0.114	0.228	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 6 inch sub

Measure 2 = 381g: 12 inch sub

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21214

SUBWAY, tuna sub on white bread, with lettuce and tomato

Subway

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.17	0.804	6	A	1		137.86	275.72	
Energy....kcal	221		0	NC	4		525	1050	
Energy....kJ	927		0	NC	4		2197	4394	
Protein....g	12.33	0.397	6	A	1		29.23	58.46	
Total lipid (fat)....g	12.04	0.810	6	A	1		28.53	57.06	
Ash....g	1.51	0.112	6	A	1		3.57	7.15	
Carbohydrate, by difference....g	15.95		0	NC	4		37.81	75.61	
Fiber, total dietary....g	0.7	0.090	3	A	1		1.7	3.4	
Sugars, total....g	1.93	0.120	3	A	1		4.58	9.16	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.47	0.033	3	A	1		1.11	2.21	
Fructose....g	1.10	0.058	3	A	1		2.61	5.21	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.37	0.033	3	A	1		0.87	1.74	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	12.40	0.321	3	A	1		29.39	58.78	
Minerals:									
Calcium, Ca....mg	136	2.725	6	A	1		323	645	
Iron, Fe....mg	1.57	0.011	6	A	1		3.72	7.43	
Magnesium, Mg....mg	22	0.214	6	A	1		53	106	
Phosphorus, P....mg	109	3.516	6	A	1		259	517	
Potassium, K....mg	177	2.833	6	A	1		420	840	
Sodium, Na....mg	329	12.158	6	A	1		780	1560	
Zinc, Zn....mg	0.67	0.023	6	A	1		1.59	3.17	
Copper, Cu....mg	0.075	0.001	6	A	1		0.178	0.356	
Manganese, Mn....mg	0.214	0.009	6	A	1		0.506	1.012	
Selenium, Se....µg	39.2	4.378	3	A	1		92.9	185.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.190	0.006	3	A	1		0.450	0.900	
Riboflavin....mg	0.217	0.009	3	A	1		0.513	1.027	
Niacin....mg	7.727	0.348	3	A	1		18.312	36.624	
Pantothenic acid....mg	0.350		2	A	1		0.829	1.659	
Vitamin B-6....mg	0.271	0.002	3	A	1		0.643	1.286	
Folate, total....µg	51	5.435	3	A	1		120	240	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.06	0.337	3	A	1		2.52	5.04	
Vitamin A, RAE....µg	11		0	AS	1		27	53	
Vitamin A, IU....IU	78		0	AS	1		186	372	
Lycopene....µg	143		1	A	1		340	679	
Lutein + zeaxanthin....µg	51		1	A	1		120	241	
Vitamin E (alpha-tocopherol)....mg	1.57		2	A	1		3.71	7.42	
Tocopherol, beta....mg	0.17		2	A	1		0.41	0.81	
Tocopherol, gamma....mg	7.06		2	A	1		16.74	33.48	
Tocopherol, delta....mg	2.35		2	A	1		5.58	11.16	
Tocotrienol, alpha....mg	0.04		2	A	1		0.09	0.17	
Tocotrienol, beta....mg	0.24		2	A	1		0.58	1.15	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21214
SUBWAY, tuna sub on white bread, with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	2.192		0	NC	4		5.196	10.391	
4:0....g	0.005	0.005	3	A	1		0.012	0.024	
6:0....g	0.003	0.003	3	A	1		0.007	0.015	
8:0....g	0.002	0.002	3	A	1		0.004	0.009	
10:0....g	0.008	0.006	3	A	1		0.018	0.036	
12:0....g	0.006	0.006	3	A	1		0.015	0.030	
13:0....g									
14:0....g	0.038	0.016	3	A	1		0.091	0.182	
15:0....g	0.008	0.001	3	A	1		0.018	0.036	
16:0....g	1.368	0.070	3	A	1		3.242	6.484	
17:0....g	0.017	0.001	3	A	1		0.040	0.079	
18:0....g	0.644	0.023	3	A	1		1.526	3.052	
20:0....g	0.039	0.004	3	A	1		0.092	0.184	
22:0....g	0.039	0.003	3	A	1		0.091	0.183	
24:0....g	0.016	0.001	3	A	1		0.039	0.077	
Fatty acids, total monounsaturated....g	2.835		0	NC	4		6.719	13.439	
14:1....g	0.002	0.002	3	A	1		0.004	0.009	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.037	0.003	3	AS	1		0.088	0.177	
16:1 c....g	0.035	0.003	3	A	1		0.082	0.165	
16:1 t....g	0.003	0.000	3	A	1		0.006	0.012	
17:1....g	0.008	0.001	3	A	1		0.019	0.039	
18:1 undifferentiated....g	2.739	0.193	3	AS	1		6.490	12.981	
18:1 c....g	2.727	0.196	3	A	1		6.464	12.927	
18:1 t....g	0.011	0.003	3	A	1		0.027	0.054	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.011	3	A	1		0.110	0.220	
22:1 undifferentiated....g	0.003	0.001	3	AS	1		0.007	0.013	
22:1 c....g	0.003	0.001	3	A	1		0.007	0.013	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	6.897		0	NC	4		16.345	32.690	
18:2 undifferentiated....g	5.939	0.523	3	AS	1		14.075	28.150	
18:2 n-6 c,c....g	5.902	0.521	3	A	1		13.988	27.976	
18:2 CLAs....g	0.005	0.001	3	A	1		0.011	0.022	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.032	0.008	3	A	1		0.076	0.151	
18:3 undifferentiated....g	0.770	0.070	3	AS	1		1.825	3.651	
18:3 n-3 c,c,c (ALA)....g	0.736	0.066	3	A	1		1.745	3.491	
18:3 n-6 c,c,c....g	0.034	0.004	3	A	1		0.080	0.160	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.003	0.002	3	A	1		0.008	0.016	
20:2 n-6 c,c....g	0.006	0.000	3	A	1		0.014	0.028	
20:3 undifferentiated....g	0.001	0.001	3	AS	1		0.002	0.004	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.001	0.001	3	A	1		0.002	0.004	
20:4 undifferentiated....g	0.022	0.002	3	A	1		0.052	0.103	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.025	0.009	3	A	1		0.060	0.119	
21:5....g									
22:4....g	0.003	0.000	3	A	1		0.007	0.015	
22:5 n-3 (DPA)....g	0.004	0.001	3	A	1		0.010	0.021	
22:6 n-3 (DHA)....g	0.123	0.025	3	A	1		0.291	0.581	
Fatty acids, total trans....g	0.046		0	NC	4		0.108	0.217	
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.033	0.066	
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.076	0.151	
Cholesterol....mg	28	2.195	3	A	1		66	133	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0	A	1		0.279	0.559	
Threonine....g	0.440		0	A	1		1.042	2.084	

NDB No. 21214
SUBWAY, tuna sub on white bread, with lettuce and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.547		0	A	1		1.296	2.592	
Leucine....g	0.901		0	A	1		2.135	4.270	
Lysine....g	0.729		0	A	1		1.728	3.457	
Methionine....g	0.300		0	A	1		0.712	1.423	
Cystine....g									
Phenylalanine....g	0.515		0	A	1		1.220	2.440	
Tyrosine....g	0.343		0	A	1		0.813	1.626	
Valine....g	0.643		0	A	1		1.525	3.050	
Arginine....g	0.601		0	A	1		1.423	2.847	
Histidine....g	0.686		0	A	1		1.626	3.253	
Alanine....g	0.590		0	A	1		1.398	2.796	
Aspartic acid....g	0.965		0	A	1		2.287	4.575	
Glutamic acid....g	2.434		0	A	1		5.769	11.539	
Glycine....g	0.493		0	A	1		1.169	2.338	
Proline....g	0.965		0	A	1		2.287	4.575	
Serine....g	0.482		0	A	1		1.144	2.287	
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 6 inch sub

Measure 2 = 474g: 12 inch sub

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21145

School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza- frozen

school lunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.02		1	MC	9		74.43	59.54	
Energy....kcal	243		1	MC	9		377	302	
Energy....kJ	1018		0	MC	9		1578	1262	
Protein (N x 6.25)....g	13.89		1	MC	9		21.53	17.22	
Total lipid (fat)....g	8.81		1	MC	9		13.66	10.92	
Ash....g	2.18		1	MC	9		3.38	2.70	
Carbohydrate, by difference....g	27.10		1	MC	9		42.01	33.60	
Fiber, total dietary....g	2.7		1	MC	9		4.2	3.4	
Sugars, total....g	4.77		1	MC	9		7.39	5.91	
Sucrose....g									
Glucose (dextrose)....g	1.34		1	MC	9		2.08	1.66	
Fructose....g	0.95		1	MC	9		1.47	1.18	
Lactose....g	0.59		1	MC	9		0.91	0.73	
Maltose....g	1.89		1	MC	9		2.93	2.34	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	183		1	MC	9		284	227	
Iron, Fe....mg	2.50		1	MC	9		3.88	3.10	
Magnesium, Mg....mg	38		1	MC	9		59	47	
Phosphorus, P....mg	270		1	MC	9		419	335	
Potassium, K....mg	288		1	MC	9		446	357	
Sodium, Na....mg	400		1	MC	9		620	496	
Zinc, Zn....mg	1.74		1	MC	9		2.70	2.16	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	MC	9		0.6	0.5	
Thiamin....mg	0.230		1	MC	9		0.357	0.285	
Riboflavin....mg	0.170		1	MC	9		0.264	0.211	
Niacin....mg	3.080		1	MC	9		4.774	3.819	
Pantothenic acid....mg									
Vitamin B-6....mg	0.099		1	MC	9		0.153	0.123	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		1	MC	9		3.09	2.47	
Vitamin A, RAE....µg									
Vitamin A, IU....IU	217		1	MC	9		336	269	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21145

School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza- frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.140		1	MC	9		6.417	5.134	
Fatty acids, total monounsaturated.....g	2.290		1	MC	9		3.550	2.840	
Fatty acids, total polyunsaturated.....g	1.040		1	MC	9		1.612	1.290	
Fatty acids, total trans.....g	0.300		1	MC	9		0.465	0.372	
Cholesterol.....mg	18		1	MC	9		27	22	
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 = 155g: 1 slice 1/8 per pizza

Measure 2 = 124g: 1 slice 1/10 per pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21146

School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza- frozen

school lunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.57		1	MC	9		74.21	58.99	
Energy....kcal	248		1	MC	9		387	307	
Energy....kJ	1037		0	MC	9		1618	1286	
Protein (N x 6.25)....g	13.63		1	MC	9		21.26	16.90	
Total lipid (fat)....g	9.33		1	MC	9		14.55	11.57	
Ash....g	2.12		1	MC	9		3.31	2.63	
Carbohydrate, by difference....g	27.35		1	MC	9		42.67	33.91	
Fiber, total dietary....g	4.1		1	MC	9		6.3	5.0	
Sugars, total....g	3.83		1	MC	9		5.97	4.75	
Sucrose....g									
Glucose (dextrose)....g	0.80		1	MC	9		1.25	0.99	
Fructose....g	1.04		1	MC	9		1.62	1.29	
Lactose....g	0.76		1	MC	9		1.19	0.94	
Maltose....g	1.23		1	MC	9		1.92	1.53	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	147		1	MC	9		229	182	
Iron, Fe....mg	2.40		1	MC	9		3.74	2.98	
Magnesium, Mg....mg	39		1	MC	9		60	48	
Phosphorus, P....mg	290		1	MC	9		452	360	
Potassium, K....mg	293		1	MC	9		457	363	
Sodium, Na....mg	450		1	MC	9		702	558	
Zinc, Zn....mg	1.83		1	MC	9		2.85	2.27	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	MC	9		0.3	0.2	
Thiamin....mg	0.200		1	MC	9		0.312	0.248	
Riboflavin....mg	0.270		1	MC	9		0.421	0.335	
Niacin....mg	2.393		1	MC	9		3.733	2.967	
Pantothenic acid....mg									
Vitamin B-6....mg	0.136		1	MC	9		0.212	0.169	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.13		1	MC	9		1.76	1.40	
Vitamin A, RAE....µg									
Vitamin A, IU....IU	244		1	MC	9		381	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:									

NDB No. 21146

School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza- frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.990		1	MC	9		6.224	4.948	
Fatty acids, total monounsaturated.....g	2.750		1	MC	9		4.290	3.410	
Fatty acids, total polyunsaturated.....g	1.150		1	MC	9		1.794	1.426	
Fatty acids, total trans.....g	0.290		1	MC	9		0.452	0.360	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 slice 1/8 per pizza

Measure 2 = 124g: 1 slice 1/10 per pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21149
School Lunch Pizza, TONY'S Breakfast Pizza Sausage- frozen

school lunch
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.20		1	MC	9		45.68		
Energy....kcal	240		1	MC	9		218		
Energy....kJ	1004		0	MC	9		914		
Protein (N x 6.25)....g	10.39		1	MC	9		9.45		
Total lipid (fat)....g	10.04		1	MC	9		9.14		
Ash....g	2.38		1	MC	9		2.17		
Carbohydrate, by difference....g	26.99		1	MC	9		24.56		
Fiber, total dietary....g	2.0		1	MC	9		1.8		
Sugars, total....g	5.87		1	MC	9		5.34		
Sucrose....g									
Glucose (dextrose)....g	1.08		1	MC	9		0.98		
Fructose....g	1.32		1	MC	9		1.20		
Lactose....g	0.75		1	MC	9		0.68		
Maltose....g	2.72		1	MC	9		2.48		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	MC	9		160		
Iron, Fe....mg	2.10		1	MC	9		1.91		
Magnesium, Mg....mg	28		1	MC	9		25		
Phosphorus, P....mg	210		1	MC	9		191		
Potassium, K....mg	229		1	MC	9		208		
Sodium, Na....mg	600		1	MC	9		546		
Zinc, Zn....mg	1.94		1	MC	9		1.77		
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	0.260		1	MC	9		0.237		
Riboflavin....mg	0.280		1	MC	9		0.255		
Niacin....mg	3.125		1	MC	9		2.844		
Pantothenic acid....mg									
Vitamin B-6....mg	0.097		1	MC	9		0.088		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.03		1	MC	9		0.94		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	395		1	MC	9		359		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21149
School Lunch Pizza, TONY'S Breakfast Pizza Sausage- frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.470		1	MC	9		3.158		
Fatty acids, total monounsaturated.....g	2.470		1	MC	9		2.248		
Fatty acids, total polyunsaturated.....g	2.980		1	MC	9		2.712		
Fatty acids, total trans.....g	0.170		1	MC	9		0.155		
Cholesterol.....mg	20		1	MC	9		18		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 piece 3.2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21147

School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese- frozen

school lunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.83		1	MC	9		63.48		
Energy....kcal	233		1	MC	9		303		
Energy....kJ	975		0	MC	9		1268		
Protein (N x 6.25)....g	12.08		1	MC	9		15.70		
Total lipid (fat)....g	7.51		1	MC	9		9.76		
Ash....g	2.31		1	MC	9		3.00		
Carbohydrate, by difference....g	29.27		1	MC	9		38.05		
Fiber, total dietary....g	3.8		1	MC	9		5.0		
Sugars, total....g	6.76		1	MC	9		8.79		
Sucrose....g									
Glucose (dextrose)....g	2.04		1	MC	9		2.65		
Fructose....g	2.10		1	MC	9		2.73		
Lactose....g	0.81		1	MC	9		1.05		
Maltose....g	1.81		1	MC	9		2.35		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	207		1	MC	9		269		
Iron, Fe....mg	2.40		1	MC	9		3.12		
Magnesium, Mg....mg	48		1	MC	9		63		
Phosphorus, P....mg	300		1	MC	9		390		
Potassium, K....mg	331		1	MC	9		430		
Sodium, Na....mg	400		1	MC	9		520		
Zinc, Zn....mg	1.87		1	MC	9		2.43		
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	0.270		1	MC	9		0.351		
Riboflavin....mg	0.330		1	MC	9		0.429		
Niacin....mg	2.846		1	MC	9		3.700		
Pantothenic acid....mg									
Vitamin B-6....mg	0.155		1	MC	9		0.202		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.42		1	MC	9		1.84		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	324		1	MC	9		421		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
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. 21147

School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese- frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.790		1	MC	9		3.627		
Fatty acids, total monounsaturated.....g	1.700		1	MC	9		2.210		
Fatty acids, total polyunsaturated.....g	2.300		1	MC	9		2.990		
Fatty acids, total trans.....g	0.200		1	MC	9		0.260		
Cholesterol.....mg	12		1	MC	9		15		
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 = 130g: 1 piece 4" x 6"

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21148

School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese- frozen

school lunch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.47		1	MC	9		61.56		
Energy ... kcal	238		1	MC	9		302		
Energy ... kJ	994		0	MC	9		1262		
Protein (N x 6.25) ... g	12.14		1	MC	9		15.42		
Total lipid (fat) ... g	8.19		1	MC	9		10.40		
Ash ... g	2.36		1	MC	9		3.00		
Carbohydrate, by difference ... g	28.84		1	MC	9		36.63		
Fiber, total dietary ... g	4.1		1	MC	9		5.2		
Sugars, total ... g	7.24		1	MC	9		9.19		
Sucrose ... g									
Glucose (dextrose) ... g	1.92		1	MC	9		2.44		
Fructose ... g	2.07		1	MC	9		2.63		
Lactose ... g	0.67		1	MC	9		0.85		
Maltose ... g	2.58		1	MC	9		3.28		
Galactose ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	192		1	MC	9		244		
Iron, Fe ... mg	2.60		1	MC	9		3.30		
Magnesium, Mg ... mg	49		1	MC	9		62		
Phosphorus, P ... mg	300		1	MC	9		381		
Potassium, K ... mg	363		1	MC	9		461		
Sodium, Na ... mg	470		1	MC	9		597		
Zinc, Zn ... mg	2.38		1	MC	9		3.02		
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	0.330		1	MC	9		0.419		
Riboflavin ... mg	0.320		1	MC	9		0.406		
Niacin ... mg	3.543		1	MC	9		4.500		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.178		1	MC	9		0.226		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.05		1	MC	9		2.61		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	379		1	MC	9		481		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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. 21148

School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese- frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.810		1	MC	9		3.569		
Fatty acids, total monounsaturated.....g	2.120		1	MC	9		2.692		
Fatty acids, total polyunsaturated.....g	2.230		1	MC	9		2.832		
Fatty acids, total trans.....g	0.180		1	MC	9		0.229		
Cholesterol.....mg	12		1	MC	9		15		
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 = 127g: 1 piece 4"x6"

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21140
Side dishes, potato salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.73	3.740	3		1		74.79		
Energy....kcal	114		0		1		108		
Energy....kJ	477		0		1		453		
Protein (N x 6.25)....g	1.53	0.328	3		1		1.45		
Total lipid (fat)....g	6.03	2.140	3		1		5.73		
Ash....g	0.68		0	NR	4		0.65		
Carbohydrate, by difference....g	13.53		0	NC	4		12.85		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	2.869	4		1		13		
Iron, Fe....mg	0.73	0.258	4		1		0.69		
Magnesium, Mg....mg	8	2.866	3		1		8		
Phosphorus, P....mg	56		2		1		53		
Potassium, K....mg	270		1		1		257		
Sodium, Na....mg	328	96.903	4		1		312		
Zinc, Zn....mg	0.20	0.037	3		1		0.19		
Copper, Cu....mg	0.079	0.016	3		1		0.075		
Manganese, Mn....mg	0.074	0.034	3		1		0.070		
Selenium, Se....µg	0.9		0	BFZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.940	3		1		1.0		
Thiamin....mg	0.070	0.007	3		1		0.067		
Riboflavin....mg	0.110	0.088	3		1		0.105		
Niacin....mg	0.270	0.200	3		1		0.257		
Pantothenic acid....mg	0.370		2		1		0.352		
Vitamin B-6....mg	0.150		2		1		0.143		
Folate, total....µg	25		2		1		24		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	25		2		1		24		
Folate, DFE....µg	25		0	NC	4		24		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.12		2		1		0.11		
Vitamin A, RAE....µg	30		0	NC	4		29		
Retinol....µg	30		0	NC	4		29		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100		1		1		95		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 21140
Side dishes, potato salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.030		0		1		0.979		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		2		1		0.029		
12:0....g	0.010		2		1		0.010		
13:0....g									
14:0....g	0.020		2		1		0.019		
15:0....g									
16:0....g	0.660		2		1		0.627		
17:0....g									
18:0....g	0.280		2		1		0.266		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.690		0		1		1.606		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		2		1		0.114		
17:1....g									
18:1 undifferentiated....g	1.550		2		1		1.473		
20:1....g									
22:1 undifferentiated....g	0.020		2		1		0.019		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.020		0		1		2.869		
18:2 undifferentiated....g	2.720		2		1		2.584		
18:3 undifferentiated....g	0.300		2		1		0.285		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	60		2		1		57		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.016		
Threonine....g	0.073		0		1		0.069		
Isoleucine....g	0.082		0		1		0.078		
Leucine....g	0.137		0		1		0.130		
Lysine....g	0.101		0		1		0.096		
Methionine....g	0.036		0		1		0.034		
Cystine....g	0.023		0		1		0.022		
Phenylalanine....g	0.104		0		1		0.099		
Tyrosine....g	0.069		0		1		0.066		
Valine....g	0.090		0		1		0.086		
Arginine....g	0.086		0		1		0.082		
Histidine....g	0.037		0		1		0.035		
Alanine....g	0.072		0		1		0.068		
Aspartic acid....g	0.233		0		1		0.221		
Glutamic acid....g	0.209		0		1		0.199		
Glycine....g	0.059		0		1		0.056		
Proline....g	0.065		0		1		0.062		
Serine....g	0.080		0		1		0.076		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21140
Side dishes, potato salad

Common Measures:

Measure 1 = 95g: .333 cup

Calories Factors: Protein 3.6 **Fat** 8.9 **Carbohydrate** 4.06

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21265
TACO BELL, BURRITO SUPREME with beef
Taco Bell 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	60.90	0.238	6	A	1		146.77		
Energy....kcal	183		0	NC	4		441		
Energy....kJ	765		0	NC	4		1844		
Protein....g	7.03	0.192	6	A	1		16.95		
Total lipid (fat)....g	6.80	0.132	6	A	1		16.39		
Ash....g	1.89	0.013	6	A	1		4.57		
Carbohydrate, by difference....g	23.37		0	NC	4		56.33		
Fiber, total dietary....g	3.7	0.202	3	A	1		9.0		
Sugars, total....g	2.10	0.058	3	A	1		5.06		
Sucrose....g	0.17	0.033	3	A	1		0.40		
Glucose (dextrose)....g	0.50	0.000	3	A	1		1.21		
Fructose....g	0.60	0.000	3	A	1		1.45		
Lactose....g	0.33	0.033	3	A	1		0.80		
Maltose....g	0.50	0.000	3	A	1		1.21		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	14.50	0.231	3	A	1		34.94		
Minerals:									
Calcium, Ca....mg	90	1.883	6	A	1		218		
Iron, Fe....mg	1.82	0.025	6	A	1		4.39		
Magnesium, Mg....mg	23	0.445	6	A	1		55		
Phosphorus, P....mg	131	1.765	6	A	1		315		
Potassium, K....mg	204	3.170	6	A	1		490		
Sodium, Na....mg	451	6.960	6	A	1		1086		
Zinc, Zn....mg	0.88	0.023	6	A	1		2.13		
Copper, Cu....mg	0.106	0.002	6	A	1		0.256		
Manganese, Mn....mg	0.298	0.003	6	A	1		0.718		
Selenium, Se....µg	10.7	1.419	3	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.213	0.015	3	A	1		0.514		
Riboflavin....mg	0.223	0.007	3	A	1		0.538		
Niacin....mg	2.090	0.104	3	A	1		5.037		
Pantothenic acid....mg	0.345		2	A	1		0.831		
Vitamin B-6....mg	0.097	0.003	3	A	1		0.234		
Folate, total....µg	45	3.673	3	A	1		109		
Folic acid....µg	33	4.916	4	A	1		80		
Folate, food....µg	12		0	AS	1		29		
Folate, DFE....µg	68		0	NC	4		164		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.27	0.020	3	A	1		0.65		
Vitamin A, RAE....µg	52		0	AS	1		125		
Retinol....µg	45		1	A	1		109		
Carotene, beta....µg	63		1	A	1		152		
Carotene, alpha....µg	2		1	A	1		6		
Cryptoxanthin, beta....µg	22		1	A	1		54		
Vitamin A, IU....IU	277		0	AS	1		667		
Lycopene....µg	160		1	A	1		385		
Lutein + zeaxanthin....µg	77		1	A	1		185		
Vitamin E (alpha-tocopherol)....mg	0.28		2	A	1		0.67		
Tocopherol, beta....mg	0.03		2	A	1		0.06		
Tocopherol, gamma....mg	0.78		2	A	1		1.89		
Tocopherol, delta....mg	0.38		2	A	1		0.92		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.03		2	A	1		0.08		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		

NDB No. 21265
TACO BELL, BURRITO SUPREME with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.4	0.270	4	A	1		12.9		
Dihydrophylloquinone....µg	4.0	0.849	4	A	1		9.5		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.733		0	NC	4		6.587		
4:0....g	0.036	0.002	3	A	1		0.087		
6:0....g	0.027	0.001	3	A	1		0.065		
8:0....g	0.017	0.001	3	A	1		0.042		
10:0....g	0.047	0.001	3	A	1		0.114		
12:0....g	0.052	0.002	3	A	1		0.124		
13:0....g									
14:0....g	0.221	0.005	3	A	1		0.533		
15:0....g	0.028	0.001	3	A	1		0.067		
16:0....g	1.271	0.042	3	A	1		3.063		
17:0....g	0.035	0.003	3	A	1		0.085		
18:0....g	0.965	0.043	3	A	1		2.325		
20:0....g	0.016	0.000	3	A	1		0.038		
22:0....g	0.012	0.001	3	A	1		0.029		
24:0....g	0.007	0.000	3	A	1		0.016		
Fatty acids, total monounsaturated....g	1.803		0	NC	4		4.345		
14:1....g	0.032	0.001	3	A	1		0.076		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.084	0.006	3	AS	1		0.202		
16:1 c....g	0.077	0.003	3	A	1		0.185		
16:1 t....g	0.007	0.003	3	A	1		0.018		
17:1....g	0.019	0.002	3	A	1		0.046		
18:1 undifferentiated....g	1.651	0.059	3	AS	1		3.978		
18:1 c....g	1.532	0.051	3	A	1		3.692		
18:1 t....g	0.119	0.009	3	A	1		0.286		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	3	A	1		0.043		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.575		0	NC	4		3.795		
18:2 undifferentiated....g	1.345	0.049	3	AS	1		3.242		
18:2 n-6 c,c....g	1.305	0.049	3	A	1		3.145		
18:2 CLAs....g	0.016	0.001	3	A	1		0.038		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025	0.000	3	A	1		0.059		
18:3 undifferentiated....g	0.209	0.008	3	AS	1		0.504		
18:3 n-3 c,c,c (ALA)....g	0.202	0.008	3	A	1		0.488		
18:3 n-6 c,c,c....g	0.007	0.000	3	A	1		0.016		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.002	0.001	3	A	1		0.005		
20:3 undifferentiated....g	0.004	0.000	3	AS	1		0.009		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.004	0.000	3	A	1		0.009		
20:4 undifferentiated....g	0.009	0.000	3	A	1		0.022		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.004		
21:5....g									
22:4....g	0.002	0.000	3	A	1		0.004		
22:5 n-3 (DPA)....g	0.002	0.000	3	A	1		0.006		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.151		0	NC	4		0.363		

NDB No. 21265
TACO BELL, BURRITO SUPREME with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.126		0	NC	4		0.303		
Fatty acids, total trans-polyenoic.....g	0.025		0	NC	4		0.059		
Cholesterol.....mg	12	0.520	3	A	1		29		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0	A	1		0.151		
Threonine.....g	0.188		0	A	1		0.453		
Isoleucine.....g	0.268		0	A	1		0.647		
Leucine.....g	0.474		0	A	1		1.142		
Lysine.....g	0.295		0	A	1		0.711		
Methionine.....g	0.107		0	A	1		0.258		
Cystine.....g									
Phenylalanine.....g	0.295		0	A	1		0.711		
Tyrosine.....g	0.152		0	A	1		0.367		
Valine.....g	0.322		0	A	1		0.776		
Arginine.....g	0.322		0	A	1		0.776		
Histidine.....g	0.161		0	A	1		0.388		
Alanine.....g	0.286		0	A	1		0.690		
Aspartic acid.....g	0.501		0	A	1		1.207		
Glutamic acid.....g	1.476		0	A	1		3.557		
Glycine.....g	0.322		0	A	1		0.776		
Proline.....g	0.662		0	A	1		1.595		
Serine.....g	0.295		0	A	1		0.711		
Hydroxyproline.....g	0.090		1	A	1		0.217		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 burrito

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21266
TACO BELL, BURRITO SUPREME with chicken
Taco Bell 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	61.00	0.328	4	A	1		151.29		
Energy....kcal	179		0	NC	4		445		
Energy....kJ	750		0	NC	4		1860		
Protein....g	9.84	0.372	4	A	1		24.41		
Total lipid (fat)....g	6.42	0.225	4	A	1		15.93		
Ash....g	2.22	0.035	4	A	1		5.50		
Carbohydrate, by difference....g	20.51		0	NC	4		50.87		
Fiber, total dietary....g	2.4	0.085	4	A	1		5.9		
Sugars, total....g									
Sucrose....g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose)....g	0.73	0.342	4	A	1		1.82		
Fructose....g	0.55	0.012	4	A	1		1.37		
Lactose....g	0.15	0.000	4	A	1		0.37		
Maltose....g	0.15	0.000	4	A	1		0.37		
Galactose....g									
Starch....g	15.10	0.356	4	A	1		37.45		
Minerals:									
Calcium, Ca....mg	94	3.672	4	A	1		232		
Iron, Fe....mg	1.56	0.149	4	A	1		3.88		
Magnesium, Mg....mg	28	1.082	4	A	1		71		
Phosphorus, P....mg	163	4.090	4	A	1		404		
Potassium, K....mg	264	4.131	4	A	1		655		
Sodium, Na....mg	564	13.174	4	A	1		1398		
Zinc, Zn....mg	0.65	0.015	4	A	1		1.61		
Copper, Cu....mg	0.100	0.008	4	A	1		0.247		
Manganese, Mn....mg	0.270	0.008	4	A	1		0.669		
Selenium, Se....µg	9.6	0.576	4	A	1		23.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.174	0.012	4	A	1		0.431		
Riboflavin....mg	0.171	0.020	4	A	1		0.425		
Niacin....mg	3.900	0.354	4	A	1		9.672		
Pantothenic acid....mg	0.566	0.078	4	A	1		1.404		
Vitamin B-6....mg	0.126	0.006	4	A	1		0.312		
Folate, total....µg	48	3.425	4	A	1		118		
Folic acid....µg	23	4.328	4	A	1		56		
Folate, food....µg	25		0	AS	1		62		
Folate, DFE....µg	64		0	NC	4		158		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.33	0.000	4	A	1		0.81		
Vitamin A, RAE....µg	4		0	AS	1		10		
Retinol....µg									
Carotene, beta....µg	49	4.063	4	A	1		123		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	82		0	AS	1		204		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.42	0.023	4	A	1		1.05		
Tocopherol, beta....mg	0.02	0.003	4	A	1		0.06		
Tocopherol, gamma....mg	1.22	0.092	4	A	1		3.04		
Tocopherol, delta....mg	0.42	0.020	4	A	1		1.05		
Tocotrienol, alpha....mg	0.03	0.019	4	A	1		0.07		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg	0.01	0.007	4	A	1		0.03		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 21266
TACO BELL, BURRITO SUPREME with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.3	0.254	4	A	1		13.1		
Dihydrophylloquinone....µg	3.8	0.491	4	A	1		9.5		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.352		0	NC	4		5.832		
4:0....g									
6:0....g									
8:0....g	0.027	0.003	4	A	1		0.068		
10:0....g	0.057	0.002	4	A	1		0.142		
12:0....g	0.065	0.003	4	A	1		0.161		
13:0....g									
14:0....g	0.230	0.007	4	A	1		0.570		
15:0....g	0.020	0.000	4	A	1		0.049		
16:0....g	1.205	0.038	4	A	1		2.988		
17:0....g	0.020	0.000	4	A	1		0.049		
18:0....g	0.707	0.043	4	A	1		1.754		
20:0....g	0.017	0.003	4	A	1		0.043		
22:0....g	0.002	0.002	4	A	1		0.006		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	2.560		0	NC	4		6.348		
14:1....g	0.020	0.000	4	A	1		0.049		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.080	0.004	4	A	1		0.198		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.445	0.119	4	A	1		6.063		
20:1....g	0.015	0.003	4	A	1		0.037		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.795		0	NC	4		1.971		
18:2 undifferentiated....g	0.685	0.021	4	A	1		1.699		
18:3 undifferentiated....g	0.095	0.003	4	A	1		0.236		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.015	0.003	4	A	1		0.037		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21	1.124	4	A	1		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.272		
Threonine....g	0.373		0	A	1		0.926		
Isoleucine....g	0.383		0	A	1		0.950		
Leucine....g	0.696		0	A	1		1.727		
Lysine....g	0.627		0	A	1		1.555		
Methionine....g	0.178		0	A	1		0.441		
Cystine....g	0.110		0	A	1		0.273		
Phenylalanine....g	0.420		0	A	1		1.041		
Tyrosine....g	0.283		0	A	1		0.702		
Valine....g	0.439		0	A	1		1.088		
Arginine....g	0.473		0	A	1		1.174		
Histidine....g	0.283		0	A	1		0.702		
Alanine....g	0.400		0	A	1		0.991		
Aspartic acid....g	0.838		0	A	1		2.079		
Glutamic acid....g	1.845		0	A	1		4.574		
Glycine....g	0.343		0	A	1		0.851		

NDB No. 21266
TACO BELL, BURRITO SUPREME with chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.561		0	A	1		1.392		
Serine.....g	0.444		0	A	1		1.100		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21267
TACO BELL, BURRITO SUPREME with steak
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	61.21	0.144	4	A	1		151.81		
Energy ... kcal	183		0	NC	4		455		
Energy ... kJ	767		0	NC	4		1902		
Protein ... g	9.13	0.301	4	A	1		22.65		
Total lipid (fat) ... g	7.27	0.125	4	A	1		18.04		
Ash ... g	2.06	0.056	4	A	1		5.11		
Carbohydrate, by difference ... g	20.32		0	NC	4		50.39		
Fiber, total dietary ... g	2.4	0.048	4	A	1		6.0		
Sugars, total ... g									
Sucrose ... g	0.15	0.000	4	A	1		0.37		
Glucose (dextrose) ... g	0.17	0.018	4	A	1		0.41		
Fructose ... g	0.71	0.012	4	A	1		1.76		
Lactose ... g	0.15	0.000	4	A	1		0.37		
Maltose ... g	0.17	0.025	4	A	1		0.43		
Galactose ... g									
Starch ... g	14.95	0.343	4	A	1		37.08		
Minerals:									
Calcium, Ca ... mg	101	3.205	4	A	1		251		
Iron, Fe ... mg	2.00	0.098	4	A	1		4.95		
Magnesium, Mg ... mg	27	0.272	4	A	1		67		
Phosphorus, P ... mg	131	5.266	4	A	1		326		
Potassium, K ... mg	228	5.023	4	A	1		565		
Sodium, Na ... mg	534	11.229	4	A	1		1323		
Zinc, Zn ... mg	1.38	0.061	4	A	1		3.43		
Copper, Cu ... mg	0.115	0.006	4	A	1		0.285		
Manganese, Mn ... mg	0.274	0.007	4	A	1		0.679		
Selenium, Se ... µg	10.1	0.427	4	A	1		25.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.252	0.011	4	A	1		0.625		
Riboflavin ... mg	0.183	0.011	4	A	1		0.453		
Niacin ... mg	2.250	0.061	4	A	1		5.580		
Pantothenic acid ... mg	0.219	0.006	4	A	1		0.543		
Vitamin B-6 ... mg	0.101	0.004	4	A	1		0.250		
Folate, total ... µg	39	7.739	4	A	1		96		
Folic acid ... µg	22	5.612	4	A	1		55		
Folate, food ... µg	17		0	AS	1		42		
Folate, DFE ... µg	54		0	NC	4		134		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.60	0.043	4	A	1		1.50		
Vitamin A, RAE ... µg	4		0	AS	1		9		
Retinol ... µg									
Carotene, beta ... µg	43	1.548	4	A	1		107		
Carotene, alpha ... µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta ... µg	0	0.000	4	A	1		0		
Vitamin A, IU ... IU	72		0	AS	1		179		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.38	0.040	4	A	1		0.95		
Tocopherol, beta ... mg	0.01	0.005	4	A	1		0.03		
Tocopherol, gamma ... mg	1.15	0.043	4	A	1		2.86		
Tocopherol, delta ... mg	0.42	0.016	4	A	1		1.05		
Tocotrienol, alpha ... mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma ... mg	0.02	0.009	4	A	1		0.06		
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 21267
TACO BELL, BURRITO SUPREME with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.0	0.659	4	A	1		14.9		
Dihydrophylloquinone....µg	4.4	0.868	4	A	1		10.8		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.674		0	NC	4		6.633		
4:0....g									
6:0....g									
8:0....g	0.027	0.003	4	A	1		0.068		
10:0....g	0.062	0.003	4	A	1		0.155		
12:0....g	0.070	0.004	4	A	1		0.173		
13:0....g									
14:0....g	0.272	0.013	4	A	1		0.676		
15:0....g	0.030	0.000	4	A	1		0.074		
16:0....g	1.365	0.036	4	A	1		3.385		
17:0....g	0.032	0.003	4	A	1		0.080		
18:0....g	0.805	0.009	4	A	1		1.996		
20:0....g	0.010	0.000	4	A	1		0.025		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	2.822		0	NC	4		6.999		
14:1....g	0.027	0.003	4	A	1		0.068		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.090	0.004	4	A	1		0.223		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	2.685	0.025	4	A	1		6.659		
20:1....g	0.020	0.000	4	A	1		0.049		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.770		0	NC	4		1.909		
18:2 undifferentiated....g	0.672	0.010	4	A	1		1.668		
18:3 undifferentiated....g	0.087	0.003	4	A	1		0.217		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.010	0.000	4	A	1		0.025		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21	1.040	4	A	1		52		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0	A	1		0.267		
Threonine....g	0.373		0	A	1		0.926		
Isoleucine....g	0.373		0	A	1		0.926		
Leucine....g	0.694		0	A	1		1.721		
Lysine....g	0.616		0	A	1		1.527		
Methionine....g	0.165		0	A	1		0.409		
Cystine....g	0.110		0	A	1		0.273		
Phenylalanine....g	0.416		0	A	1		1.032		
Tyrosine....g	0.273		0	A	1		0.677		
Valine....g	0.428		0	A	1		1.062		
Arginine....g	0.463		0	A	1		1.148		
Histidine....g	0.248		0	A	1		0.615		
Alanine....g	0.410		0	A	1		1.018		
Aspartic acid....g	0.817		0	A	1		2.026		
Glutamic acid....g	1.895		0	A	1		4.699		
Glycine....g	0.379		0	A	1		0.941		

NDB No. 21267
TACO BELL, BURRITO SUPREME with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.586		0	A	1		1.452		
Serine.....g	0.441		0	A	1		1.094		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21264
TACO BELL, Bean Burrito
Taco Bell 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	53.17	0.543	6	A	1		98.36		
Energy....kcal	209		0	NC	4		386		
Energy....kJ	873		0	NC	4		1615		
Protein....g	7.35	0.133	6	A	1		13.60		
Total lipid (fat)....g	6.05	0.308	6	A	1		11.19		
Ash....g	2.20	0.069	6	A	1		4.08		
Carbohydrate, by difference....g	31.23		0	NC	4		57.77		
Fiber, total dietary....g	4.2	0.033	3	A	1		7.8		
Sugars, total....g	1.73	0.033	3	A	1		3.21		
Sucrose....g	0.40	0.000	3	A	1		0.74		
Glucose (dextrose)....g	0.40	0.000	3	A	1		0.74		
Fructose....g	0.50	0.000	3	A	1		0.93		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.43	0.033	3	A	1		0.80		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	21.58	0.773	6	A	1		39.93		
Minerals:									
Calcium, Ca....mg	124	5.833	6	A	1		229		
Iron, Fe....mg	2.37	0.034	6	A	1		4.39		
Magnesium, Mg....mg	34	0.438	6	A	1		63		
Phosphorus, P....mg	163	2.206	6	A	1		302		
Potassium, K....mg	261	4.595	6	A	1		483		
Sodium, Na....mg	563	6.204	6	A	1		1041		
Zinc, Zn....mg	0.86	0.017	6	A	1		1.59		
Copper, Cu....mg	0.164	0.002	6	A	1		0.304		
Manganese, Mn....mg	0.456	0.007	6	A	1		0.843		
Selenium, Se....µg	10.4	0.643	4	A	1		19.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.7		
Thiamin....mg	0.190		1	A	1		0.351		
Riboflavin....mg	0.100		1	A	1		0.185		
Niacin....mg	2.020		1	A	1		3.737		
Pantothenic acid....mg	0.168	0.005	4	A	1		0.311		
Vitamin B-6....mg	0.100		1	A	1		0.185		
Folate, total....µg	50	9.437	4	A	1		93		
Folic acid....µg	25	4.743	4	A	1		46		
Folate, food....µg	25		0	AS	1		47		
Folate, DFE....µg	68		0	NC	4		125		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.16		1	A	1		0.30		
Vitamin A, RAE....µg	3		0	AS	1		6		
Retinol....µg									
Carotene, beta....µg	40	7.511	4	A	1		74		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	67		0	AS	1		124		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.50	0.020	4	A	1		0.92		
Tocopherol, beta....mg	0.02	0.006	4	A	1		0.03		
Tocopherol, gamma....mg	1.78	0.137	4	A	1		3.29		
Tocopherol, delta....mg	0.53	0.050	4	A	1		0.98		
Tocotrienol, alpha....mg	0.02	0.018	4	A	1		0.03		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.005	4	A	1		0.01		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21264
TACO BELL, Bean Burrito

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	4.2	0.462	4	A	1		7.7		
Dihydrophylloquinone....µg	5.1	0.717	4	A	1		9.4		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.309		0	NC	4		4.272		
4:0....g	0.033	0.005	6	A	1		0.061		
6:0....g	0.024	0.004	6	A	1		0.044		
8:0....g	0.016	0.002	6	A	1		0.029		
10:0....g	0.037	0.005	6	A	1		0.069		
12:0....g	0.044	0.007	6	A	1		0.082		
13:0....g									
14:0....g	0.154	0.024	6	A	1		0.285		
15:0....g	0.018	0.003	6	A	1		0.034		
16:0....g	0.980	0.064	6	A	1		1.814		
17:0....g	0.016	0.001	6	A	1		0.030		
18:0....g	0.941	0.033	6	A	1		1.741		
20:0....g	0.018	0.000	6	A	1		0.034		
22:0....g	0.016	0.000	6	A	1		0.030		
24:0....g	0.009	0.000	6	A	1		0.017		
Fatty acids, total monounsaturated....g	1.258		0	NC	4		2.327		
14:1....g	0.011	0.002	6	A	1		0.020		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.030	0.004	6	AS	1		0.056		
16:1 c....g	0.025	0.003	6	A	1		0.046		
16:1 t....g	0.006	0.001	6	A	1		0.010		
17:1....g	0.006	0.001	6	A	1		0.010		
18:1 undifferentiated....g	1.174	0.054	6	AS	1		2.173		
18:1 c....g	1.109	0.048	6	A	1		2.052		
18:1 t....g	0.065	0.006	6	A	1		0.121		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034	0.001	6	A	1		0.064		
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.002		
22:1 c....g	0.001	0.000	6	A	1		0.002		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated....g	2.229		0	NC	4		4.124		
18:2 undifferentiated....g	1.873	0.026	6	AS	1		3.465		
18:2 n-6 c,c....g	1.826	0.027	6	A	1		3.378		
18:2 CLAs....g	0.012	0.001	6	A	1		0.022		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.002	6	A	1		0.065		
18:3 undifferentiated....g	0.336	0.003	6	AS	1		0.621		
18:3 n-3 c,c,c (ALA)....g	0.335	0.004	6	A	1		0.620		
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.002	0.000	6	A	1		0.004		
20:3 undifferentiated....g	0.003	0.000	6	AS	1		0.005		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.003	0.000	6	A	1		0.005		
20:4 undifferentiated....g	0.005	0.001	6	A	1		0.009		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.002	6	A	1		0.008		
21:5....g									
22:4....g	0.003	0.000	6	A	1		0.006		
22:5 n-3 (DPA)....g	0.002	0.000	6	A	1		0.003		
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total trans....g	0.106		0	NC	4		0.196		

NDB No. 21264
TACO BELL, Bean Burrito

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.071		0	NC	4		0.131		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.065		
Cholesterol.....mg	5	0.929	3	A	1		10		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0	A	1		0.167		
Threonine.....g	0.298		0	A	1		0.550		
Isoleucine.....g	0.312		0	A	1		0.578		
Leucine.....g	0.602		0	A	1		1.114		
Lysine.....g	0.468		0	A	1		0.865		
Methionine.....g	0.115		0	A	1		0.213		
Cystine.....g	0.093		0	A	1		0.171		
Phenylalanine.....g	0.390		0	A	1		0.721		
Tyrosine.....g	0.245		0	A	1		0.453		
Valine.....g	0.375		0	A	1		0.694		
Arginine.....g	0.365		0	A	1		0.675		
Histidine.....g	0.210		0	A	1		0.389		
Alanine.....g	0.275		0	A	1		0.509		
Aspartic acid.....g	0.690		0	A	1		1.276		
Glutamic acid.....g	1.803		0	A	1		3.336		
Glycine.....g	0.280		0	A	1		0.518		
Proline.....g	0.598		0	A	1		1.106		
Serine.....g	0.427		0	A	1		0.791		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 each burrito

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21268
TACO BELL, Nachos
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.40	0.834	5	A	1		29.92		
Energy....kcal	350		0	NC	4		280		
Energy....kJ	1466		0	NC	4		1173		
Protein....g	4.32	0.079	6	A	1		3.46		
Total lipid (fat)....g	21.50	0.452	6	A	1		17.20		
Ash....g	1.87	0.033	6	A	1		1.50		
Carbohydrate, by difference....g	34.91		0	NC	4		27.93		
Fiber, total dietary....g	3.2		2	A	1		2.6		
Sugars, total....g	2.17	0.120	3	A	1		1.73		
Sucrose....g	0.53	0.033	3	A	1		0.43		
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	1.63	0.145	3	A	1		1.31		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	28.33	1.035	3	A	1		22.67		
Minerals:									
Calcium, Ca....mg	63	1.297	6	A	1		51		
Iron, Fe....mg	0.75	0.027	6	A	1		0.60		
Magnesium, Mg....mg	42	1.075	6	A	1		33		
Phosphorus, P....mg	198	1.400	6	A	1		159		
Potassium, K....mg	362	6.962	6	A	1		290		
Sodium, Na....mg	313	8.861	6	A	1		251		
Zinc, Zn....mg	0.86	0.023	6	A	1		0.69		
Copper, Cu....mg	0.064	0.003	6	A	1		0.051		
Manganese, Mn....mg	0.187	0.007	6	A	1		0.149		
Selenium, Se....µg	8.6	0.649	3	A	1		6.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.123	0.003	3	A	1		0.099		
Riboflavin....mg	0.133	0.007	3	A	1		0.107		
Niacin....mg	0.630	0.012	3	A	1		0.504		
Pantothenic acid....mg	0.380		2	A	1		0.304		
Vitamin B-6....mg	0.215	0.003	3	A	1		0.172		
Folate, total....µg	10	0.608	3	A	1		8		
Folic acid....µg									
Folate, food....µg	10	0.608	3	A	1		8		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.07	0.027	3	A	1		0.05		
Vitamin A, RAE....µg	5		0	AS	1		4		
Retinol....µg	5		1	A	1		4		
Carotene, beta....µg	2		1	A	1		2		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	2		1	A	1		1		
Vitamin A, IU....IU	21		0	AS	1		17		
Lycopene....µg	1		1	A	1		1		
Lutein + zeaxanthin....µg	9		1	A	1		7		
Vitamin E (alpha-tocopherol)....mg	4.08		2	A	1		3.27		
Tocopherol, beta....mg	0.08		2	A	1		0.06		
Tocopherol, gamma....mg	6.46		2	A	1		5.17		
Tocopherol, delta....mg	0.22		2	A	1		0.17		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg	0.42		2	A	1		0.34		
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									

NDB No. 21268
TACO BELL, Nachos

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	7.5	1.188	4	A	1		6.0		
Dihydrophylloquinone....µg	56.4	5.684	4	A	1		45.1		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.173		0	NC	4		1.738		
4:0....g	0.011	0.001	3	A	1		0.009		
6:0....g	0.008	0.000	3	A	1		0.006		
8:0....g	0.008	0.001	3	A	1		0.007		
10:0....g	0.019	0.002	3	A	1		0.015		
12:0....g	0.019	0.002	3	A	1		0.015		
13:0....g									
14:0....g	0.068	0.007	3	A	1		0.054		
15:0....g	0.010	0.001	3	A	1		0.008		
16:0....g	1.286	0.070	3	A	1		1.029		
17:0....g	0.014	0.000	3	A	1		0.011		
18:0....g	0.494	0.031	3	A	1		0.395		
20:0....g	0.129	0.009	3	A	1		0.103		
22:0....g	0.068	0.005	3	A	1		0.054		
24:0....g	0.039	0.003	3	A	1		0.031		
Fatty acids, total monounsaturated....g	14.020		0	NC	4		11.216		
14:1....g	0.005	0.001	3	A	1		0.004		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.057	0.003	3	AS	1		0.046		
16:1 c....g	0.055	0.003	3	A	1		0.044		
16:1 t....g	0.002	0.000	3	A	1		0.002		
17:1....g	0.016	0.001	3	A	1		0.013		
18:1 undifferentiated....g	13.650	0.965	3	AS	1		10.920		
18:1 c....g	13.619	0.967	3	A	1		10.895		
18:1 t....g	0.032	0.005	3	A	1		0.025		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.281	0.011	3	A	1		0.224		
22:1 undifferentiated....g	0.011	0.002	3	AS	1		0.009		
22:1 c....g	0.011	0.002	3	A	1		0.009		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	5.040		0	NC	4		4.032		
18:2 undifferentiated....g	4.372	0.322	3	AS	1		3.498		
18:2 n-6 c,c....g	4.343	0.321	3	A	1		3.474		
18:2 CLAs....g	0.005	0.001	3	A	1		0.004		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.002	3	A	1		0.019		
18:3 undifferentiated....g	0.649	0.122	3	AS	1		0.519		
18:3 n-3 c,c,c (ALA)....g	0.617	0.113	3	A	1		0.493		
18:3 n-6 c,c,c....g	0.032	0.009	3	A	1		0.026		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.011	0.000	3	A	1		0.009		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.007	0.000	3	A	1		0.006		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.058		0	NC	4		0.046		
Fatty acids, total trans-monoenoic....g	0.034		0	NC	4		0.027		

NDB No. 21268
TACO BELL, Nachos

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.019		
Cholesterol.....mg	3	0.285	3	A	1		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0	A	1		0.033		
Threonine.....g	0.156		0	A	1		0.125		
Isoleucine.....g	0.187		0	A	1		0.150		
Leucine.....g	0.521		0	A	1		0.417		
Lysine.....g	0.156		0	A	1		0.125		
Methionine.....g	0.094		0	A	1		0.075		
Cystine.....g									
Phenylalanine.....g	0.229		0	A	1		0.183		
Tyrosine.....g	0.135		0	A	1		0.108		
Valine.....g	0.250		0	A	1		0.200		
Arginine.....g	0.208		0	A	1		0.167		
Histidine.....g	0.135		0	A	1		0.108		
Alanine.....g	0.292		0	A	1		0.233		
Aspartic acid.....g	0.344		0	A	1		0.275		
Glutamic acid.....g	0.916		0	A	1		0.733		
Glycine.....g	0.146		0	A	1		0.117		
Proline.....g	0.531		0	A	1		0.425		
Serine.....g	0.219		0	A	1		0.175		
Hydroxyproline.....g	0.000		1	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21269
TACO BELL, Nachos Supreme
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.15	0.671	6	A	1		129.09		
Energy....kcal	223		0	NC	4		495		
Energy....kJ	932		0	NC	4		2069		
Protein....g	6.21	0.314	6	A	1		13.78		
Total lipid (fat)....g	12.48	0.168	6	A	1		27.71		
Ash....g	1.76	0.027	6	A	1		3.92		
Carbohydrate, by difference....g	21.39		0	NC	4		47.49		
Fiber, total dietary....g	3.7		2	A	1		8.1		
Sugars, total....g	1.63	0.033	3	A	1		3.63		
Sucrose....g	0.27	0.067	3	A	1		0.59		
Glucose (dextrose)....g	0.23	0.033	3	A	1		0.52		
Fructose....g	0.27	0.033	3	A	1		0.59		
Lactose....g	0.87	0.033	3	A	1		1.92		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	14.97	0.841	3	A	1		33.23		
Minerals:									
Calcium, Ca....mg	47	1.255	6	A	1		105		
Iron, Fe....mg	1.01	0.021	6	A	1		2.23		
Magnesium, Mg....mg	33	0.610	6	A	1		72		
Phosphorus, P....mg	153	2.849	6	A	1		339		
Potassium, K....mg	298	7.392	6	A	1		662		
Sodium, Na....mg	348	5.833	6	A	1		772		
Zinc, Zn....mg	1.05	0.033	6	A	1		2.33		
Copper, Cu....mg	0.104	0.002	6	A	1		0.230		
Manganese, Mn....mg	0.202	0.004	6	A	1		0.448		
Selenium, Se....µg	8.1	0.617	3	A	1		17.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.073	0.003	3	A	1		0.163		
Riboflavin....mg	0.137	0.003	3	A	1		0.303		
Niacin....mg	1.010	0.071	3	A	1		2.242		
Pantothenic acid....mg	0.330		2	A	1		0.733		
Vitamin B-6....mg	0.158	0.009	3	A	1		0.351		
Folate, total....µg	14	0.924	3	A	1		30		
Folic acid....µg									
Folate, food....µg	14	0.924	3	A	1		30		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.31	0.030	3	A	1		0.68		
Vitamin A, RAE....µg	42		0	AS	1		93		
Retinol....µg	36		1	A	1		79		
Carotene, beta....µg	64		1	A	1		142		
Carotene, alpha....µg	1		1	A	1		2		
Cryptoxanthin, beta....µg	19		1	A	1		41		
Vitamin A, IU....IU	242		0	AS	1		536		
Lycopene....µg	252		1	A	1		559		
Lutein + zeaxanthin....µg	46		1	A	1		102		
Vitamin E (alpha-tocopherol)....mg	1.75		2	A	1		3.89		
Tocopherol, beta....mg	0.04		2	A	1		0.10		
Tocopherol, gamma....mg	2.96		2	A	1		6.56		
Tocopherol, delta....mg	0.24		2	A	1		0.54		
Tocotrienol, alpha....mg	0.11		2	A	1		0.25		
Tocotrienol, beta....mg	0.17		2	A	1		0.37		
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg	0.12		2	A	1		0.27		

NDB No. 21269
TACO BELL, Nachos Supreme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.4	0.329	4	A	1		14.2		
Dihydrophylloquinone....µg	21.1	2.052	4	A	1		46.9		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.549		0	NC	4		5.660		
4:0....g	0.021	0.002	3	A	1		0.047		
6:0....g	0.015	0.001	3	A	1		0.034		
8:0....g	0.011	0.001	3	A	1		0.025		
10:0....g	0.029	0.002	3	A	1		0.064		
12:0....g	0.033	0.002	3	A	1		0.072		
13:0....g									
14:0....g	0.174	0.005	3	A	1		0.386		
15:0....g	0.024	0.000	3	A	1		0.054		
16:0....g	1.373	0.025	3	A	1		3.048		
17:0....g	0.041	0.003	3	A	1		0.092		
18:0....g	0.724	0.024	3	A	1		1.607		
20:0....g	0.055	0.001	3	A	1		0.123		
22:0....g	0.030	0.001	3	A	1		0.067		
24:0....g	0.018	0.000	3	A	1		0.040		
Fatty acids, total monounsaturated....g	6.661		0	NC	4		14.787		
14:1....g	0.030	0.001	3	A	1		0.067		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.109	0.002	3	AS	1		0.242		
16:1 c....g	0.102	0.002	3	A	1		0.226		
16:1 t....g	0.008	0.003	3	A	1		0.017		
17:1....g	0.028	0.001	3	A	1		0.062		
18:1 undifferentiated....g	6.378	0.179	3	AS	1		14.159		
18:1 c....g	6.245	0.175	3	A	1		13.864		
18:1 t....g	0.133	0.011	3	A	1		0.294		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.112	0.004	3	A	1		0.248		
22:1 undifferentiated....g	0.004	0.001	3	AS	1		0.010		
22:1 c....g	0.004	0.001	3	A	1		0.010		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.496		0	NC	4		5.540		
18:2 undifferentiated....g	2.142	0.086	3	AS	1		4.754		
18:2 n-6 c,c....g	2.098	0.085	3	A	1		4.658		
18:2 CLAs....g	0.017	0.000	3	A	1		0.037		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.001	3	A	1		0.059		
18:3 undifferentiated....g	0.327	0.023	3	AS	1		0.726		
18:3 n-3 c,c,c (ALA)....g	0.315	0.021	3	A	1		0.699		
18:3 n-6 c,c,c....g	0.012	0.002	3	A	1		0.027		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.012		
20:3 undifferentiated....g	0.004	0.000	3	AS	1		0.010		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.004	0.000	3	A	1		0.010		
20:4 undifferentiated....g	0.011	0.001	3	A	1		0.024		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	A	1		0.002		
21:5....g									
22:4....g	0.002	0.000	3	A	1		0.005		
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.006		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.167		0	NC	4		0.370		

NDB No. 21269
TACO BELL, Nachos Supreme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.140		0	NC	4		0.311		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.059		
Cholesterol.....mg	14	0.577	3	A	1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0	A	1		0.131		
Threonine.....g	0.216		0	A	1		0.480		
Isoleucine.....g	0.275		0	A	1		0.612		
Leucine.....g	0.541		0	A	1		1.201		
Lysine.....g	0.344		0	A	1		0.764		
Methionine.....g	0.118		0	A	1		0.262		
Cystine.....g									
Phenylalanine.....g	0.285		0	A	1		0.633		
Tyrosine.....g	0.167		0	A	1		0.371		
Valine.....g	0.325		0	A	1		0.721		
Arginine.....g	0.354		0	A	1		0.786		
Histidine.....g	0.187		0	A	1		0.415		
Alanine.....g	0.354		0	A	1		0.786		
Aspartic acid.....g	0.590		0	A	1		1.310		
Glutamic acid.....g	1.053		0	A	1		2.337		
Glycine.....g	0.325		0	A	1		0.721		
Proline.....g	0.511		0	A	1		1.136		
Serine.....g	0.285		0	A	1		0.633		
Hydroxyproline.....g	0.090		1	A	1		0.200		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21260

TACO BELL, Original Taco with beef, cheese and lettuce

Taco Bell 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	57.02	0.727	6	A	1		39.34		
Energy....kcal	229		0	NC	4		158		
Energy....kJ	959		0	NC	4		662		
Protein....g	8.86	0.384	6	A	1		6.12		
Total lipid (fat)....g	12.70	0.384	6	A	1		8.76		
Ash....g	1.57	0.072	6	A	1		1.08		
Carbohydrate, by difference....g	19.85		0	NC	4		13.70		
Fiber, total dietary....g	3.9	0.231	3	A	1		2.7		
Sugars, total....g	0.90	0.000	3	A	1		0.62		
Sucrose....g	0.40	0.000	3	A	1		0.28		
Glucose (dextrose)....g	0.20	0.000	3	A	1		0.14		
Fructose....g	0.30	0.000	3	A	1		0.21		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	14.78	0.883	6	A	1		10.20		
Minerals:									
Calcium, Ca....mg	89	4.409	6	A	1		61		
Iron, Fe....mg	1.19	0.015	6	A	1		0.82		
Magnesium, Mg....mg	32	0.286	6	A	1		22		
Phosphorus, P....mg	178	2.595	6	A	1		123		
Potassium, K....mg	209	4.826	6	A	1		144		
Sodium, Na....mg	397	10.512	6	A	1		274		
Zinc, Zn....mg	1.75	0.034	6	A	1		1.21		
Copper, Cu....mg	0.077	0.004	6	A	1		0.053		
Manganese, Mn....mg	0.249	0.007	6	A	1		0.172		
Selenium, Se....µg	9.2	0.497	4	A	1		6.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.2		
Thiamin....mg	0.050		1	A	1		0.035		
Riboflavin....mg	0.060		1	A	1		0.041		
Niacin....mg	1.650		1	A	1		1.138		
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		1	A	1		0.062		
Folate, total....µg	19	4.372	3	A	1		13		
Folic acid....µg	2	0.882	3	A	1		2		
Folate, food....µg	17		0	AS	1		12		
Folate, DFE....µg	21		0	NC	4		14		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.93		1	A	1		0.64		
Vitamin A, RAE....µg	4		0	AS	1		3		
Retinol....µg									
Carotene, beta....µg	46	13.177	4	A	1		32		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	77		0	AS	1		53		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.60	0.030	4	A	1		0.42		
Tocopherol, beta....mg	0.04	0.006	4	A	1		0.03		
Tocopherol, gamma....mg	2.16	0.160	4	A	1		1.49		
Tocopherol, delta....mg	1.11	0.049	4	A	1		0.77		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 21260
TACO BELL, Original Taco with beef, cheese and lettuce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	15.3	2.056	4	A	1		10.6		
Dihydrophylloquinone....µg	6.6	1.372	4	A	1		4.6		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.384		0	NC	4		3.025		
4:0....g	0.045	0.004	6	A	1		0.031		
6:0....g	0.034	0.003	6	A	1		0.023		
8:0....g	0.023	0.002	6	A	1		0.016		
10:0....g	0.055	0.005	6	A	1		0.038		
12:0....g	0.066	0.006	6	A	1		0.046		
13:0....g									
14:0....g	0.388	0.023	6	A	1		0.268		
15:0....g	0.052	0.003	6	A	1		0.036		
16:0....g	2.414	0.103	6	A	1		1.666		
17:0....g	0.091	0.003	6	A	1		0.063		
18:0....g	1.160	0.055	6	A	1		0.800		
20:0....g	0.027	0.001	6	A	1		0.019		
22:0....g	0.015	0.001	6	A	1		0.010		
24:0....g	0.011	0.000	6	A	1		0.008		
Fatty acids, total monounsaturated....g	4.411		0	NC	4		3.044		
14:1....g	0.060	0.004	6	A	1		0.041		
15:1....g	0.001	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.231	0.013	6	AS	1		0.159		
16:1 c....g	0.204	0.012	6	A	1		0.141		
16:1 t....g	0.027	0.001	6	A	1		0.018		
17:1....g	0.055	0.002	6	A	1		0.038		
18:1 undifferentiated....g	4.016	0.141	6	AS	1		2.771		
18:1 c....g	3.634	0.131	6	A	1		2.508		
18:1 t....g	0.382	0.017	6	A	1		0.264		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.002	6	A	1		0.032		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001		
22:1 c....g	0.002	0.000	6	A	1		0.001		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	3.042		0	NC	4		2.099		
18:2 undifferentiated....g	2.819	0.055	6	AS	1		1.945		
18:2 n-6 c,c....g	2.708	0.055	6	A	1		1.869		
18:2 CLAs....g	0.053	0.004	6	A	1		0.036		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.058	0.003	6	A	1		0.040		
18:3 undifferentiated....g	0.168	0.015	6	AS	1		0.116		
18:3 n-3 c,c,c (ALA)....g	0.166	0.015	6	A	1		0.115		
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.001		
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.003		
20:3 undifferentiated....g	0.011	0.001	6	AS	1		0.008		
20:3 n-3....g	0.001	0.000	6	A	1		0.000		
20:3 n-6....g	0.011	0.000	6	A	1		0.007		
20:4 undifferentiated....g	0.021	0.001	6	A	1		0.014		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	6	A	1		0.004		
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.004		
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.004		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.467		0	NC	4		0.322		
Fatty acids, total trans-monoenoic....g	0.409		0	NC	4		0.282		

NDB No. 21260
TACO BELL, Original Taco with beef, cheese and lettuce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4		0.040		
Cholesterol.....mg	28	0.929	3	A	1		19		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 each taco

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21261

TACO BELL, Soft Taco with beef, cheese and lettuce

Taco Bell 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	58.78	0.844	6	A	1		59.96		
Energy ... kcal	206		0	NC	4		210		
Energy ... kJ	860		0	NC	4		877		
Protein ... g	9.25	0.277	6	A	1		9.43		
Total lipid (fat) ... g	9.75	0.404	6	A	1		9.94		
Ash ... g	1.99	0.057	6	A	1		2.03		
Carbohydrate, by difference ... g	20.23		0	NC	4		20.63		
Fiber, total dietary ... g	2.9	0.033	3	A	1		2.9		
Sugars, total ... g	1.57	0.088	3	A	1		1.60		
Sucrose ... g	0.13	0.033	3	A	1		0.14		
Glucose (dextrose) ... g	0.47	0.033	3	A	1		0.48		
Fructose ... g	0.60	0.000	3	A	1		0.61		
Lactose ... g	0.00	0.000	3	A	1		0.00		
Maltose ... g	0.37	0.033	3	A	1		0.37		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	13.78	0.398	6	A	1		14.06		
Minerals:									
Calcium, Ca ... mg	123	6.776	6	A	1		126		
Iron, Fe ... mg	1.67	0.076	6	A	1		1.71		
Magnesium, Mg ... mg	19	0.361	6	A	1		19		
Phosphorus, P ... mg	167	4.629	6	A	1		170		
Potassium, K ... mg	161	5.277	6	A	1		164		
Sodium, Na ... mg	560	11.487	6	A	1		571		
Zinc, Zn ... mg	1.37	0.037	6	A	1		1.39		
Copper, Cu ... mg	0.067	0.001	6	A	1		0.069		
Manganese, Mn ... mg	0.310	0.007	6	A	1		0.316		
Selenium, Se ... µg	11.0	0.684	4	A	1		11.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		1	A	1		0.1		
Thiamin ... mg	0.180		1	A	1		0.184		
Riboflavin ... mg	0.130		1	A	1		0.133		
Niacin ... mg	2.880		1	A	1		2.938		
Pantothenic acid ... mg	0.206	0.013	4	A	1		0.210		
Vitamin B-6 ... mg	0.060		1	A	1		0.061		
Folate, total ... µg	52	5.664	4	A	1		53		
Folic acid ... µg	28	6.982	4	A	1		28		
Folate, food ... µg	24		0	AS	1		24		
Folate, DFE ... µg	71		0	NC	4		72		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.84		1	A	1		0.86		
Vitamin A, RAE ... µg	4		0	AS	1		4		
Retinol ... µg									
Carotene, beta ... µg	48	5.645	4	A	1		49		
Carotene, alpha ... µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta ... µg	0	0.000	4	A	1		0		
Vitamin A, IU ... IU	79		0	AS	1		81		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.40	0.021	4	A	1		0.41		
Tocopherol, beta ... mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma ... mg	0.91	0.086	4	A	1		0.93		
Tocopherol, delta ... mg	0.45	0.054	4	A	1		0.46		
Tocotrienol, alpha ... mg	0.03	0.009	4	A	1		0.03		
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 21261
TACO BELL, Soft Taco with beef, cheese and lettuce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	11.2	1.182	4	A	1		11.4		
Dihydrophylloquinone....µg	4.8	0.587	4	A	1		4.9		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.155		0	NC	4		4.238		
4:0....g	0.046	0.006	6	A	1		0.047		
6:0....g	0.035	0.005	6	A	1		0.036		
8:0....g	0.023	0.003	6	A	1		0.024		
10:0....g	0.057	0.008	6	A	1		0.058		
12:0....g	0.068	0.009	6	A	1		0.069		
13:0....g									
14:0....g	0.366	0.031	6	A	1		0.373		
15:0....g	0.048	0.003	6	A	1		0.049		
16:0....g	2.019	0.110	6	A	1		2.059		
17:0....g	0.078	0.002	6	A	1		0.080		
18:0....g	1.376	0.052	6	A	1		1.403		
20:0....g	0.018	0.001	6	A	1		0.018		
22:0....g	0.013	0.000	6	A	1		0.013		
24:0....g	0.007	0.000	6	A	1		0.007		
Fatty acids, total monounsaturated....g	3.243		0	NC	4		3.308		
14:1....g	0.052	0.003	6	A	1		0.053		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.196	0.010	6	AS	1		0.200		
16:1 c....g	0.173	0.009	6	A	1		0.176		
16:1 t....g	0.024	0.002	6	A	1		0.024		
17:1....g	0.046	0.002	6	A	1		0.047		
18:1 undifferentiated....g	2.909	0.123	6	AS	1		2.967		
18:1 c....g	2.578	0.119	6	A	1		2.630		
18:1 t....g	0.331	0.010	6	A	1		0.337		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.001	6	A	1		0.037		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002		
22:1 c....g	0.002	0.000	6	A	1		0.002		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.578		0	NC	4		1.610		
18:2 undifferentiated....g	1.365	0.043	6	AS	1		1.392		
18:2 n-6 c,c....g	1.273	0.038	6	A	1		1.298		
18:2 CLAs....g	0.043	0.003	6	A	1		0.044		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.049	0.004	6	A	1		0.050		
18:3 undifferentiated....g	0.159	0.006	6	AS	1		0.163		
18:3 n-3 c,c,c (ALA)....g	0.157	0.005	6	A	1		0.161		
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.002		
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.004		
20:3 undifferentiated....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3....g	0.001	0.000	6	A	1		0.001		
20:3 n-6....g	0.009	0.000	6	A	1		0.010		
20:4 undifferentiated....g	0.018	0.001	6	A	1		0.019		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010	0.002	6	A	1		0.010		
21:5....g									
22:4....g	0.005	0.000	6	A	1		0.005		
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.006		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.403		0	NC	4		0.411		
Fatty acids, total trans-monoenoic....g	0.354		0	NC	4		0.361		

NDB No. 21261
TACO BELL, Soft Taco with beef, cheese and lettuce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.050		
Cholesterol.....mg	25	1.683	3	A	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0	A	1		0.107		
Threonine.....g	0.369		0	A	1		0.377		
Isoleucine.....g	0.377		0	A	1		0.384		
Leucine.....g	0.721		0	A	1		0.736		
Lysine.....g	0.624		0	A	1		0.636		
Methionine.....g	0.195		0	A	1		0.198		
Cystine.....g	0.120		0	A	1		0.122		
Phenylalanine.....g	0.419		0	A	1		0.428		
Tyrosine.....g	0.300		0	A	1		0.306		
Valine.....g	0.454		0	A	1		0.463		
Arginine.....g	0.489		0	A	1		0.499		
Histidine.....g	0.260		0	A	1		0.265		
Alanine.....g	0.462		0	A	1		0.471		
Aspartic acid.....g	0.766		0	A	1		0.782		
Glutamic acid.....g	2.127		0	A	1		2.170		
Glycine.....g	0.519		0	A	1		0.529		
Proline.....g	0.721		0	A	1		0.736		
Serine.....g	0.447		0	A	1		0.456		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 102g: 1 each taco

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21262

TACO BELL, Soft Taco with chicken, cheese and lettuce

Taco Bell 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	58.42	0.420	6	A	1		57.25		
Energy ... kcal	189		0	NC	4		185		
Energy ... kJ	791		0	NC	4		775		
Protein ... g	13.30	0.198	6	A	1		13.03		
Total lipid (fat) ... g	6.35	0.193	6	A	1		6.22		
Ash ... g	2.25	0.063	6	A	1		2.20		
Carbohydrate, by difference ... g	19.69		0	NC	4		19.29		
Fiber, total dietary ... g	1.2	0.067	3	A	1		1.1		
Sugars, total ... g	1.30	0.058	3	A	1		1.27		
Sucrose ... g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) ... g	0.37	0.033	3	A	1		0.36		
Fructose ... g	0.53	0.033	3	A	1		0.52		
Lactose ... g	0.00	0.000	3	A	1		0.00		
Maltose ... g	0.40	0.000	3	A	1		0.39		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	13.93	0.676	6	A	1		13.65		
Minerals:									
Calcium, Ca ... mg	122	3.293	6	A	1		119		
Iron, Fe ... mg	1.59	0.083	6	A	1		1.56		
Magnesium, Mg ... mg	24	0.239	6	A	1		23		
Phosphorus, P ... mg	244	3.535	6	A	1		239		
Potassium, K ... mg	217	7.064	6	A	1		212		
Sodium, Na ... mg	613	10.535	6	A	1		601		
Zinc, Zn ... mg	0.76	0.011	6	A	1		0.75		
Copper, Cu ... mg	0.060	0.001	6	A	1		0.059		
Manganese, Mn ... mg	0.245	0.004	6	A	1		0.240		
Selenium, Se ... µg	12.7	1.308	4	A	1		12.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		1	A	1		0.2		
Thiamin ... mg	0.160		1	A	1		0.157		
Riboflavin ... mg	0.110		1	A	1		0.108		
Niacin ... mg	5.170		1	A	1		5.067		
Pantothenic acid ... mg	0.747	0.016	4	A	1		0.732		
Vitamin B-6 ... mg	0.110		1	A	1		0.108		
Folate, total ... µg	48	6.481	4	A	1		47		
Folic acid ... µg	30	5.344	4	A	1		30		
Folate, food ... µg	18		0	AS	1		17		
Folate, DFE ... µg	69		0	NC	4		68		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.12		1	A	1		0.12		
Vitamin A, RAE ... µg	1		0	AS	1		1		
Retinol ... µg									
Carotene, beta ... µg	15	3.980	4	A	1		15		
Carotene, alpha ... µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta ... µg	0	0.000	4	A	1		0		
Vitamin A, IU ... IU	25		0	AS	1		25		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.35	0.050	4	A	1		0.34		
Tocopherol, beta ... mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma ... mg	0.98	0.068	4	A	1		0.97		
Tocopherol, delta ... mg	0.47	0.040	4	A	1		0.47		
Tocotrienol, alpha ... mg	0.03	0.018	4	A	1		0.03		
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma ... mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta ... mg	0.00	0.000	4	A	1		0.00		

NDB No. 21262
TACO BELL, Soft Taco with chicken, cheese and lettuce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	8.7	0.806	4	A	1		8.6		
Dihydrophylloquinone....µg	4.4	0.311	4	A	1		4.3		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.559		0	NC	4		2.507		
4:0....g	0.044	0.003	6	A	1		0.043		
6:0....g	0.033	0.002	6	A	1		0.033		
8:0....g	0.023	0.001	6	A	1		0.022		
10:0....g	0.053	0.002	6	A	1		0.052		
12:0....g	0.063	0.002	6	A	1		0.062		
13:0....g									
14:0....g	0.220	0.010	6	A	1		0.216		
15:0....g	0.025	0.001	6	A	1		0.024		
16:0....g	1.210	0.043	6	A	1		1.185		
17:0....g	0.019	0.001	6	A	1		0.019		
18:0....g	0.834	0.033	6	A	1		0.817		
20:0....g	0.014	0.000	6	A	1		0.014		
22:0....g	0.012	0.000	6	A	1		0.012		
24:0....g	0.006	0.000	6	A	1		0.006		
Fatty acids, total monounsaturated....g	1.621		0	NC	4		1.589		
14:1....g	0.018	0.001	6	A	1		0.017		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.115	0.010	6	AS	1		0.113		
16:1 c....g	0.106	0.010	6	A	1		0.104		
16:1 t....g	0.008	0.000	6	A	1		0.008		
17:1....g	0.007	0.000	6	A	1		0.007		
18:1 undifferentiated....g	1.454	0.058	6	AS	1		1.425		
18:1 c....g	1.377	0.056	6	A	1		1.349		
18:1 t....g	0.077	0.005	6	A	1		0.076		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025	0.001	6	A	1		0.024		
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.001		
22:1 c....g	0.001	0.000	6	A	1		0.001		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	1.607		0	NC	4		1.575		
18:2 undifferentiated....g	1.386	0.040	6	AS	1		1.358		
18:2 n-6 c,c....g	1.343	0.038	6	A	1		1.316		
18:2 CLAs....g	0.015	0.001	6	A	1		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.002	6	A	1		0.027		
18:3 undifferentiated....g	0.157	0.004	6	AS	1		0.154		
18:3 n-3 c,c,c (ALA)....g	0.153	0.004	6	A	1		0.150		
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.004		
18:3i....g									
18:4....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c....g	0.005	0.000	6	A	1		0.005		
20:3 undifferentiated....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.010	0.000	6	A	1		0.010		
20:4 undifferentiated....g	0.026	0.001	6	A	1		0.026		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008	0.002	6	A	1		0.008		
21:5....g									
22:4....g	0.008	0.000	6	A	1		0.008		
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.004		
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans....g	0.113		0	NC	4		0.111		

NDB No. 21262
TACO BELL, Soft Taco with chicken, cheese and lettuce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.086		0	NC	4		0.084		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.027		
Cholesterol.....mg	29	0.981	3	A	1		28		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0	A	1		0.150		
Threonine.....g	0.568		0	A	1		0.557		
Isoleucine.....g	0.596		0	A	1		0.584		
Leucine.....g	1.073		0	A	1		1.051		
Lysine.....g	0.997		0	A	1		0.977		
Methionine.....g	0.315		0	A	1		0.309		
Cystine.....g	0.158		0	A	1		0.155		
Phenylalanine.....g	0.589		0	A	1		0.577		
Tyrosine.....g	0.442		0	A	1		0.433		
Valine.....g	0.682		0	A	1		0.668		
Arginine.....g	0.720		0	A	1		0.706		
Histidine.....g	0.451		0	A	1		0.441		
Alanine.....g	0.640		0	A	1		0.627		
Aspartic acid.....g	1.191		0	A	1		1.167		
Glutamic acid.....g	2.721		0	A	1		2.666		
Glycine.....g	0.512		0	A	1		0.502		
Proline.....g	0.804		0	A	1		0.788		
Serine.....g	0.609		0	A	1		0.597		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 each taco

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21263
TACO BELL, Soft Taco with steak
Taco Bell 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	56.82	0.409	4	A	1		72.17		
Energy....kcal	225		0	NC	4		286		
Energy....kJ	941		0	NC	4		1196		
Protein....g	11.81	0.187	4	A	1		15.00		
Total lipid (fat)....g	12.10	0.500	4	A	1		15.37		
Ash....g	2.05	0.042	4	A	1		2.60		
Carbohydrate, by difference....g	17.22		0	NC	4		21.86		
Fiber, total dietary....g	1.6	0.541	4	A	1		2.0		
Sugars, total....g									
Sucrose....g	0.15	0.000	4	A	1		0.19		
Glucose (dextrose)....g	0.22	0.009	4	A	1		0.28		
Fructose....g	0.63	0.027	4	A	1		0.80		
Lactose....g	0.15	0.000	4	A	1		0.19		
Maltose....g	0.17	0.023	4	A	1		0.22		
Galactose....g									
Starch....g	13.25	0.479	4	A	1		16.83		
Minerals:									
Calcium, Ca....mg	117	5.642	4	A	1		149		
Iron, Fe....mg	2.22	0.212	4	A	1		2.82		
Magnesium, Mg....mg	21	0.271	4	A	1		27		
Phosphorus, P....mg	155	2.449	4	A	1		197		
Potassium, K....mg	183	3.326	4	A	1		233		
Sodium, Na....mg	551	10.688	4	A	1		700		
Zinc, Zn....mg	2.15	0.009	4	A	1		2.73		
Copper, Cu....mg	0.113	0.015	4	A	1		0.143		
Manganese, Mn....mg	0.220	0.005	4	A	1		0.279		
Selenium, Se....µg	13.1	0.168	4	A	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.307	0.022	4	A	1		0.390		
Riboflavin....mg	0.194	0.014	4	A	1		0.247		
Niacin....mg	2.975	0.128	4	A	1		3.778		
Pantothenic acid....mg	0.260	0.004	4	A	1		0.330		
Vitamin B-6....mg	0.085	0.002	4	A	1		0.108		
Folate, total....µg	37	5.041	4	A	1		46		
Folic acid....µg	22	2.944	4	A	1		28		
Folate, food....µg	15		0	AS	1		18		
Folate, DFE....µg	52		0	NC	4		66		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.96	0.041	4	A	1		1.21		
Vitamin A, RAE....µg	1		0	AS	1		1		
Retinol....µg									
Carotene, beta....µg	14	1.367	4	A	1		17		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	23		0	AS	1		29		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.43	0.046	4	A	1		0.54		
Tocopherol, beta....mg	0.04	0.003	4	A	1		0.05		
Tocopherol, gamma....mg	3.02	0.363	4	A	1		3.83		
Tocopherol, delta....mg	1.69	0.089	4	A	1		2.15		
Tocotrienol, alpha....mg	0.03	0.014	4	A	1		0.04		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 21263
TACO BELL, Soft Taco with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	20.8	0.698	4	A	1		26.4		
Dihydrophylloquinone....µg	4.2	0.441	4	A	1		5.4		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.369		0	NC	4		4.279		
4:0....g									
6:0....g									
8:0....g	0.022	0.003	4	A	1		0.028		
10:0....g	0.052	0.002	4	A	1		0.067		
12:0....g	0.057	0.005	4	A	1		0.073		
13:0....g									
14:0....g	0.250	0.009	4	A	1		0.317		
15:0....g	0.030	0.000	4	A	1		0.038		
16:0....g	1.877	0.052	4	A	1		2.384		
17:0....g	0.040	0.000	4	A	1		0.051		
18:0....g	0.992	0.019	4	A	1		1.260		
20:0....g	0.030	0.000	4	A	1		0.038		
22:0....g	0.017	0.003	4	A	1		0.022		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	3.937		0	NC	4		5.000		
14:1....g	0.030	0.000	4	A	1		0.038		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.122	0.003	4	A	1		0.155		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	3.755	0.148	4	A	1		4.769		
20:1....g	0.030	0.000	4	A	1		0.038		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.485		0	NC	4		4.426		
18:2 undifferentiated....g	3.095	0.231	4	A	1		3.931		
18:3 undifferentiated....g	0.370	0.032	4	A	1		0.470		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.020	0.000	4	A	1		0.025		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	31	0.170	4	A	1		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.185		
Threonine....g	0.502		0	A	1		0.638		
Isoleucine....g	0.500		0	A	1		0.635		
Leucine....g	0.927		0	A	1		1.178		
Lysine....g	0.815		0	A	1		1.035		
Methionine....g	0.252		0	A	1		0.321		
Cystine....g	0.147		0	A	1		0.187		
Phenylalanine....g	0.545		0	A	1		0.692		
Tyrosine....g	0.388		0	A	1		0.492		
Valine....g	0.562		0	A	1		0.714		
Arginine....g	0.618		0	A	1		0.784		
Histidine....g	0.325		0	A	1		0.413		
Alanine....g	0.567		0	A	1		0.721		
Aspartic acid....g	1.055		0	A	1		1.340		
Glutamic acid....g	2.399		0	A	1		3.047		
Glycine....g	0.460		0	A	1		0.584		

NDB No. 21263
TACO BELL, Soft Taco with steak

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.760		0	A	1		0.965		
Serine.....g	0.547		0	A	1		0.695		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21270
TACO BELL, Taco Salad
Taco Bell Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.32	1.019	4	A	1		358.82		
Energy....kcal	170		0	NC	4		905		
Energy....kJ	710		0	NC	4		3785		
Protein....g	6.69	0.254	4	A	1		35.64		
Total lipid (fat)....g	9.17	0.491	4	A	1		48.90		
Ash....g	1.71	0.045	4	A	1		9.14		
Carbohydrate, by difference....g	15.10		0	NC	4		80.50		
Fiber, total dietary....g	3.0	0.111	4	A	1		16.1		
Sugars, total....g									
Sucrose....g	0.15	0.000	4	A	1		0.79		
Glucose (dextrose)....g	0.26	0.015	4	A	1		1.41		
Fructose....g	0.63	0.031	4	A	1		3.36		
Lactose....g	0.15	0.000	4	A	1		0.79		
Maltose....g	0.15	0.000	4	A	1		0.79		
Galactose....g									
Starch....g	9.73	0.239	4	A	1		51.83		
Minerals:									
Calcium, Ca....mg	95	5.146	4	A	1		508		
Iron, Fe....mg	1.77	0.106	4	A	1		9.46		
Magnesium, Mg....mg	27	0.437	4	A	1		144		
Phosphorus, P....mg	103	5.280	4	A	1		552		
Potassium, K....mg	229	2.614	4	A	1		1221		
Sodium, Na....mg	363	13.838	4	A	1		1935		
Zinc, Zn....mg	1.17	0.095	4	A	1		6.23		
Copper, Cu....mg	0.151	0.034	4	A	1		0.806		
Manganese, Mn....mg	0.256	0.008	4	A	1		1.363		
Selenium, Se....µg	7.2	0.789	4	A	1		38.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.150	0.029	4	A	1		0.801		
Riboflavin....mg	0.106	0.011	4	A	1		0.564		
Niacin....mg	1.505	0.094	4	A	1		8.022		
Pantothenic acid....mg	0.205	0.003	4	A	1		1.094		
Vitamin B-6....mg	0.103	0.011	4	A	1		0.548		
Folate, total....µg	43	3.775	4	A	1		227		
Folic acid....µg	16	6.096	4	A	1		85		
Folate, food....µg	27		0	AS	1		141		
Folate, DFE....µg	54		0	NC	4		286		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.40	0.041	4	A	1		2.13		
Vitamin A, RAE....µg	3		0	AS	1		16		
Retinol....µg									
Carotene, beta....µg	37	8.851	4	A	1		197		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	62		0	AS	1		329		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.068	4	A	1		2.89		
Tocopherol, beta....mg	0.02	0.004	4	A	1		0.10		
Tocopherol, gamma....mg	1.23	0.188	4	A	1		6.54		
Tocopherol, delta....mg	0.58	0.059	4	A	1		3.08		
Tocotrienol, alpha....mg	0.01	0.010	4	A	1		0.05		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma....mg	0.05	0.005	4	A	1		0.28		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 21270
TACO BELL, Taco Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	10.7	1.353	4	A	1		57.2		
Dihydrophylloquinone....µg	10.0	1.389	4	A	1		53.2		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.979		0	NC	4		15.880		
4:0....g									
6:0....g									
8:0....g	0.025	0.003	4	A	1		0.133		
10:0....g	0.055	0.003	4	A	1		0.293		
12:0....g	0.060	0.004	4	A	1		0.320		
13:0....g									
14:0....g	0.262	0.017	4	A	1		1.399		
15:0....g	0.030	0.003	4	A	1		0.159		
16:0....g	1.547	0.065	4	A	1		8.248		
17:0....g	0.045	0.003	4	A	1		0.240		
18:0....g	0.927	0.041	4	A	1		4.943		
20:0....g	0.017	0.003	4	A	1		0.093		
22:0....g	0.010	0.000	4	A	1		0.053		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	3.972		0	NC	4		21.172		
14:1....g	0.030	0.000	4	A	1		0.159		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.115	0.006	4	A	1		0.613		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	3.812	0.153	4	A	1		20.320		
20:1....g	0.015	0.003	4	A	1		0.079		
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.752		0	NC	4		4.011		
18:2 undifferentiated....g	0.655	0.025	4	A	1		3.491		
18:3 undifferentiated....g	0.098	0.003	4	A	1		0.520		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	19	0.874	4	A	1		99		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0	A	1		0.456		
Threonine....g	0.266		0	A	1		1.416		
Isoleucine....g	0.268		0	A	1		1.429		
Leucine....g	0.519		0	A	1		2.765		
Lysine....g	0.441		0	A	1		2.350		
Methionine....g	0.120		0	A	1		0.642		
Cystine....g	0.078		0	A	1		0.415		
Phenylalanine....g	0.340		0	A	1		1.814		
Tyrosine....g	0.218		0	A	1		1.161		
Valine....g	0.311		0	A	1		1.656		
Arginine....g	0.346		0	A	1		1.844		
Histidine....g	0.180		0	A	1		0.962		
Alanine....g	0.321		0	A	1		1.713		
Aspartic acid....g	0.651		0	A	1		3.472		
Glutamic acid....g	1.336		0	A	1		7.122		
Glycine....g	0.306		0	A	1		1.632		

NDB No. 21270
TACO BELL, Taco Salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.473		0	A	1		2.523		
Serine.....g	0.336		0	A	1		1.789		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 533g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21088
Tostada with guacamole

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	72.51	0.899	9		1		189.25		
Energy ... kcal	138		0		1		360		
Energy ... kJ	577				1		1507		
Protein (N x 6.3) ... g	4.78	0.458	9		1		12.48		
Total lipid (fat) ... g	8.91	0.437	9		1		23.26		
Ash ... g	1.53	0.091	9		1		3.99		
Carbohydrate, by difference ... g	12.27		0	NC	4		32.02		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	162	13.210	9		1		423		
Iron, Fe ... mg	0.62	0.037	9		1		1.62		
Magnesium, Mg ... mg	28	1.281	9		1		73		
Phosphorus, P ... mg	89	7.332	9		1		232		
Potassium, K ... mg	249	11.143	9		1		650		
Sodium, Na ... mg	306	31.841	9		1		799		
Zinc, Zn ... mg	1.56	0.414	9		1		4.07		
Copper, Cu ... mg	0.097	0.010	7		1		0.253		
Manganese, Mn ... mg	0.135	0.006	9		1		0.352		
Selenium, Se ... µg	2.7		0	RK	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.4	0.509	9		1		3.7		
Thiamin ... mg	0.050	0.005	9		1		0.131		
Riboflavin ... mg	0.220	0.030	9		1		0.574		
Niacin ... mg	0.760	0.034	9		1		1.984		
Pantothenic acid ... mg	0.770	0.043	9		1		2.010		
Vitamin B-6 ... mg	0.100	0.005	9		1		0.261		
Folate, total ... µg	44		0	RK	4		115		
Folic acid ... µg	2		0	NC	4		5		
Folate, food ... µg	42		0		4		110		
Folate, DFE ... µg	45		0	NC	4		118		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.38	0.042	9		1		0.99		
Vitamin A, RAE ... µg	80		0	NC	4		209		
Retinol ... µg	56		0	NC	4		146		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	671	203.619	5		1		1751		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
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. 21088
Tostada with guacamole

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.780		0		1		9.866		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.120		2		1		0.313		
12:0....g	0.160		2		1		0.418		
13:0....g									
14:0....g	0.510		2		1		1.331		
15:0....g									
16:0....g	2.070		2		1		5.403		
17:0....g									
18:0....g	0.920		2		1		2.401		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.250		0		1		8.483		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.250		2		1		8.483		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.170		0		1		3.054		
18:2 undifferentiated....g	1.110		2		1		2.897		
18:3 undifferentiated....g	0.060		2		1		0.157		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
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	15		2		1		39		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.123		
Threonine....g	0.159		0		1		0.415		
Isoleucine....g	0.213		0		1		0.556		
Leucine....g	0.411		0		1		1.073		
Lysine....g	0.259		0		1		0.676		
Methionine....g	0.096		0		1		0.251		
Cystine....g	0.046		0		1		0.120		
Phenylalanine....g	0.207		0		1		0.540		
Tyrosine....g	0.175		0		1		0.457		
Valine....g	0.247		0		1		0.645		
Arginine....g	0.185		0		1		0.483		
Histidine....g	0.129		0		1		0.337		
Alanine....g	0.213		0		1		0.556		
Aspartic acid....g	0.392		0		1		1.023		
Glutamic acid....g	1.027		0		1		2.680		
Glycine....g	0.131		0		1		0.342		
Proline....g	0.378		0		1		0.987		
Serine....g	0.221		0		1		0.577		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21088
Tostada with guacamole

Common Measures:

Measure 1 = 261g: 2 pieces

Calories Factors: Protein 3.54 **Fat** 8.44 **Carbohydrate** 3.73

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21508

WEND'YS, Crispy Chicken Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.92	0.479	6	A	1		57.86		
Energy....kcal	278		0	NC	4		350		
Energy....kJ	1162		0	NC	4		1464		
Protein....g	11.72	0.248	6	A	1		14.77		
Total lipid (fat)....g	13.93	0.296	6	A	1		17.56		
Ash....g	2.06	0.024	6	A	1		2.60		
Carbohydrate, by difference....g	26.36		0	NC	4		33.22		
Fiber, total dietary....g									
Sugars, total....g	3.13	0.067	3	A	1		3.95		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.17	0.033	3	A	1		1.47		
Fructose....g	1.43	0.033	3	A	1		1.81		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.53	0.033	3	A	1		0.67		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	37	2.921	6	A	1		47		
Iron, Fe....mg	1.49	0.035	6	A	1		1.88		
Magnesium, Mg....mg	20	0.226	6	A	1		25		
Phosphorus, P....mg	182	2.349	6	A	1		229		
Potassium, K....mg	185	4.070	6	A	1		233		
Sodium, Na....mg	566	5.437	6	A	1		713		
Zinc, Zn....mg	0.59	0.002	6	A	1		0.74		
Copper, Cu....mg	0.074	0.001	6	A	1		0.093		
Manganese, Mn....mg	0.260	0.005	6	A	1		0.327		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	2.641		0	NC	4		3.328		
4:0....g	0.001	0.001	3	A	1		0.001		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.012	0.001	3	A	1		0.015		
10:0....g	0.010	0.001	3	A	1		0.012		
12:0....g	0.003	0.001	3	A	1		0.004		
13:0....g									
14:0....g	0.031	0.004	3	A	1		0.039		
15:0....g	0.004	0.000	3	A	1		0.005		
16:0....g	1.810	0.128	3	A	1		2.281		
17:0....g	0.014	0.001	3	A	1		0.018		
18:0....g	0.671	0.032	3	A	1		0.845		
20:0....g	0.037	0.001	3	A	1		0.047		
22:0....g	0.035	0.002	3	A	1		0.044		
24:0....g	0.014	0.000	3	A	1		0.018		
Fatty acids, total monounsaturated....g	3.193		0	NC	4		4.023		
14:1....g	0.003	0.001	3	A	1		0.004		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.122	0.039	3	AS	1		0.153		
16:1 c....g	0.122	0.039	3	A	1		0.153		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.008	0.000	3	A	1		0.010		
18:1 undifferentiated....g	3.009	0.181	3	AS	1		3.791		
18:1 c....g	2.988	0.179	3	A	1		3.765		
18:1 t....g	0.021	0.002	3	A	1		0.026		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.050	0.010	3	A	1		0.063		
22:1 undifferentiated....g	0.001	0.000	3	AS	1		0.001		
22:1 c....g	0.001	0.000	3	A	1		0.001		

NDB No. 21508
WEND'YS, Crispy Chicken Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.002	0.002	3	A	1		0.002		
Fatty acids, total polyunsaturated....g	6.634		0	NC	4		8.359		
18:2 undifferentiated....g	5.942	0.119	3	AS	1		7.487		
18:2 n-6 c,c....g	5.875	0.123	3	A	1		7.402		
18:2 CLAs....g	0.016	0.001	3	A	1		0.020		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.052	0.005	3	A	1		0.066		
18:3 undifferentiated....g	0.635	0.035	3	AS	1		0.800		
18:3 n-3 c,c,c (ALA)....g	0.603	0.033	3	A	1		0.759		
18:3 n-6 c,c,c....g	0.032	0.003	3	A	1		0.040		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.008	0.000	3	A	1		0.010		
20:3 undifferentiated....g	0.009	0.002	3	AS	1		0.011		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.009	0.001	3	A	1		0.011		
20:4 undifferentiated....g	0.028	0.001	3	A	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	3	A	1		0.001		
21:5....g									
22:4....g	0.007	0.003	3	A	1		0.008		
22:5 n-3 (DPA)....g	0.003	0.000	3	A	1		0.003		
22:6 n-3 (DHA)....g	0.002	0.000	3	A	1		0.003		
Fatty acids, total trans....g	0.073		0	NC	4		0.091		
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.026		
Fatty acids, total trans-polyenoic....g	0.052		0	NC	4		0.066		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21243

WENDY'S, CLASSIC DOUBLE, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.84		1	A	1		173.10		
Energy ... kcal	241		0	NC	4		746		
Energy ... kJ	1007		0	NC	4		3122		
Protein (N x 6.25) ... g	16.52		1	A	1		51.21		
Total lipid (fat) ... g	14.20		1	A	1		44.02		
Ash ... g	1.73		1	A	1		5.36		
Carbohydrate, by difference ... g	11.71		0	NC	4		36.30		
Fiber, total dietary ... g	1.1		1	A	1		3.4		
Sugars, total ... g									
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	0.47		1	A	1		1.46		
Fructose ... g	0.62		1	A	1		1.92		
Lactose ... g	0.15		1	A	1		0.46		
Maltose ... g	0.15		1	A	1		0.46		
Galactose ... g									
Starch ... g	8.60		1	A	1		26.66		
Minerals:									
Calcium, Ca ... mg	58		1	A	1		179		
Iron, Fe ... mg	2.94		1	A	1		9.11		
Magnesium, Mg ... mg	19		1	A	1		59		
Phosphorus, P ... mg	134		1	A	1		415		
Potassium, K ... mg	214		1	A	1		663		
Sodium, Na ... mg	422		1	A	1		1308		
Zinc, Zn ... mg	3.05		1	A	1		9.45		
Copper, Cu ... mg	0.075		1	A	1		0.231		
Manganese, Mn ... mg	0.133		1	A	1		0.412		
Selenium, Se ... µg	19.9		1	A	1		61.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		1	A	1		2.3		
Thiamin ... mg	0.242		1	A	1		0.750		
Riboflavin ... mg	0.251		1	A	1		0.778		
Niacin ... mg	3.520		1	A	1		10.912		
Pantothenic acid ... mg	0.359		1	A	1		1.113		
Vitamin B-6 ... mg	0.189		1	A	1		0.586		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.92		1	A	1		5.95		
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	6.9		1	A	1		21.4		
Dihydrophylloquinone ... µg	0.0		1	A	1		0.0		
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21243
WENDY'S, CLASSIC DOUBLE, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.890		0	NC	4		18.257		
4:0....g									
6:0....g									
8:0....g	0.020		1	A	1		0.062		
10:0....g	0.050		1	A	1		0.155		
12:0....g	0.060		1	A	1		0.186		
13:0....g									
14:0....g	0.500		1	A	1		1.550		
15:0....g	0.070		1	A	1		0.217		
16:0....g	3.240		1	A	1		10.044		
17:0....g	0.160		1	A	1		0.496		
18:0....g	1.750		1	A	1		5.425		
20:0....g	0.020		1	A	1		0.062		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.020		1	A	1		0.062		
Fatty acids, total monounsaturated....g	5.740		0	NC	4		17.794		
14:1....g	0.110		1	A	1		0.341		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.490		1	A	1		1.519		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	5.090		1	A	1		15.779		
20:1....g	0.050		1	A	1		0.155		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.300		0	NC	4		4.029		
18:2 undifferentiated....g	1.040		1	A	1		3.224		
18:3 undifferentiated....g	0.150		1	A	1		0.465		
18:4....g	0.070		1	A	1		0.217		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.010		1	A	1		0.031		
20:4 undifferentiated....g	0.030		1	A	1		0.093		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	51		1	A	1		157		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.160		0	A	1		0.496		
Threonine....g	0.570		0	A	1		1.767		
Isoleucine....g	0.590		0	A	1		1.829		
Leucine....g	1.060		0	A	1		3.286		
Lysine....g	1.010		0	A	1		3.131		
Methionine....g	0.340		0	A	1		1.054		
Cystine....g	0.180		0	A	1		0.558		
Phenylalanine....g	0.570		0	A	1		1.767		
Tyrosine....g	0.350		0	A	1		1.085		
Valine....g	0.680		0	A	1		2.108		
Arginine....g	0.810		0	A	1		2.511		
Histidine....g	0.380		0	A	1		1.178		
Alanine....g	0.860		0	A	1		2.666		
Aspartic acid....g	1.230		0	A	1		3.813		
Glutamic acid....g	2.440		0	A	1		7.564		
Glycine....g	0.930		0	A	1		2.883		
Proline....g	0.900		0	A	1		2.790		
Serine....g	0.600		0	A	1		1.860		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21243
WENDY'S, CLASSIC DOUBLE, with cheese

Common Measures:

Measure 1 = 310g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21239

WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	58.41	0.623	4	A	1		127.33		
Energy ... kcal	213		0	NC	4		465		
Energy ... kJ	892		0	NC	4		1945		
Protein (N x 6.25) ... g	12.63	0.452	4	A	1		27.53		
Total lipid (fat) ... g	10.60	0.168	4	A	1		23.11		
Ash ... g	1.54	0.051	4	A	1		3.36		
Carbohydrate, by difference ... g	16.82		0	NC	4		36.67		
Fiber, total dietary ... g	1.3	0.000	3	A	1		2.8		
Sugars, total ... g									
Sucrose ... g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose) ... g	1.14	0.062	4	A	1		2.47		
Fructose ... g	1.32	0.094	4	A	1		2.87		
Lactose ... g	0.00	0.000	4	A	1		0.00		
Maltose ... g	0.22	0.073	4	A	1		0.48		
Galactose ... g									
Starch ... g	11.52	0.250	4	A	1		25.12		
Minerals:									
Calcium, Ca ... mg	34	4.631	4	A	1		75		
Iron, Fe ... mg	2.73	0.167	4	A	1		5.96		
Magnesium, Mg ... mg	18	0.522	4	A	1		40		
Phosphorus, P ... mg	103	2.847	4	A	1		225		
Potassium, K ... mg	195	5.186	4	A	1		426		
Sodium, Na ... mg	395	20.129	4	A	1		861		
Zinc, Zn ... mg	2.47	0.101	4	A	1		5.38		
Copper, Cu ... mg	0.139	0.013	4	A	1		0.304		
Manganese, Mn ... mg	0.187	0.006	4	A	1		0.409		
Selenium, Se ... µg	18.2	1.385	4	A	1		39.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5	0.161	4	A	1		1.2		
Thiamin ... mg	0.275	0.008	4	A	1		0.600		
Riboflavin ... mg	0.205	0.013	4	A	1		0.447		
Niacin ... mg	3.225	0.058	4	A	1		7.030		
Pantothenic acid ... mg	0.336	0.029	4	A	1		0.732		
Vitamin B-6 ... mg	0.114	0.009	4	A	1		0.249		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.45	0.083	4	A	1		3.17		
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	9.0	0.403	4	A	1		19.7		
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21239
WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.689		0	NC	4		8.043		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.245	0.009	4	A	1		0.534		
15:0....g	0.040	0.000	4	A	1		0.087		
16:0....g	2.110	0.073	4	A	1		4.600		
17:0....g	0.105	0.005	4	A	1		0.229		
18:0....g	1.165	0.052	4	A	1		2.540		
20:0....g	0.015	0.003	4	A	1		0.032		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.010	0.000	4	A	1		0.022		
Fatty acids, total monounsaturated....g	4.077		0	NC	4		8.888		
14:1....g	0.075	0.003	4	A	1		0.163		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.330	0.011	4	A	1		0.719		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	3.622	0.074	4	A	1		7.897		
20:1....g	0.040	0.000	4	A	1		0.087		
22:1 undifferentiated....g	0.010	0.000	4	A	1		0.022		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.550		0	NC	4		3.379		
18:2 undifferentiated....g	1.308	0.071	4	A	1		2.850		
18:3 undifferentiated....g	0.172	0.011	4	A	1		0.376		
18:4....g	0.050	0.000	4	A	1		0.109		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.020	0.000	4	A	1		0.043		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	35	1.599	4	A	1		77		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	A	1		0.291		
Threonine....g	0.459		0	A	1		1.000		
Isoleucine....g	0.459		0	A	1		1.000		
Leucine....g	0.827		0	A	1		1.803		
Lysine....g	0.769		0	A	1		1.677		
Methionine....g	0.240		0	A	1		0.523		
Cystine....g	0.153		0	A	1		0.333		
Phenylalanine....g	0.461		0	A	1		1.005		
Tyrosine....g	0.251		0	A	1		0.547		
Valine....g	0.524		0	A	1		1.142		
Arginine....g	0.666		0	A	1		1.453		
Histidine....g	0.301		0	A	1		0.656		
Alanine....g	0.699		0	A	1		1.523		
Aspartic acid....g	0.997		0	A	1		2.174		
Glutamic acid....g	2.145		0	A	1		4.676		
Glycine....g	0.801		0	A	1		1.746		
Proline....g	0.754		0	A	1		1.644		
Serine....g	0.491		0	A	1		1.071		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21239
WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Common Measures:

Measure 1 = 218g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21240

WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	57.50		1	A	1		135.70		
Energy ... kcal	221		0	NC	4		521		
Energy ... kJ	923		0	NC	4		2179		
Protein (N x 6.25) ... g	14.87		1	A	1		35.09		
Total lipid (fat) ... g	11.60		1	A	1		27.38		
Ash ... g	1.83		1	A	1		4.32		
Carbohydrate, by difference ... g	14.20		0	NC	4		33.51		
Fiber, total dietary ... g	1.4		1	A	1		3.3		
Sugars, total ... g									
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	0.82		1	A	1		1.93		
Fructose ... g	1.09		1	A	1		2.57		
Lactose ... g	0.21		1	A	1		0.50		
Maltose ... g	0.29		1	A	1		0.68		
Galactose ... g									
Starch ... g	9.90		1	A	1		23.36		
Minerals:									
Calcium, Ca ... mg	75		1	A	1		177		
Iron, Fe ... mg	2.34		1	A	1		5.52		
Magnesium, Mg ... mg	19		1	A	1		44		
Phosphorus, P ... mg	126		1	A	1		297		
Potassium, K ... mg	187		1	A	1		441		
Sodium, Na ... mg	476		1	A	1		1123		
Zinc, Zn ... mg	2.58		1	A	1		6.09		
Copper, Cu ... mg	0.075		1	A	1		0.176		
Manganese, Mn ... mg	0.162		1	A	1		0.382		
Selenium, Se ... µg	19.1		1	A	1		45.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1	A	1		1.3		
Thiamin ... mg	0.260		1	A	1		0.613		
Riboflavin ... mg	0.256		1	A	1		0.604		
Niacin ... mg	3.190		1	A	1		7.528		
Pantothenic acid ... mg	0.291		1	A	1		0.687		
Vitamin B-6 ... mg	0.106		1	A	1		0.250		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.54		1	A	1		3.63		
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	9.3		1	A	1		21.9		
Dihydrophylloquinone ... µg	0.0		1	A	1		0.0		
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21240
WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.191		0	NC	4		12.251		
4:0....g	0.122		1	A	1		0.288		
6:0....g	0.071		1	A	1		0.169		
8:0....g	0.045		1	A	1		0.105		
10:0....g	0.073		1	A	1		0.173		
12:0....g	0.081		1	A	1		0.190		
13:0....g									
14:0....g	0.419		1	A	1		0.989		
15:0....g	0.057		1	A	1		0.135		
16:0....g	2.719		1	A	1		6.417		
17:0....g	0.113		1	A	1		0.268		
18:0....g	1.451		1	A	1		3.425		
20:0....g	0.020		1	A	1		0.048		
22:0....g	0.006		1	A	1		0.013		
24:0....g	0.013		1	A	1		0.031		
Fatty acids, total monounsaturated....g	4.407		0	NC	4		10.401		
14:1....g	0.089		1	A	1		0.209		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.393		0	AS	1		0.928		
16:1 c....g	0.361		1	A	1		0.853		
16:1 t....g	0.032		1	A	1		0.075		
17:1....g	0.036		1	A	1		0.084		
18:1 undifferentiated....g	3.854		0	AS	1		9.094		
18:1 c....g	3.543		1	A	1		8.361		
18:1 t....g	0.311		1	A	1		0.733		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031		1	A	1		0.073		
22:1 undifferentiated....g	0.005		1	A	1		0.012		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.405		0	NC	4		3.316		
18:2 undifferentiated....g	1.195		0	AS	1		2.821		
18:2 n-6 c,c....g	1.143		1	A	1		2.698		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.052		1	A	1		0.122		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.161		0	AS	1		0.380		
18:3 n-3 c,c,c (ALA)....g	0.161		1	A	1		0.380		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.030		1	A	1		0.071		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.019		0	AS	1		0.044		
20:4 n-6....g	0.019		1	A	1		0.044		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.394		0	NC	4		0.930		
Fatty acids, total trans-monoenoic....g	0.342		0	NC	4		0.808		
Fatty acids, total trans-polyenoic....g	0.052		0	NC	4		0.122		
Cholesterol....mg	38		1	A	1		91		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.120		0	A	1		0.283		
Threonine....g	0.450		0	A	1		1.062		
Isoleucine....g	0.470		0	A	1		1.109		
Leucine....g	0.850		0	A	1		2.006		
Lysine....g	0.780		0	A	1		1.841		

NDB No. 21240
WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.250		0	A	1		0.590		
Cystine....g	0.140		0	A	1		0.330		
Phenylalanine....g	0.470		0	A	1		1.109		
Tyrosine....g	0.270		0	A	1		0.637		
Valine....g	0.530		0	A	1		1.251		
Arginine....g	0.630		0	A	1		1.487		
Histidine....g	0.310		0	A	1		0.732		
Alanine....g	0.630		0	A	1		1.487		
Aspartic acid....g	0.980		0	A	1		2.313		
Glutamic acid....g	2.200		0	A	1		5.192		
Glycine....g	0.690		0	A	1		1.628		
Proline....g	0.790		0	A	1		1.864		
Serine....g	0.510		0	A	1		1.203		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21246
WENDY'S, Chicken Nuggets
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.15	0.848	6	A	1		30.02	62.70	
Energy....kcal	326		0	NC	4		222	463	
Energy....kJ	1364		0	NC	4		928	1937	
Protein (N x 6.25)....g	16.46	0.439	6	A	1		11.19	23.37	
Total lipid (fat)....g	22.55	0.480	6	A	1		15.34	32.03	
Ash....g	2.52	0.049	6	A	1		1.71	3.58	
Carbohydrate, by difference....g	14.31		0	NC	4		9.73	20.33	
Fiber, total dietary....g									
Sugars, total....g	0.08	0.009	3	A	1		0.06	0.12	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.08	0.009	3	A	1		0.06	0.12	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.593	6	A	1		7	15	
Iron, Fe....mg	0.62	0.014	6	A	1		0.42	0.88	
Magnesium, Mg....mg	22	0.313	6	A	1		15	32	
Phosphorus, P....mg	271	5.199	6	A	1		184	385	
Potassium, K....mg	250	6.436	6	A	1		170	355	
Sodium, Na....mg	708	18.103	6	A	1		481	1005	
Zinc, Zn....mg	0.61	0.014	6	A	1		0.41	0.86	
Copper, Cu....mg	0.061	0.003	6	A	1		0.041	0.086	
Manganese, Mn....mg	0.190	0.008	6	A	1		0.129	0.270	
Selenium, Se....µg	25.0	0.986	4	A	1		17.0	35.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.471	4	A	1		0.9	1.8	
Thiamin....mg	0.079	0.004	4	A	1		0.054	0.113	
Riboflavin....mg	0.122	0.008	4	A	1		0.083	0.173	
Niacin....mg	6.042	0.237	4	A	1		4.109	8.580	
Pantothenic acid....mg	0.905	0.044	3	A	1		0.615	1.285	
Vitamin B-6....mg	0.254	0.013	4	A	1		0.173	0.361	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.33	0.000	4	A	1		0.22	0.47	
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	8.0	1.198	4	A	1		5.5	11.4	
Dihydrophylloquinone....µg	17.1	2.556	4	A	1		11.7	24.4	
Menaquinone-4....µg									
Lipids:									

NDB No. 21246
WENDY'S, Chicken Nuggets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.787		0	NC	4		3.255	6.797	
4:0....g	0.003	0.001	3	A	1		0.002	0.004	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.028	0.001	3	A	1		0.019	0.040	
10:0....g	0.015	0.001	3	A	1		0.010	0.022	
12:0....g	0.006	0.000	3	A	1		0.004	0.008	
13:0....g									
14:0....g	0.070	0.005	3	A	1		0.047	0.099	
15:0....g	0.009	0.000	3	A	1		0.006	0.012	
16:0....g	3.395	0.140	3	A	1		2.308	4.820	
17:0....g	0.023	0.001	3	A	1		0.016	0.033	
18:0....g	1.111	0.029	3	A	1		0.755	1.578	
20:0....g	0.058	0.001	3	A	1		0.039	0.082	
22:0....g	0.049	0.001	3	A	1		0.033	0.069	
24:0....g	0.022	0.001	3	A	1		0.015	0.031	
Fatty acids, total monounsaturated....g	6.138		0	NC	4		4.174	8.716	
14:1....g	0.012	0.001	3	A	1		0.008	0.017	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.358	0.038	3	AS	1		0.243	0.508	
16:1 c....g	0.356	0.038	3	A	1		0.242	0.505	
16:1 t....g	0.002	0.000	3	A	1		0.002	0.003	
17:1....g	0.013	0.001	3	A	1		0.009	0.019	
18:1 undifferentiated....g	5.645	0.224	3	AS	1		3.839	8.016	
18:1 c....g	5.601	0.222	3	A	1		3.809	7.953	
18:1 t....g	0.044	0.002	3	A	1		0.030	0.063	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.100	0.014	3	A	1		0.068	0.142	
22:1 undifferentiated....g	0.004	0.002	3	AS	1		0.002	0.005	
22:1 c....g	0.004	0.002	3	A	1		0.002	0.005	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.006	0.002	3	A	1		0.004	0.008	
Fatty acids, total polyunsaturated....g	10.117		0	NC	4		6.880	14.366	
18:2 undifferentiated....g	9.186	0.138	3	AS	1		6.246	13.044	
18:2 n-6 c,c....g	9.042	0.140	3	A	1		6.148	12.839	
18:2 CLAs....g	0.030	0.001	3	A	1		0.021	0.043	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.114	0.007	3	A	1		0.077	0.162	
18:3 undifferentiated....g	0.809	0.003	3	AS	1		0.550	1.149	
18:3 n-3 c,c,c (ALA)....g	0.765	0.006	3	A	1		0.520	1.086	
18:3 n-6 c,c,c....g	0.044	0.003	3	A	1		0.030	0.063	
18:3i....g									
18:4....g	0.002	0.000	3	A	1		0.002	0.003	
20:2 n-6 c,c....g	0.017	0.001	3	A	1		0.011	0.024	
20:3 undifferentiated....g	0.018	0.000	3	AS	1		0.012	0.025	
20:3 n-3....g	0.001	0.001	3	A	1		0.001	0.001	
20:3 n-6....g	0.017	0.001	3	A	1		0.011	0.024	
20:4 undifferentiated....g	0.056	0.003	3	A	1		0.038	0.080	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.001	0.003	
21:5....g									
22:4....g	0.018	0.001	3	A	1		0.012	0.025	
22:5 n-3 (DPA)....g	0.006	0.000	3	A	1		0.004	0.008	
22:6 n-3 (DHA)....g	0.003	0.000	3	A	1		0.002	0.005	
Fatty acids, total trans....g	0.161		0	NC	4		0.109	0.228	
Fatty acids, total trans-monoenoic....g	0.047		0	NC	4		0.032	0.066	
Fatty acids, total trans-polyenoic....g	0.114		0	NC	4		0.077	0.162	
Cholesterol....mg	50	0.855	4	A	1		34	71	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21246
WENDY'S, Chicken Nuggets

Common Measures:

Measure 1 = 68g: 5 pieces

Measure 2 = 142g: 10 pieces

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21510
WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.92	0.833	6	A	1		109.47		
Energy....kcal	268		0	NC	4		576		
Energy....kJ	1121		0	NC	4		2410		
Protein....g	13.69	0.449	6	A	1		29.43		
Total lipid (fat)....g	15.80	0.582	6	A	1		33.98		
Ash....g	1.86	0.063	6	A	1		4.00		
Carbohydrate, by difference....g	17.73		0	NC	4		38.12		
Fiber, total dietary....g	1.1	0.015	3	A	1		2.3		
Sugars, total....g	4.50	0.058	3	A	1		9.67		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.63	0.033	3	A	1		3.51		
Fructose....g	2.10	0.000	3	A	1		4.51		
Lactose....g	0.37	0.088	3	A	1		0.79		
Maltose....g	0.40	0.058	3	A	1		0.86		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	12.63	0.644	3	A	1		27.16		
Minerals:									
Calcium, Ca....mg	73	5.487	6	A	1		158		
Iron, Fe....mg	2.30	0.161	6	A	1		4.95		
Magnesium, Mg....mg	18	0.277	6	A	1		38		
Phosphorus, P....mg	125	4.799	6	A	1		268		
Potassium, K....mg	208	3.853	6	A	1		448		
Sodium, Na....mg	473	23.898	6	A	1		1018		
Zinc, Zn....mg	2.26	0.058	6	A	1		4.86		
Copper, Cu....mg	0.081	0.002	6	A	1		0.174		
Manganese, Mn....mg	0.186	0.005	6	A	1		0.399		
Selenium, Se....µg	16.5	1.378	3	A	1		35.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.196	3	A	1		2.4		
Thiamin....mg	0.177	0.012	3	A	1		0.380		
Riboflavin....mg	0.257	0.009	3	A	1		0.552		
Niacin....mg	3.143	0.154	3	A	1		6.758		
Pantothenic acid....mg	0.755		2	A	1		1.623		
Vitamin B-6....mg	0.186	0.003	3	A	1		0.400		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	36.8		0	AS	1		79.1		
Betaine....mg	17.2		1	A	1		37.0		
Vitamin B-12....µg	0.93	0.032	3	A	1		1.99		
Vitamin A, RAE....µg	50		0	AS	1		107		
Vitamin A, IU....IU	256		0	AS	1		550		
Lycopene....µg	208		1	A	1		447		
Lutein + zeaxanthin....µg	41		1	A	1		88		
Vitamin E (alpha-tocopherol)....mg	0.57	0.017	3	A	1		1.23		
Tocopherol, beta....mg	0.07	0.006	3	A	1		0.15		
Tocopherol, gamma....mg	1.81	0.304	3	A	1		3.88		
Tocopherol, delta....mg	0.76	0.128	3	A	1		1.63		
Tocotrienol, alpha....mg	0.02	0.003	3	A	1		0.04		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.01	0.000	3	A	1		0.02		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 21510
WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.746		0	NC	4		12.354		
4:0....g	0.077	0.007	3	A	1		0.166		
6:0....g	0.060	0.005	3	A	1		0.128		
8:0....g	0.043	0.004	3	A	1		0.092		
10:0....g	0.100	0.007	3	A	1		0.216		
12:0....g	0.112	0.008	3	A	1		0.240		
13:0....g									
14:0....g	0.565	0.022	3	A	1		1.215		
15:0....g	0.075	0.003	3	A	1		0.161		
16:0....g	3.017	0.047	3	A	1		6.486		
17:0....g	0.122	0.008	3	A	1		0.262		
18:0....g	1.527	0.041	3	A	1		3.284		
20:0....g	0.023	0.001	3	A	1		0.049		
22:0....g	0.015	0.001	3	A	1		0.032		
24:0....g	0.008	0.001	3	A	1		0.017		
Fatty acids, total monounsaturated....g	5.352		0	NC	4		11.506		
14:1....g	0.101	0.003	3	A	1		0.218		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.335	0.005	3	AS	1		0.719		
16:1 c....g	0.295	0.005	3	A	1		0.635		
16:1 t....g	0.039	0.001	3	A	1		0.084		
17:1....g	0.083	0.006	3	A	1		0.178		
18:1 undifferentiated....g	4.776	0.151	3	AS	1		10.267		
18:1 c....g	4.264	0.121	3	A	1		9.167		
18:1 t....g	0.512	0.043	3	A	1		1.101		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.003	3	A	1		0.105		
22:1 undifferentiated....g	0.007	0.003	3	AS	1		0.015		
22:1 c....g	0.007	0.003	3	A	1		0.015		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.001	0.001	3	A	1		0.003		
Fatty acids, total polyunsaturated....g	2.366		0	NC	4		5.086		
18:2 undifferentiated....g	2.045	0.186	3	AS	1		4.397		
18:2 n-6 c,c....g	1.901	0.185	3	A	1		4.088		
18:2 CLAs....g	0.067	0.005	3	A	1		0.144		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.077	0.005	3	A	1		0.165		
18:3 undifferentiated....g	0.252	0.024	3	AS	1		0.541		
18:3 n-3 c,c,c (ALA)....g	0.240	0.023	3	A	1		0.515		
18:3 n-6 c,c,c....g	0.012	0.003	3	A	1		0.026		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.011		
20:3 undifferentiated....g	0.018	0.001	3	AS	1		0.038		
20:3 n-3....g	0.003	0.001	3	A	1		0.006		
20:3 n-6....g	0.015	0.001	3	A	1		0.032		
20:4 undifferentiated....g	0.029	0.001	3	A	1		0.063		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.006		
21:5....g									
22:4....g	0.007	0.000	3	A	1		0.014		
22:5 n-3 (DPA)....g	0.007	0.001	3	A	1		0.015		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.628		0	NC	4		1.351		
Fatty acids, total trans-monoenoic....g	0.551		0	NC	4		1.185		
Fatty acids, total trans-polyenoic....g	0.077		0	NC	4		0.165		
Cholesterol....mg	51	1.486	3	A	1		109		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.311		
Threonine....g	0.521		0	A	1		1.119		

NDB No. 21510
WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.494		0	A	1		1.062		
Leucine.....g	1.036		0	A	1		2.227		
Lysine.....g	1.004		0	A	1		2.158		
Methionine.....g	0.295		0	A	1		0.635		
Cystine.....g	0.215		0	A	1		0.461		
Phenylalanine.....g	0.558		0	A	1		1.200		
Tyrosine.....g	0.413		0	A	1		0.889		
Valine.....g	0.574		0	A	1		1.235		
Arginine.....g	0.751		0	A	1		1.615		
Histidine.....g	0.360		0	A	1		0.773		
Alanine.....g	0.692		0	A	1		1.489		
Aspartic acid.....g	0.982		0	A	1		2.112		
Glutamic acid.....g	2.802		0	A	1		6.024		
Glycine.....g	0.827		0	A	1		1.777		
Proline.....g	1.320		0	A	1		2.839		
Serine.....g	0.590		0	A	1		1.269		
Hydroxyproline.....g	0.195		2	A	1		0.419		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 215g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21507

WENDY'S, Double Stack, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.58	0.355	6	A	1		69.46		
Energy....kcal	285		0	NC	4		416		
Energy....kJ	1192		0	NC	4		1740		
Protein....g	18.53	0.272	6	A	1		27.06		
Total lipid (fat)....g	16.60	0.406	6	A	1		24.23		
Ash....g	1.94	0.064	6	A	1		2.83		
Carbohydrate, by difference....g	15.35		0	NC	4		22.41		
Fiber, total dietary....g									
Sugars, total....g	3.87	0.088	3	A	1		5.65		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.50	0.000	3	A	1		2.19		
Fructose....g	1.63	0.033	3	A	1		2.38		
Lactose....g	0.33	0.033	3	A	1		0.49		
Maltose....g	0.40	0.058	3	A	1		0.58		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	73	2.547	6	A	1		107		
Iron, Fe....mg	2.75	0.116	6	A	1		4.02		
Magnesium, Mg....mg	21	0.307	6	A	1		30		
Phosphorus, P....mg	157	3.030	6	A	1		228		
Potassium, K....mg	258	5.271	6	A	1		376		
Sodium, Na....mg	477	23.823	6	A	1		696		
Zinc, Zn....mg	3.37	0.092	6	A	1		4.93		
Copper, Cu....mg	0.086	0.002	6	A	1		0.126		
Manganese, Mn....mg	0.173	0.005	6	A	1		0.253		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	6.851		0	NC	4		10.003		
4:0....g	0.047	0.004	3	A	1		0.068		
6:0....g	0.035	0.003	3	A	1		0.051		
8:0....g	0.025	0.001	3	A	1		0.036		
10:0....g	0.067	0.003	3	A	1		0.098		
12:0....g	0.075	0.004	3	A	1		0.109		
13:0....g									
14:0....g	0.594	0.023	3	A	1		0.867		
15:0....g	0.089	0.005	3	A	1		0.129		
16:0....g	3.642	0.114	3	A	1		5.317		
17:0....g	0.183	0.017	3	A	1		0.267		
18:0....g	2.060	0.085	3	A	1		3.008		
20:0....g	0.019	0.001	3	A	1		0.028		
22:0....g	0.009	0.001	3	A	1		0.013		
24:0....g	0.006	0.000	3	A	1		0.009		
Fatty acids, total monounsaturated....g	7.268		0	NC	4		10.612		
14:1....g	0.138	0.002	3	A	1		0.201		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.492	0.015	3	AS	1		0.719		
16:1 c....g	0.441	0.017	3	A	1		0.643		
16:1 t....g	0.052	0.002	3	A	1		0.075		
17:1....g	0.133	0.012	3	A	1		0.194		
18:1 undifferentiated....g	6.420	0.317	3	AS	1		9.372		
18:1 c....g	5.655	0.309	3	A	1		8.256		
18:1 t....g	0.765	0.078	3	A	1		1.116		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.063	0.003	3	A	1		0.091		
22:1 undifferentiated....g	0.021	0.004	3	AS	1		0.031		
22:1 c....g	0.021	0.004	3	A	1		0.031		

NDB No. 21507
WENDY'S, Double Stack, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.002	0.001	3	A	1		0.002		
Fatty acids, total polyunsaturated....g	1.264		0	NC	4		1.846		
18:2 undifferentiated....g	1.079	0.039	3	AS	1		1.575		
18:2 n-6 c,c....g	0.884	0.029	3	A	1		1.291		
18:2 CLAs....g	0.092	0.005	3	A	1		0.135		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.103	0.008	3	A	1		0.150		
18:3 undifferentiated....g	0.098	0.004	3	AS	1		0.143		
18:3 n-3 c,c,c (ALA)....g	0.093	0.003	3	A	1		0.136		
18:3 n-6 c,c,c....g	0.005	0.001	3	A	1		0.007		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.006	0.001	3	A	1		0.008		
20:3 undifferentiated....g	0.022	0.000	3	AS	1		0.031		
20:3 n-3....g	0.002	0.001	3	A	1		0.002		
20:3 n-6....g	0.020	0.001	3	A	1		0.029		
20:4 undifferentiated....g	0.037	0.000	3	A	1		0.054		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.003		
21:5....g									
22:4....g	0.010	0.000	3	A	1		0.014		
22:5 n-3 (DPA)....g	0.010	0.001	3	A	1		0.014		
22:6 n-3 (DHA)....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans....g	0.919		0	NC	4		1.341		
Fatty acids, total trans-monoenoic....g	0.816		0	NC	4		1.192		
Fatty acids, total trans-polyenoic....g	0.103		0	NC	4		0.150		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21248
WENDY'S, Frosty Dairy Dessert
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.25		1	A	1		78.25	157.20	206.37
Energy....kcal	132		0	NC	4		149	299	393
Energy....kJ	552		0	NC	4		623	1252	1644
Protein (N x 6.25)....g	3.49		1	A	1		3.94	7.92	10.40
Total lipid (fat)....g	2.60		1	A	1		2.94	5.90	7.75
Ash....g	1.04		1	A	1		1.18	2.36	3.10
Carbohydrate, by difference....g	23.62		0	NC	4		26.69	53.62	70.39
Fiber, total dietary....g	3.3		1	A	1		3.7	7.5	9.8
Sugars, total....g									
Sucrose....g	8.63		1	A	1		9.75	19.59	25.72
Glucose (dextrose)....g	0.55		1	A	1		0.62	1.25	1.64
Fructose....g	0.15		1	A	1		0.17	0.34	0.44
Lactose....g	5.44		1	A	1		6.15	12.35	16.21
Maltose....g	0.91		1	A	1		1.03	2.07	2.71
Galactose....g									
Starch....g	1.30		1	A	1		1.47	2.95	3.87
Minerals:									
Calcium, Ca....mg	128		1	A	1		145	291	381
Iron, Fe....mg	1.04		1	A	1		1.18	2.36	3.10
Magnesium, Mg....mg	20		1	A	1		23	46	61
Phosphorus, P....mg	112		1	A	1		127	254	334
Potassium, K....mg	185		1	A	1		209	420	551
Sodium, Na....mg	98		1	A	1		111	223	293
Zinc, Zn....mg	0.44		1	A	1		0.50	1.00	1.31
Copper, Cu....mg	0.075		1	A	1		0.084	0.169	0.222
Manganese, Mn....mg	0.063		1	A	1		0.071	0.142	0.187
Selenium, Se....µg	3.3		1	A	1		3.7	7.5	9.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin....mg	0.060		1	A	1		0.067	0.135	0.177
Riboflavin....mg	0.720		1	A	1		0.814	1.634	2.146
Niacin....mg	0.348		1	A	1		0.393	0.790	1.037
Pantothenic acid....mg	0.601		1	A	1		0.679	1.364	1.791
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	27.7		0	AS	1		31.3	62.9	82.5
Betaine....mg	1.1		1	A	1		1.2	2.5	3.2
Vitamin B-12....µg	0.59		1	A	1		0.66	1.33	1.75
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	0.4		1	A	1		0.5	0.9	1.2
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									

NDB No. 21248
WENDY'S, Frosty Dairy Dessert

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.635		0	NC	4		1.847	3.711	4.872
4:0....g									
6:0....g									
8:0....g	0.033		1	A	1		0.038	0.076	0.099
10:0....g	0.067		1	A	1		0.075	0.151	0.199
12:0....g	0.075		1	A	1		0.085	0.170	0.224
13:0....g									
14:0....g	0.259		1	A	1		0.292	0.587	0.771
15:0....g	0.025		1	A	1		0.028	0.057	0.074
16:0....g	0.776		1	A	1		0.877	1.761	2.312
17:0....g	0.017		1	A	1		0.019	0.038	0.049
18:0....g	0.384		1	A	1		0.434	0.871	1.144
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.692		0	NC	4		0.782	1.572	2.063
14:1....g	0.017		1	A	1		0.019	0.038	0.049
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.042		1	A	1		0.047	0.095	0.124
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.634		1	A	1		0.716	1.439	1.889
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.117		0	NC	4		0.132	0.265	0.348
18:2 undifferentiated....g	0.100		1	A	1		0.113	0.227	0.298
18:3 undifferentiated....g	0.017		1	A	1		0.019	0.038	0.049
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	16		1	A	1		18	36	47
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.045	0.091	0.119
Threonine....g	0.150		0	A	1		0.170	0.341	0.447
Isoleucine....g	0.150		0	A	1		0.170	0.341	0.447
Leucine....g	0.290		0	A	1		0.328	0.658	0.864
Lysine....g	0.250		0	A	1		0.283	0.568	0.745
Methionine....g	0.070		0	A	1		0.079	0.159	0.209
Cystine....g	0.040		0	A	1		0.045	0.091	0.119
Phenylalanine....g	0.140		0	A	1		0.158	0.318	0.417
Tyrosine....g	0.120		0	A	1		0.135	0.272	0.357
Valine....g	0.180		0	A	1		0.203	0.409	0.536
Arginine....g	0.110		0	A	1		0.124	0.249	0.328
Histidine....g	0.080		0	A	1		0.090	0.181	0.238
Alanine....g	0.110		0	A	1		0.124	0.249	0.328
Aspartic acid....g	0.280		0	A	1		0.316	0.636	0.834
Glutamic acid....g	0.640		0	A	1		0.723	1.453	1.907
Glycine....g	0.070		0	A	1		0.079	0.159	0.209
Proline....g	0.270		0	A	1		0.305	0.613	0.805
Serine....g	0.170		0	A	1		0.192	0.386	0.507
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21248
WENDY'S, Frosty Dairy Dessert

Common Measures:

Measure 1 = 113g: 1 junior 6 oz. cup
Measure 2 = 227g: 1 small 12 oz. cup
Measure 3 = 298g: 1 medium 16 oz. cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21244

WENDY'S, Homestyle Chicken Fillet Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.94		1	A	1		126.36		
Energy ... kcal	214		0	NC	4		493		
Energy ... kJ	896		0	NC	4		2061		
Protein (N x 6.25) ... g	13.78		1	A	1		31.69		
Total lipid (fat) ... g	8.10		1	A	1		18.63		
Ash ... g	1.63		1	A	1		3.75		
Carbohydrate, by difference ... g	21.55		0	NC	4		49.57		
Fiber, total dietary ... g	1.3		1	A	1		3.0		
Sugars, total ... g									
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	0.87		1	A	1		2.00		
Fructose ... g	1.14		1	A	1		2.62		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.15		1	A	1		0.34		
Galactose ... g									
Starch ... g	16.10		1	A	1		37.03		
Minerals:									
Calcium, Ca ... mg	23		1	A	1		52		
Iron, Fe ... mg	1.50		1	A	1		3.45		
Magnesium, Mg ... mg	24		1	A	1		56		
Phosphorus, P ... mg	161		1	A	1		370		
Potassium, K ... mg	228		1	A	1		524		
Sodium, Na ... mg	401		1	A	1		922		
Zinc, Zn ... mg	0.61		1	A	1		1.41		
Copper, Cu ... mg	0.135		1	A	1		0.311		
Manganese, Mn ... mg	0.230		1	A	1		0.529		
Selenium, Se ... µg	24.4		1	A	1		56.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		1	A	1		0.8		
Thiamin ... mg	0.295		1	A	1		0.678		
Riboflavin ... mg	0.130		1	A	1		0.299		
Niacin ... mg	3.300		1	A	1		7.590		
Pantothenic acid ... mg	0.526		1	A	1		1.210		
Vitamin B-6 ... mg	0.189		1	A	1		0.434		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.33		1	A	1		0.76		
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	10.7		1	A	1		24.6		
Dihydrophylloquinone ... µg	4.3		1	A	1		9.9		
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21244
WENDY'S, Homestyle Chicken Fillet Sandwich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.618		0	NC	4		3.722		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.001		1	A	1		0.003		
12:0....g	0.003		1	A	1		0.008		
13:0....g									
14:0....g	0.012		1	A	1		0.027		
15:0....g	0.004		1	A	1		0.010		
16:0....g	1.056		1	A	1		2.428		
17:0....g	0.004		1	A	1		0.010		
18:0....g	0.487		1	A	1		1.119		
20:0....g	0.023		1	A	1		0.052		
22:0....g	0.021		1	A	1		0.048		
24:0....g	0.008		1	A	1		0.018		
Fatty acids, total monounsaturated....g	2.921		0	NC	4		6.719		
14:1....g	0.003		1	A	1		0.008		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.131		0	AS	1		0.300		
16:1 c....g	0.131		1	A	1		0.300		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.002		1	A	1		0.005		
18:1 undifferentiated....g	2.764		0	AS	1		6.357		
18:1 c....g	2.371		1	A	1		5.452		
18:1 t....g	0.394		1	A	1		0.905		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		1	A	1		0.048		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.086		0	NC	4		7.098		
18:2 undifferentiated....g	2.826		0	AS	1		6.499		
18:2 n-6 c,c....g	2.705		1	A	1		6.222		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.120		1	A	1		0.277		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.233		0	AS	1		0.536		
18:3 n-3 c,c,c (ALA)....g	0.233		1	A	1		0.536		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.010		1	A	1		0.023		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.017		0	AS	1		0.040		
20:4 n-6....g	0.017		1	A	1		0.040		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.514		0	NC	4		1.182		
Fatty acids, total trans-monoenoic....g	0.394		0	NC	4		0.905		
Fatty acids, total trans-polyenoic....g	0.120		0	NC	4		0.277		
Cholesterol....mg	31		1	A	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.345		
Threonine....g	0.500		0	A	1		1.150		
Isoleucine....g	0.540		0	A	1		1.242		
Leucine....g	0.930		0	A	1		2.139		
Lysine....g	0.830		0	A	1		1.909		

NDB No. 21244
WENDY'S, Homestyle Chicken Fillet Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.290		0	A	1		0.667		
Cystine....g	0.180		0	A	1		0.414		
Phenylalanine....g	0.510		0	A	1		1.173		
Tyrosine....g	0.270		0	A	1		0.621		
Valine....g	0.590		0	A	1		1.357		
Arginine....g	0.650		0	A	1		1.495		
Histidine....g	0.380		0	A	1		0.874		
Alanine....g	0.650		0	A	1		1.495		
Aspartic acid....g	1.060		0	A	1		2.438		
Glutamic acid....g	2.360		0	A	1		5.428		
Glycine....g	0.520		0	A	1		1.196		
Proline....g	0.680		0	A	1		1.564		
Serine....g	0.530		0	A	1		1.219		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21242

WENDY'S, Jr. Hamburger, with cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.06		1	A	1		62.00		
Energy ... kcal	256		0	NC	4		330		
Energy ... kJ	1070		0	NC	4		1380		
Protein (N x 6.25) ... g	13.06		1	A	1		16.85		
Total lipid (fat) ... g	11.50		1	A	1		14.84		
Ash ... g	2.41		1	A	1		3.11		
Carbohydrate, by difference ... g	24.97		0	NC	4		32.21		
Fiber, total dietary ... g	1.4		1	A	1		1.8		
Sugars, total ... g									
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	2.06		1	A	1		2.66		
Fructose ... g	2.23		1	A	1		2.88		
Lactose ... g	0.23		1	A	1		0.30		
Maltose ... g	0.15		1	A	1		0.19		
Galactose ... g									
Starch ... g	16.60		1	A	1		21.41		
Minerals:									
Calcium, Ca ... mg	92		1	A	1		119		
Iron, Fe ... mg	2.78		1	A	1		3.59		
Magnesium, Mg ... mg	22		1	A	1		28		
Phosphorus, P ... mg	134		1	A	1		173		
Potassium, K ... mg	178		1	A	1		230		
Sodium, Na ... mg	660		1	A	1		851		
Zinc, Zn ... mg	2.18		1	A	1		2.81		
Copper, Cu ... mg	0.109		1	A	1		0.140		
Manganese, Mn ... mg	0.242		1	A	1		0.312		
Selenium, Se ... µg	21.9		1	A	1		28.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		1	A	1		0.8		
Thiamin ... mg	0.361		1	A	1		0.466		
Riboflavin ... mg	0.171		1	A	1		0.221		
Niacin ... mg	3.080		1	A	1		3.973		
Pantothenic acid ... mg	0.302		1	A	1		0.389		
Vitamin B-6 ... mg	0.956		1	A	1		1.233		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.30		1	A	1		1.68		
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	4.2		1	A	1		5.4		
Dihydrophylloquinone ... µg	0.0		1	A	1		0.0		
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21242
WENDY'S, Jr. Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.181		0	NC	4		6.684		
4:0....g	0.104		1	A	1		0.134		
6:0....g	0.065		1	A	1		0.083		
8:0....g	0.045		1	A	1		0.058		
10:0....g	0.083		1	A	1		0.107		
12:0....g	0.096		1	A	1		0.123		
13:0....g									
14:0....g	0.477		1	A	1		0.616		
15:0....g	0.062		1	A	1		0.080		
16:0....g	2.658		1	A	1		3.429		
17:0....g	0.113		1	A	1		0.146		
18:0....g	1.443		1	A	1		1.862		
20:0....g	0.022		1	A	1		0.028		
22:0....g	0.004		1	A	1		0.006		
24:0....g	0.009		1	A	1		0.012		
Fatty acids, total monounsaturated....g	4.398		0	NC	4		5.674		
14:1....g	0.082		1	A	1		0.106		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.377		0	AS	1		0.486		
16:1 c....g	0.342		1	A	1		0.441		
16:1 t....g	0.035		1	A	1		0.045		
17:1....g	0.036		1	A	1		0.047		
18:1 undifferentiated....g	3.862		0	AS	1		4.982		
18:1 c....g	3.476		1	A	1		4.484		
18:1 t....g	0.386		1	A	1		0.497		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032		1	A	1		0.041		
22:1 undifferentiated....g	0.010		1	A	1		0.013		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.181		0	NC	4		1.524		
18:2 undifferentiated....g	1.009		0	AS	1		1.302		
18:2 n-6 c,c....g	0.963		1	A	1		1.242		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.046		1	A	1		0.059		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.122		0	AS	1		0.158		
18:3 n-3 c,c,c (ALA)....g	0.122		1	A	1		0.158		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.030		1	A	1		0.039		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		0	AS	1		0.026		
20:4 n-6....g	0.020		1	A	1		0.026		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.466		0	NC	4		0.602		
Fatty acids, total trans-monoenoic....g	0.420		0	NC	4		0.542		
Fatty acids, total trans-polyenoic....g	0.046		0	NC	4		0.059		
Cholesterol....mg	36		1	A	1		46		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	A	1		0.168		
Threonine....g	0.440		0	A	1		0.567		
Isoleucine....g	0.480		0	A	1		0.619		
Leucine....g	0.870		0	A	1		1.122		
Lysine....g	0.700		0	A	1		0.903		

NDB No. 21242
WENDY'S, Jr. Hamburger, with cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.250		0	A	1		0.322		
Cystine.....g	0.160		0	A	1		0.206		
Phenylalanine.....g	0.500		0	A	1		0.645		
Tyrosine.....g	0.260		0	A	1		0.335		
Valine.....g	0.550		0	A	1		0.709		
Arginine.....g	0.580		0	A	1		0.748		
Histidine.....g	0.300		0	A	1		0.387		
Alanine.....g	0.590		0	A	1		0.761		
Aspartic acid.....g	0.920		0	A	1		1.187		
Glutamic acid.....g	2.480		0	A	1		3.199		
Glycine.....g	0.650		0	A	1		0.838		
Proline.....g	0.900		0	A	1		1.161		
Serine.....g	0.540		0	A	1		0.697		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21241

WENDY'S, Jr. Hamburger, without cheese

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.25	0.572	4	A	1		56.46		
Energy ... kcal	243		0	NC	4		284		
Energy ... kJ	1017		0	NC	4		1190		
Protein (N x 6.25) ... g	12.62	0.218	4	A	1		14.77		
Total lipid (fat) ... g	8.75	0.132	4	A	1		10.24		
Ash ... g	1.92	0.065	4	A	1		2.25		
Carbohydrate, by difference ... g	28.45		0	NC	4		33.29		
Fiber, total dietary ... g	1.7	0.029	4	A	1		2.0		
Sugars, total ... g									
Sucrose ... g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose) ... g	2.43	0.337	4	A	1		2.84		
Fructose ... g	2.66	0.370	4	A	1		3.12		
Lactose ... g	0.00	0.000	4	A	1		0.00		
Maltose ... g	0.51	0.188	4	A	1		0.60		
Galactose ... g									
Starch ... g	19.25	0.591	4	A	1		22.52		
Minerals:									
Calcium, Ca ... mg	45	8.138	4	A	1		53		
Iron, Fe ... mg	3.35	0.321	4	A	1		3.92		
Magnesium, Mg ... mg	21	0.339	4	A	1		25		
Phosphorus, P ... mg	107	0.750	4	A	1		125		
Potassium, K ... mg	175	3.119	4	A	1		204		
Sodium, Na ... mg	539	19.332	4	A	1		630		
Zinc, Zn ... mg	2.10	0.045	4	A	1		2.46		
Copper, Cu ... mg	0.117	0.004	4	A	1		0.137		
Manganese, Mn ... mg	0.281	0.009	4	A	1		0.328		
Selenium, Se ... µg	23.1	1.960	4	A	1		27.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5	0.115	4	A	1		0.6		
Thiamin ... mg	0.422	0.032	4	A	1		0.493		
Riboflavin ... mg	0.235	0.064	4	A	1		0.275		
Niacin ... mg	3.887	0.087	4	A	1		4.548		
Pantothenic acid ... mg	0.346	0.027	4	A	1		0.405		
Vitamin B-6 ... mg	0.124	0.024	4	A	1		0.145		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.27	0.033	4	A	1		1.48		
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	4.5	0.248	4	A	1		5.3		
Dihydrophylloquinone ... µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4 ... µg									
Lipids:									

NDB No. 21241
WENDY'S, Jr. Hamburger, without cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.466		0	NC	4		4.055		
4:0....g	0.007		2	A	1		0.008		
6:0....g	0.007		2	A	1		0.008		
8:0....g	0.004	0.002	4	A	1		0.005		
10:0....g	0.005	0.003	4	A	1		0.005		
12:0....g	0.031	0.018	4	A	1		0.037		
13:0....g									
14:0....g	0.232	0.006	4	A	1		0.272		
15:0....g	0.037	0.002	4	A	1		0.043		
16:0....g	1.928	0.066	4	A	1		2.256		
17:0....g	0.090	0.006	4	A	1		0.105		
18:0....g	1.105	0.055	4	A	1		1.293		
20:0....g	0.012	0.001	4	A	1		0.014		
22:0....g	0.003	0.002	4	A	1		0.004		
24:0....g	0.003	0.002	4	A	1		0.004		
Fatty acids, total monounsaturated....g	3.531		0	NC	4		4.131		
14:1....g	0.069	0.003	4	A	1		0.080		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.334		0	AS	1		0.390		
16:1 c....g	0.307	0.014	4	A	1		0.359		
16:1 t....g	0.027		2	A	1		0.031		
17:1....g	0.029	0.017	4	A	1		0.034		
18:1 undifferentiated....g	3.062		0	AS	1		3.582		
18:1 c....g	2.857		2	A	1		3.343		
18:1 t....g	0.205		2	A	1		0.239		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.007	4	A	1		0.032		
22:1 undifferentiated....g	0.010	0.006	4	A	1		0.012		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.116		0	NC	4		1.305		
18:2 undifferentiated....g	0.980		0	AS	1		1.147		
18:2 n-6 c,c....g	0.943	0.033	4	A	1		1.103		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.038		2	A	1		0.044		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.103		0	AS	1		0.120		
18:3 n-3 c,c,c (ALA)....g	0.103	0.006	4	A	1		0.120		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.020	0.012	4	A	1		0.023		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g									
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.012		0	AS	1		0.014		
20:4 n-6....g	0.012	0.001	4	A	1		0.014		
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.269		0	NC	4		0.315		
Fatty acids, total trans-monoenoic....g	0.231		0	NC	4		0.271		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.044		
Cholesterol....mg	27	0.722	4	A	1		32		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.117		0	A	1		0.137		
Threonine....g	0.410		0	A	1		0.480		
Isoleucine....g	0.425		0	A	1		0.498		
Leucine....g	0.781		0	A	1		0.913		
Lysine....g	0.618		0	A	1		0.723		

NDB No. 21241
WENDY'S, Jr. Hamburger, without cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.222		0	A	1		0.260		
Cystine....g	0.160		0	A	1		0.187		
Phenylalanine....g	0.458		0	A	1		0.536		
Tyrosine....g	0.210		0	A	1		0.246		
Valine....g	0.483		0	A	1		0.565		
Arginine....g	0.565		0	A	1		0.661		
Histidine....g	0.283		0	A	1		0.331		
Alanine....g	0.596		0	A	1		0.697		
Aspartic acid....g	0.853		0	A	1		0.998		
Glutamic acid....g	2.390		0	A	1		2.796		
Glycine....g	0.683		0	A	1		0.800		
Proline....g	0.836		0	A	1		0.978		
Serine....g	0.488		0	A	1		0.571		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21245

WENDY'S, Ultimate Chicken Grill Sandwich

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.67		1	A	1		134.26		
Energy....kcal	179		0	NC	4		404		
Energy....kJ	751		0	NC	4		1689		
Protein (N x 6.25)....g	14.73		1	A	1		33.14		
Total lipid (fat)....g	5.00		1	A	1		11.25		
Ash....g	1.72		1	A	1		3.87		
Carbohydrate, by difference....g	18.88		0	NC	4		42.48		
Fiber, total dietary....g	1.1		1	A	1		2.5		
Sugars, total....g									
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	1.87		1	A	1		4.21		
Fructose....g	1.80		1	A	1		4.05		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.15		1	A	1		0.34		
Galactose....g									
Starch....g	13.40		1	A	1		30.15		
Minerals:									
Calcium, Ca....mg	25		1	A	1		56		
Iron, Fe....mg	1.55		1	A	1		3.49		
Magnesium, Mg....mg	24		1	A	1		55		
Phosphorus, P....mg	168		1	A	1		378		
Potassium, K....mg	221		1	A	1		497		
Sodium, Na....mg	427		1	A	1		961		
Zinc, Zn....mg	0.57		1	A	1		1.29		
Copper, Cu....mg	0.075		1	A	1		0.168		
Manganese, Mn....mg	0.196		1	A	1		0.441		
Selenium, Se....µg	31.3		1	A	1		70.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	A	1		2.5		
Thiamin....mg	0.392		1	A	1		0.882		
Riboflavin....mg	0.260		1	A	1		0.585		
Niacin....mg	4.160		1	A	1		9.360		
Pantothenic acid....mg									
Vitamin B-6....mg	0.141		1	A	1		0.317		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.33		1	A	1		0.74		
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	8.9		1	A	1		20.0		
Dihydrophylloquinone....µg	0.8		1	A	1		1.8		
Menaquinone-4....µg									
Lipids:									

NDB No. 21245
WENDY'S, Ultimate Chicken Grill Sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.030		0	NC	4		2.317		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.010		1	A	1		0.022		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.730		1	A	1		1.643		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.280		1	A	1		0.630		
20:0....g	0.010		1	A	1		0.022		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.460		0	NC	4		3.284		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.130		1	A	1		0.292		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.300		1	A	1		2.925		
20:1....g	0.020		1	A	1		0.045		
22:1 undifferentiated....g	0.010		1	A	1		0.022		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.810		0	NC	4		4.072		
18:2 undifferentiated....g	1.600		1	A	1		3.600		
18:3 undifferentiated....g	0.190		1	A	1		0.427		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.020		1	A	1		0.045		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	40		1	A	1		89		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		0	A	1		0.382		
Threonine....g	0.570		0	A	1		1.282		
Isoleucine....g	0.620		0	A	1		1.395		
Leucine....g	1.040		0	A	1		2.340		
Lysine....g	0.990		0	A	1		2.228		
Methionine....g	0.320		0	A	1		0.720		
Cystine....g	0.190		0	A	1		0.427		
Phenylalanine....g	0.560		0	A	1		1.260		
Tyrosine....g	0.320		0	A	1		0.720		
Valine....g	0.660		0	A	1		1.485		
Arginine....g	0.760		0	A	1		1.710		
Histidine....g	0.420		0	A	1		0.945		
Alanine....g	0.730		0	A	1		1.643		
Aspartic acid....g	1.230		0	A	1		2.768		
Glutamic acid....g	2.450		0	A	1		5.513		
Glycine....g	0.560		0	A	1		1.260		
Proline....g	0.680		0	A	1		1.530		
Serine....g	0.580		0	A	1		1.305		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 21245
WENDY'S, Ultimate Chicken Grill Sandwich

Common Measures:

Measure 1 = 225g: 1 item

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21247
WENDY'S, french fries
Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.62	0.643	6	A	1		28.84	45.90	57.68
Energy....kcal	301		0	NC	4		214	340	427
Energy....kJ	1258		0	NC	4		893	1422	1786
Protein (N x 6.25)....g	3.73	0.121	6	A	1		2.64	4.21	5.29
Total lipid (fat)....g	14.10	0.425	6	A	1		10.01	15.93	20.02
Ash....g	1.83	0.059	6	A	1		1.30	2.07	2.60
Carbohydrate, by difference....g	39.73		0	NC	4		28.21	44.89	56.41
Fiber, total dietary....g	4.0	0.181	3	A	1		2.8	4.5	5.6
Sugars, total....g	0.40	0.215	3	A	1		0.28	0.45	0.57
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.40	0.215	3	A	1		0.28	0.45	0.57
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	35.20	0.651	3	A	1		24.99	39.78	49.98
Minerals:									
Calcium, Ca....mg	16	1.325	6	A	1		11	18	22
Iron, Fe....mg	0.93	0.042	6	A	1		0.66	1.05	1.32
Magnesium, Mg....mg	33	1.785	6	A	1		24	38	47
Phosphorus, P....mg	126	11.035	6	A	1		89	142	178
Potassium, K....mg	625	25.578	6	A	1		444	706	888
Sodium, Na....mg	219	11.983	6	A	1		155	247	311
Zinc, Zn....mg	0.54	0.038	6	A	1		0.38	0.61	0.77
Copper, Cu....mg	0.159	0.018	6	A	1		0.113	0.180	0.226
Manganese, Mn....mg	0.271	0.022	6	A	1		0.193	0.307	0.385
Selenium, Se....µg	0.8	0.195	4	A	1		0.6	0.9	1.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8	0.406	3	A	1		2.7	4.3	5.3
Thiamin....mg	0.157	0.009	3	A	1		0.111	0.177	0.222
Riboflavin....mg	0.053	0.003	3	A	1		0.038	0.060	0.076
Niacin....mg	3.007	0.094	3	A	1		2.135	3.397	4.269
Pantothenic acid....mg	0.630		2	A	1		0.447	0.712	0.895
Vitamin B-6....mg	0.387	0.039	3	A	1		0.274	0.437	0.549
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	33.0		0	AS	1		23.5	37.3	46.9
Betaine....mg	0.4		1	A	1		0.3	0.5	0.6
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	2.00	0.173	3	A	1		1.42	2.26	2.84
Tocopherol, beta....mg	0.11	0.006	3	A	1		0.08	0.12	0.16
Tocopherol, gamma....mg	7.44	0.490	3	A	1		5.28	8.41	10.56
Tocopherol, delta....mg	2.38	0.229	3	A	1		1.69	2.69	3.38
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.02	0.020	3	A	1		0.01	0.02	0.03
Tocotrienol, delta....mg	0.09	0.093	3	A	1		0.07	0.11	0.13
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.4	0.929	4	A	1		4.6	7.3	9.1
Dihydrophylloquinone....µg	21.5	2.927	4	A	1		15.2	24.3	30.5
Menaquinone-4....µg									

NDB No. 21247
WENDY'S, french fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.790		0	NC	4		1.981	3.153	3.962
4:0....g	0.137	0.134	6	A	1		0.097	0.155	0.195
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.033	0.003	6	A	1		0.023	0.037	0.047
10:0....g	0.022	0.002	6	A	1		0.016	0.025	0.032
12:0....g	0.003	0.000	6	A	1		0.002	0.004	0.005
13:0....g									
14:0....g	0.032	0.001	6	A	1		0.022	0.036	0.045
15:0....g	0.004	0.001	6	A	1		0.003	0.005	0.006
16:0....g	1.767	0.054	6	A	1		1.255	1.997	2.509
17:0....g	0.014	0.000	6	A	1		0.010	0.015	0.019
18:0....g	0.675	0.025	6	A	1		0.479	0.763	0.958
20:0....g	0.049	0.001	6	A	1		0.035	0.055	0.070
22:0....g	0.036	0.001	6	A	1		0.026	0.041	0.051
24:0....g	0.018	0.000	6	A	1		0.013	0.020	0.026
Fatty acids, total monounsaturated....g	3.195		0	NC	4		2.269	3.611	4.537
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.026	0.001	6	AS	1		0.018	0.029	0.037
16:1 c....g	0.026	0.001	6	A	1		0.018	0.029	0.037
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.007	0.000	6	A	1		0.005	0.008	0.010
18:1 undifferentiated....g	3.124	0.076	6	AS	1		2.218	3.530	4.436
18:1 c....g	3.107	0.074	6	A	1		2.206	3.510	4.411
18:1 t....g	0.017	0.002	6	A	1		0.012	0.019	0.024
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.003	6	A	1		0.022	0.036	0.045
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.002	0.004	0.005
22:1 c....g	0.002	0.000	6	A	1		0.001	0.002	0.003
22:1 t....g	0.001	0.000	6	A	1		0.001	0.002	0.002
24:1 c....g	0.003	0.000	6	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated....g	7.456		0	NC	4		5.294	8.425	10.587
18:2 undifferentiated....g	6.771	0.245	6	AS	1		4.808	7.652	9.615
18:2 n-6 c,c....g	6.709	0.244	6	A	1		4.763	7.581	9.527
18:2 CLAs....g	0.019	0.001	6	A	1		0.014	0.022	0.027
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.043	0.001	6	A	1		0.031	0.049	0.061
18:3 undifferentiated....g	0.672	0.031	6	AS	1		0.477	0.760	0.955
18:3 n-3 c,c,c (ALA)....g	0.639	0.029	6	A	1		0.454	0.722	0.907
18:3 n-6 c,c,c....g	0.033	0.003	6	A	1		0.024	0.038	0.048
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.005	0.000	6	A	1		0.004	0.006	0.008
20:3 undifferentiated....g	0.001	0.000	6	AS	1		0.001	0.001	0.002
20:3 n-3....g	0.001	0.000	6	A	1		0.001	0.001	0.002
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005	0.000	6	A	1		0.004	0.006	0.007
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	A	1		0.000	0.001	0.001
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.062		0	NC	4		0.044	0.070	0.087
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.013	0.021	0.026
Fatty acids, total trans-polyenoic....g	0.043		0	NC	4		0.031	0.049	0.061
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									

NDB No. 21247
WENDY'S, french fries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 kid's meal Serving

Measure 2 = 113g: 1 small Serving

Measure 3 = 142g: 1 medium Serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 21463
Yogurt parfait, lowfat, with fruit and granola

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.98		0	RKI	6		117.68		
Energy ... kcal	84		0	RKI	6		125		
Energy ... kJ	351		0	RKI	6		523		
Protein ... g	3.36		0	RKI	6		5.01		
Total lipid (fat) ... g	1.01		0	RKI	6		1.50		
Ash ... g	0.80		0	RKI	6		1.19		
Carbohydrate, by difference ... g	15.86		0	RKI	6		23.63		
Fiber, total dietary ... g	1.1		0	RKI	6		1.6		
Sugars, total ... g	11.68		0	RKI	6		17.40		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	105		0	RKI	6		157		
Iron, Fe ... mg	0.49		0	RKI	6		0.72		
Magnesium, Mg ... mg	17		0	RKI	6		25		
Phosphorus, P ... mg	93		0	RKI	6		139		
Potassium, K ... mg	189		0	RKI	6		282		
Sodium, Na ... mg	49		0	RKI	6		73		
Zinc, Zn ... mg	0.89		0	RKI	6		1.32		
Copper, Cu ... mg	0.054		0	RKI	6		0.081		
Manganese, Mn ... mg									
Selenium, Se ... µg	3.9		0	RKI	6		5.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	14.3		0	RKI	6		21.3		
Thiamin ... mg	0.070		0	RKI	6		0.105		
Riboflavin ... mg	0.173		0	RKI	6		0.257		
Niacin ... mg	0.714		0	RKI	6		1.063		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.233		0	RKI	6		0.348		
Folate, total ... µg	51		0	RKI	6		76		
Folic acid ... µg	38		0	RKI	6		57		
Folate, food ... µg	13		0	RKI	6		19		
Folate, DFE ... µg	77		0	NC	4		115		
Choline, total ... mg	11.9		0	RKI	6		17.7		
Betaine ... mg									
Vitamin B-12 ... µg	0.88		0	RKI	6		1.32		
Vitamin B-12, added ... µg	0.58		0	RKI	6		0.87		
Vitamin A, RAE ... µg	30		0	RKI	6		44		
Retinol ... µg	29		0	RKI	6		43		
Carotene, beta ... µg	12		0	RKI	6		17		
Carotene, alpha ... µg	0		0	RKI	6		0		
Cryptoxanthin, beta ... µg	0		0	RKI	6		0		
Vitamin A, IU ... IU	115		0	NC	4		172		
Lycopene ... µg	0		0	RKI	6		0		
Lutein + zeaxanthin ... µg	12		0	RKI	6		18		
Vitamin E (alpha-tocopherol) ... mg	0.25		0	RKI	6		0.37		
Vitamin E, added ... mg	0.00		0	RKI	6		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	RKI	6		0.2		
Vitamin D ... IU	4		0	RKI	6		7		
Vitamin K (phylloquinone) ... µg	1.7		0	RKI	6		2.5		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 21463
Yogurt parfait, lowfat, with fruit and granola

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.525		0	RKI	6		0.782		
4:0....g	0.021		0	RKI	6		0.032		
6:0....g	0.014		0	RKI	6		0.021		
8:0....g	0.009		0	RKI	6		0.014		
10:0....g	0.021		0	RKI	6		0.031		
12:0....g	0.025		0	RKI	6		0.037		
13:0....g									
14:0....g	0.076		0	RKI	6		0.114		
15:0....g									
16:0....g	0.249		0	RKI	6		0.372		
17:0....g									
18:0....g	0.077		0	RKI	6		0.115		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.307		0	RKI	6		0.457		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	RKI	6		0.024		
17:1....g									
18:1 undifferentiated....g	0.273		0	RKI	6		0.407		
20:1....g	0.000		0	RKI	6		0.000		
22:1 undifferentiated....g	0.000		0	RKI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	RKI	6		0.182		
18:2 undifferentiated....g	0.106		0	RKI	6		0.158		
18:3 undifferentiated....g	0.016		0	RKI	6		0.023		
18:4....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RKI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RKI	6		0.000		
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	0.000		0	RKI	6		0.000		
Cholesterol....mg	3		0	RKI	6		4		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0		
Caffeine....mg	0		0	RKI	6		0		
Theobromine....mg	0		0	RKI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 item

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 21 Fast Foods

USDA National Nutrient Database for Standard Reference, Release 27 (2014)