

NDB No. 04609
 Animal fat, bacon grease

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	39.004		0	RA	4	1.677		
4:0.....g	0.000		0	RA	4	0.000		
6:0.....g	0.000		0	RA	4	0.000		
8:0.....g	0.000		0	RA	4	0.000		
10:0.....g	0.100		0	RA	4	0.004		
12:0.....g	0.199		0	RA	4	0.009		
13:0.....g								
14:0.....g	1.294		0	RA	4	0.056		
15:0.....g								
16:0.....g	23.681		0	RA	4	1.018		
17:0.....g								
18:0.....g	13.432		0	RA	4	0.578		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	44.874		0	RA	4	1.930		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	2.686		0	RA	4	0.115		
17:1.....g								
18:1 undifferentiated.....g	40.994		0	RA	4	1.763		
20:1.....g	0.995		0	RA	4	0.043		
22:1 undifferentiated.....g	0.000		0	RA	4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	11.144		0	RA	4	0.479		
18:2 undifferentiated.....g	10.149		0	RA	4	0.436		
18:3 undifferentiated.....g	0.995		0	RA	4	0.043		
18:4.....g	0.000		0	RA	4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	RA	4	0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	95		0	RA	4	4		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 4.3g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43214

Butter replacement, without fat, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.589		0		4		0.471		
4:0.....g	0.029		0		4		0.023		
6:0.....g	0.017		0		4		0.014		
8:0.....g	0.011		0		4		0.009		
10:0.....g	0.026		0		4		0.021		
12:0.....g	0.031		0		4		0.025		
13:0.....g									
14:0.....g	0.092		0		4		0.074		
15:0.....g									
16:0.....g	0.253		0		4		0.202		
17:0.....g									
18:0.....g	0.111		0		4		0.089		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.276		0		4		0.221		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.243		0		4		0.194		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0		4		0.046		
18:2 undifferentiated.....g	0.039		0		4		0.031		
18:3 undifferentiated.....g	0.018		0		4		0.014		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		4		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04601
Butter, light, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	34.321		0		4	4.805	
4:0.....g	1.788		0		4	0.250	
6:0.....g	1.060		0		4	0.148	
8:0.....g	0.619		0		4	0.087	
10:0.....g	1.380		0		4	0.193	
12:0.....g	1.550		0		4	0.217	
13:0.....g							
14:0.....g	5.547		0		4	0.777	
15:0.....g							
16:0.....g	14.499		0		4	2.030	
17:0.....g							
18:0.....g	6.682		0		4	0.935	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	15.927		0		4	2.230	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.237		0		4	0.173	
17:1.....g							
18:1 undifferentiated.....g	13.867		0		4	1.941	
20:1.....g	0.000		0		7	0.000	
22:1 undifferentiated.....g	0.000		0		7	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.046		0		4	0.286	
18:2 undifferentiated.....g	1.244		0		4	0.174	
18:3 undifferentiated.....g	0.802		0		4	0.112	
18:4.....g	0.000		0		7	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		7	0.000	
20:5 n-3 (EPA).....g	0.000		0		7	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		7	0.000	
22:6 n-3 (DHA).....g	0.000		0		7	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	106		0		4	15	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04602
Butter, light, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Lipids:							
Fatty acids, total saturated.....g	34.321		0		4		4.805
4:0.....g	1.788		0		4		0.250
6:0.....g	1.060		0		4		0.148
8:0.....g	0.619		0		4		0.087
10:0.....g	1.380		0		4		0.193
12:0.....g	1.550		0		4		0.217
13:0.....g							
14:0.....g	5.547		0		4		0.777
15:0.....g							
16:0.....g	14.499		0		4		2.030
17:0.....g							
18:0.....g	6.682		0		4		0.935
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	15.927		0		4		2.230
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.237		0		4		0.173
17:1.....g							
18:1 undifferentiated.....g	13.867		0		4		1.941
20:1.....g	0.000		0		7		0.000
22:1 undifferentiated.....g	0.000		0		7		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.046		0		4		0.286
18:2 undifferentiated.....g	1.244		0		4		0.174
18:3 undifferentiated.....g	0.802		0		4		0.112
18:4.....g	0.000		0		7		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		7		0.000
20:5 n-3 (EPA).....g	0.000		0		7		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		7		0.000
22:6 n-3 (DHA).....g	0.000		0		7		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	106		0		4		15
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0
Theobromine.....mg	0		0	Z	7		0

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.115		0		4		0.317	5.182	
4:0.....g	0.007		0		4		0.001	0.017	
6:0.....g	0.004		0		4		0.001	0.010	
8:0.....g	0.002		0		4		0.000	0.005	
10:0.....g	0.005		0		4		0.001	0.012	
12:0.....g	0.006		0		4		0.001	0.015	
13:0.....g									
14:0.....g	0.035		0		4		0.005	0.086	
15:0.....g									
16:0.....g	1.475		0		4		0.221	3.614	
17:0.....g									
18:0.....g	0.549		0		4		0.082	1.345	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.273		0		4		0.491	8.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		4		0.005	0.078	
17:1.....g									
18:1 undifferentiated.....g	3.197		0		4		0.480	7.833	
20:1.....g	0.028		0		4		0.004	0.069	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.994		0		4		1.199	19.585	
18:2 undifferentiated.....g	7.039		0		4		1.056	17.246	
18:3 undifferentiated.....g	0.941		0		4		0.141	2.305	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	1.355		0		4		0.203	3.171	
4:0.....g	0.011		0		4		0.002	0.026	
6:0.....g	0.007		0		4		0.001	0.016	
8:0.....g	0.004		0		4		0.001	0.009	
10:0.....g	0.008		0		4		0.001	0.019	
12:0.....g	0.010		0		4		0.002	0.023	
13:0.....g									
14:0.....g	0.042		0		4		0.006	0.098	
15:0.....g									
16:0.....g	0.841		0		4		0.126	1.968	
17:0.....g									
18:0.....g	0.425		0		4		0.064	0.995	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.391		0		4		0.509	7.935	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.006	0.089	
17:1.....g									
18:1 undifferentiated.....g	3.340		0		4		0.501	7.816	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891		0		4		0.434	6.765	
18:2 undifferentiated.....g	2.680		0		4		0.402	6.271	
18:3 undifferentiated.....g	0.204		0		4		0.031	0.477	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 234g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.494		1		1	0.084	1.304
4:0.....g	0.007		0		4	0.001	0.018
6:0.....g	0.005		0		4	0.001	0.013
8:0.....g	0.003		0		4	0.001	0.008
10:0.....g	0.005		0		4	0.001	0.013
12:0.....g	0.005		0		4	0.001	0.013
13:0.....g							
14:0.....g	0.025		0		4	0.004	0.066
15:0.....g							
16:0.....g	0.313		0		4	0.053	0.826
17:0.....g							
18:0.....g	0.122		0		4	0.021	0.322
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.640		1		1	0.109	1.690
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		0		4	0.002	0.026
17:1.....g							
18:1 undifferentiated.....g	0.620		0		4	0.105	1.637
20:1.....g	0.005		0		4	0.001	0.013
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.444		1		1	0.245	3.812
18:2 undifferentiated.....g	1.271		0		4	0.216	3.355
18:3 undifferentiated.....g	0.171		0		4	0.029	0.451
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		1	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0
Theobromine.....mg	0		0	BFZN	4	0	0

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Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 264g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04706
 Dressing, honey mustard, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.349		0	FLC	4		0.105		
4:0.....g	0.017		0	FLC	4		0.005		
6:0.....g	0.010		0	FLC	4		0.003		
8:0.....g	0.005		0	FLC	4		0.002		
10:0.....g	0.011		0	FLC	4		0.003		
12:0.....g	0.013		0	FLC	4		0.004		
13:0.....g									
14:0.....g	0.045		0	FLC	4		0.013		
15:0.....g									
16:0.....g	0.157		0	FLC	4		0.047		
17:0.....g									
18:0.....g	0.068		0	FLC	4		0.020		
20:0.....g	0.008		0	FLC	4		0.002		
22:0.....g	0.004		0	FLC	4		0.001		
24:0.....g	0.003		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	0.708		0	FLC	4		0.212		
14:1.....g	0.004		0	FLC	4		0.001		
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLC	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.336		0	FLC	4		0.101		
20:1.....g	0.103		0	FLC	4		0.031		
22:1 undifferentiated.....g	0.239		0	FLC	4		0.072		
24:1 c.....g	0.016		0	FLC	4		0.005		
Fatty acids, total polyunsaturated.....g	0.287		0	FLC	4		0.086		
18:2 undifferentiated.....g	0.174		0	FLC	4		0.052		
18:3 undifferentiated.....g	0.100		0	FLC	4		0.030		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.006		0	FLC	4		0.002		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLC	4		0.000		
Cholesterol.....mg	1		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 30g: 2 tbsp (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	49.800		0		1		6.374	102.090	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.900	0.508	5		1		0.115	1.845	
13:0.....g									
14:0.....g	3.700	0.421	14		1		0.474	7.585	
15:0.....g									
16:0.....g	24.900	0.819	15		1		3.187	51.045	
17:0.....g									
18:0.....g	18.900	0.927	15		1		2.419	38.745	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	41.800		0		1		5.350	85.690	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.200	0.551	15		1		0.538	8.610	
17:1.....g									
18:1 undifferentiated.....g	36.000	1.275	15		1		4.608	73.800	
20:1.....g	0.300	0.107	4		1		0.038	0.615	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.000		0		1		0.512	8.200	
18:2 undifferentiated.....g	3.100	0.511	15		1		0.397	6.355	
18:3 undifferentiated.....g	0.600	0.160	9		1		0.077	1.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	109		0		1		14	223	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04001

Fat, beef tallow

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	29.800		0				3.814	61.090	
4:0.....g	0.000		0				0.000	0.000	
6:0.....g	0.000		0				0.000	0.000	
8:0.....g	0.000		0				0.000	0.000	
10:0.....g	0.000		0				0.000	0.000	
12:0.....g	0.100	0.016	14				0.013	0.205	
13:0.....g									
14:0.....g	0.900	0.048	62				0.115	1.845	
15:0.....g									
16:0.....g	21.600	0.381	70				2.765	44.280	
17:0.....g									
18:0.....g	6.000	0.186	70				0.768	12.300	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.700		0				5.722	91.635	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	5.700	0.187	70				0.730	11.685	
17:1.....g									
18:1 undifferentiated.....g	37.300	0.499	70				4.774	76.465	
20:1.....g	1.100	0.305	12				0.141	2.255	
22:1 undifferentiated.....g	0.000		0				0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0				2.675	42.845	
18:2 undifferentiated.....g	19.500	0.617	70				2.496	39.975	
18:3 undifferentiated.....g	1.000	0.075	56				0.128	2.050	
18:4.....g	0.000		0				0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.038	5				0.013	0.205	
20:5 n-3 (EPA).....g	0.000		0				0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0				0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0				0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0				11	174	
Phytosterols.....mg	0		0				0	0	
Amino Acids:									
Tryptophan.....g	0.000		0				0.000	0.000	
Threonine.....g	0.000		0				0.000	0.000	
Isoleucine.....g	0.000		0				0.000	0.000	
Leucine.....g	0.000		0				0.000	0.000	
Lysine.....g	0.000		0				0.000	0.000	
Methionine.....g	0.000		0				0.000	0.000	
Cystine.....g	0.000		0				0.000	0.000	
Phenylalanine.....g	0.000		0				0.000	0.000	
Tyrosine.....g	0.000		0				0.000	0.000	
Valine.....g	0.000		0				0.000	0.000	
Arginine.....g	0.000		0				0.000	0.000	
Histidine.....g	0.000		0				0.000	0.000	
Alanine.....g	0.000		0				0.000	0.000	
Aspartic acid.....g	0.000		0				0.000	0.000	
Glutamic acid.....g	0.000		0				0.000	0.000	
Glycine.....g	0.000		0				0.000	0.000	
Proline.....g	0.000		0				0.000	0.000	
Serine.....g	0.000		0				0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	
Caffeine.....mg	0		0	Z			0	0	

NDB No. 04542

Fat, chicken

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	33.200		0		1		4.250	68.060	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.700	0.013	93		1		0.090	1.435	
15:0.....g									
16:0.....g	24.700	0.213	98		1		3.162	50.635	
17:0.....g									
18:0.....g	7.800	0.114	98		1		0.998	15.990	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	49.300		0		1		6.310	101.065	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.000	0.090	98		1		0.512	8.200	
17:1.....g									
18:1 undifferentiated.....g	44.200	0.290	98		1		5.658	90.610	
20:1.....g	1.100	0.043	91		1		0.141	2.255	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.900		0		1		1.651	26.445	
18:2 undifferentiated.....g	12.000	0.237	98		1		1.536	24.600	
18:3 undifferentiated.....g	1.000	0.033	93		1		0.128	2.050	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		13	205	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04574

Fat, duck

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04576

Fat, goose

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.20	0.026	3		1		0.03	0.41	
Energy.....kcal	900		0	NC	4		115	1846	
Energy.....kJ	3767				4		482	7723	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	99.80	0.026	3		1		12.77	204.59	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.2		0	BFZN	4		0.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.70		0		4		0.35	5.54	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	27.700		0		1	3.546	56.785
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000	0.032	6		1	0.000	0.000
13:0.....g							
14:0.....g	0.500	0.060	21		1	0.064	1.025
15:0.....g							
16:0.....g	20.700	0.492	21		1	2.650	42.435
17:0.....g							
18:0.....g	6.100	0.168	21		1	0.781	12.505
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	56.700		0		1	7.258	116.235
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	2.800	0.257	21		1	0.358	5.740
17:1.....g							
18:1 undifferentiated.....g	53.500		0		1	6.848	109.675
20:1.....g	0.100		2		1	0.013	0.205
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	11.000		0		1	1.408	22.550
18:2 undifferentiated.....g	9.800	0.536	21		1	1.254	20.090
18:3 undifferentiated.....g	0.500	0.326	6		1	0.064	1.025
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		1		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	100		0		1	13	205
Phytosterols.....mg	0		0		4	0	0
Amino Acids:							
Tryptophan.....g	0.000		0		4	0.000	0.000
Threonine.....g	0.000		0		4	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 04576

Fat, goose

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04520
Fat, mutton tallow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	47.300		0		1		6.054	96.965	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	3.800	0.186	64		1		0.486	7.790	
15:0.....g									
16:0.....g	21.500	0.290	64		1		2.752	44.075	
17:0.....g									
18:0.....g	19.500	0.761	64		1		2.496	39.975	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	40.600		0		1		5.197	83.230	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.300	0.208	31		1		0.294	4.715	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.452	64		1		4.813	77.080	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.800		0		1		0.998	15.990	
18:2 undifferentiated.....g	5.500	0.284	64		1		0.704	11.275	
18:3 undifferentiated.....g	2.300	0.133	64		1		0.294	4.715	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		13	209	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04520
 Fat, mutton tallow

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated.....g	29.400		0	1		3.763	1.264	60.270
4:0.....g	0.000		0	4		0.000	0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000	0.000
12:0.....g	0.000	0.031	3	1		0.000	0.000	0.000
13:0.....g								
14:0.....g	0.900	0.058	32	1		0.115	0.039	1.845
15:0.....g								
16:0.....g	20.600	0.520	32	1		2.637	0.886	42.230
17:0.....g								
18:0.....g	6.200	0.349	32	1		0.794	0.267	12.710
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	42.900		0	1		5.491	1.845	87.945
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	6.000	0.297	32	1		0.768	0.258	12.300
17:1.....g								
18:1 undifferentiated.....g	35.900	0.750	32	1		4.595	1.544	73.595
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	23.100		0	1		2.957	0.993	47.355
18:2 undifferentiated.....g	21.200	0.660	32	1		2.714	0.912	43.460
18:3 undifferentiated.....g	1.400	0.079	32	1		0.179	0.060	2.870
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.300	0.031	11	1		0.038	0.013	0.615
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	102		0	1		13	4	209
Phytosterols.....mg	0		0	4		0	0	0
Amino Acids:								
Tryptophan.....g	0.000		0	4		0.000	0.000	0.000
Threonine.....g	0.000		0	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	4		0.000	0.000	0.000
Leucine.....g	0.000		0	4		0.000	0.000	0.000
Lysine.....g	0.000		0	4		0.000	0.000	0.000
Methionine.....g	0.000		0	4		0.000	0.000	0.000
Cystine.....g	0.000		0	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	4		0.000	0.000	0.000
Valine.....g	0.000		0	4		0.000	0.000	0.000
Arginine.....g	0.000		0	4		0.000	0.000	0.000
Histidine.....g	0.000		0	4		0.000	0.000	0.000
Alanine.....g	0.000		0	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	4		0.000	0.000	0.000
Glycine.....g	0.000		0	4		0.000	0.000	0.000
Proline.....g	0.000		0	4		0.000	0.000	0.000
Serine.....g	0.000		0	4		0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

NDB No. 04575

Fat, turkey

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 4.3g: 1 tsp

Measure 3 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04589
Fish oil, cod liver

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		41	123	1966
Energy.....kJ	3774		0		4		170	513	8227
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		4.50	13.60	218.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	30000		1		1		1350	4080	65400
Retinol.....µg	30000		1		1		1350	4080	65400
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	100000		1		1		4500	13600	218000
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	250.0		0	NR	4		11.3	34.0	545.0
Vitamin D.....IU	10000		0	T	4		450	1360	21800
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	22.608		0		1		1.017	3.075	49.285
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	3.568		2		1		0.161	0.485	7.778
15:0.....g									
16:0.....g	10.630		2		1		0.478	1.446	23.173
17:0.....g									
18:0.....g	2.799		2		1		0.126	0.381	6.102
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	46.711		0		1		2.102	6.353	101.830
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	8.309		2		1		0.374	1.130	18.114
17:1.....g									
18:1 undifferentiated.....g	20.653		2		1		0.929	2.809	45.024
20:1.....g	10.422		2		1		0.469	1.417	22.720
22:1 undifferentiated.....g	7.328		2		1		0.330	0.997	15.975
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.541		0		1		1.014	3.066	49.139
18:2 undifferentiated.....g	0.935		2		1		0.042	0.127	2.038
18:3 undifferentiated.....g	0.935		2		1		0.042	0.127	2.038
18:4.....g	0.935		2		1		0.042	0.127	2.038
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.935		2		1		0.042	0.127	2.038
20:5 n-3 (EPA).....g	6.898		2		1		0.310	0.938	15.038
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.935		2		1		0.042	0.127	2.038
22:6 n-3 (DHA).....g	10.968		2		1		0.494	1.492	23.910
Fatty acids, total trans.....g									
Cholesterol.....mg	570		1		1		26	78	1243
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 = 4.5g: 1 tsp

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04590

Fish oil, herring

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		123	41	1966
Energy.....kJ	3774		0		4		513	170	8227
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		13.60	4.50	218.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	21.290		0		1		2.895	0.958	46.412
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.157		17		1		0.021	0.007	0.342
13:0.....g									
14:0.....g	7.186		17		1		0.977	0.323	15.665
15:0.....g									
16:0.....g	11.704		17		1		1.592	0.527	25.515
17:0.....g									
18:0.....g	0.818		17		1		0.111	0.037	1.783
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	56.564		0		1		7.693	2.545	123.310
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	9.642		17		1		1.311	0.434	21.020
17:1.....g									
18:1 undifferentiated.....g	11.955		17		1		1.626	0.538	26.062
20:1.....g	13.625		17		1		1.853	0.613	29.703
22:1 undifferentiated.....g	20.613		17		1		2.803	0.928	44.936
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.604		0		1		2.122	0.702	34.017
18:2 undifferentiated.....g	1.149		17		1		0.156	0.052	2.505
18:3 undifferentiated.....g	0.763		17		1		0.104	0.034	1.663
18:4.....g	2.305		17		1		0.313	0.104	5.025
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.289		17		1		0.039	0.013	0.630
20:5 n-3 (EPA).....g	6.273		17		1		0.853	0.282	13.675
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.619	0.000	17		1		0.084	0.028	1.349
22:6 n-3 (DHA).....g	4.206		17		1		0.572	0.189	9.169
Fatty acids, total trans.....g									
Cholesterol.....mg	766		1		1		104	34	1670
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 = 13.6g: 1 tbsp
- Measure 2 = 4.5g: 1 tsp
- Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04591
Fish oil, menhaden

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		123	41	1966
Energy.....kJ	3774		0		4		513	170	8227
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		13.60	4.50	218.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	30.427		0		1		4.138	1.369	66.331
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	7.958		4		1		1.082	0.358	17.348
15:0.....g									
16:0.....g	15.146		4		1		2.060	0.682	33.018
17:0.....g									
18:0.....g	3.775		4		1		0.513	0.170	8.230
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	26.694		0		1		3.630	1.201	58.193
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	10.482		4		1		1.426	0.472	22.851
17:1.....g									
18:1 undifferentiated.....g	14.527		4		1		1.976	0.654	31.669
20:1.....g	1.332		4		1		0.181	0.060	2.904
22:1 undifferentiated.....g	0.352		4		1		0.048	0.016	0.767
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.197		0		1		4.651	1.539	74.549
18:2 undifferentiated.....g	2.154		4		1		0.293	0.097	4.696
18:3 undifferentiated.....g	1.490		4		1		0.203	0.067	3.248
18:4.....g	2.739		4		1		0.373	0.123	5.971
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.169		4		1		0.159	0.053	2.548
20:5 n-3 (EPA).....g	13.168		4		1		1.791	0.593	28.706
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	4.915	0.000	4		1		0.668	0.221	10.715
22:6 n-3 (DHA).....g	8.562		4		1		1.164	0.385	18.665
Fatty acids, total trans.....g									
Cholesterol.....mg	521		1		1		71	23	1136
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 = 13.6g: 1 tbsp
- Measure 2 = 4.5g: 1 tsp
- Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04592

Fish oil, menhaden, fully hydrogenated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		113	41	1849
Energy.....kJ	3774		0		4		472	170	7737
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		12.50	4.50	205.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04592

Fish oil, menhaden, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	95.600		0		1		11.950	4.302	195.980
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	9.057		1		1		1.132	0.408	18.567
15:0.....g									
16:0.....g	35.221		1		1		4.403	1.585	72.203
17:0.....g									
18:0.....g	21.133		1		1		2.642	0.951	43.323
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	500		1		1		63	23	1025
Phytosterols.....mg									

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

Common Measures:

- Measure 1 = 12.5g: 1 tbsp
- Measure 2 = 4.5g: 1 tsp
- Measure 3 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04593

Fish oil, salmon

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		123	41	1966
Energy.....kJ	3774		0		4		513	170	8227
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		13.60	4.50	218.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	19.872		0		1		2.703	0.894	43.321
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	3.280		1		1		0.446	0.148	7.150
15:0.....g									
16:0.....g	9.840		1		1		1.338	0.443	21.451
17:0.....g									
18:0.....g	4.245		1		1		0.577	0.191	9.254
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	29.037		0		1		3.949	1.307	63.301
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.823		1		1		0.656	0.217	10.514
17:1.....g									
18:1 undifferentiated.....g	16.978		1		1		2.309	0.764	37.012
20:1.....g	3.859		1		1		0.525	0.174	8.413
22:1 undifferentiated.....g	3.376		1		1		0.459	0.152	7.360
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.324		0		1		5.484	1.815	87.906
18:2 undifferentiated.....g	1.543		1		1		0.210	0.069	3.364
18:3 undifferentiated.....g	1.061		1		1		0.144	0.048	2.313
18:4.....g	2.798		1		1		0.381	0.126	6.100
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.675		1		1		0.092	0.030	1.472
20:5 n-3 (EPA).....g	13.023		1		1		1.771	0.586	28.390
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	2.991		1		1		0.407	0.135	6.520
22:6 n-3 (DHA).....g	18.232		1		1		2.480	0.820	39.746
Fatty acids, total trans.....g									
Cholesterol.....mg	485		1		1		66	22	1057
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 = 13.6g: 1 tbsp

Measure 2 = 4.5g: 1 tsp

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04594

Fish oil, sardine

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		123	41	1966
Energy.....kJ	3774		0		4		513	170	8227
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		13.60	4.50	218.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	8.3		0	NR	4		1.1	0.4	18.1
Vitamin D.....IU	332		0	T	4		45	15	724
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04594
Fish oil, sardine

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	29.892		0		1	4.065	1.345	65.165
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g	0.103		2		1	0.014	0.005	0.225
13:0.....g								
14:0.....g	6.525		2		1	0.887	0.294	14.225
15:0.....g								
16:0.....g	16.646		2		1	2.264	0.749	36.288
17:0.....g								
18:0.....g	3.887		2		1	0.529	0.175	8.474
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	33.841		0		1	4.602	1.523	73.773
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	7.514		2		1	1.022	0.338	16.381
17:1.....g								
18:1 undifferentiated.....g	14.752		2		1	2.006	0.664	32.159
20:1.....g	5.986		2		1	0.814	0.269	13.049
22:1 undifferentiated.....g	5.589		2		1	0.760	0.252	12.184
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	31.867		0		1	4.334	1.434	69.470
18:2 undifferentiated.....g	2.014		2		1	0.274	0.091	4.391
18:3 undifferentiated.....g	1.327		2		1	0.180	0.060	2.893
18:4.....g	3.025		2		1	0.411	0.136	6.595
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	1.756		2		1	0.239	0.079	3.828
20:5 n-3 (EPA).....g	10.137		2		1	1.379	0.456	22.099
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	1.973		2		1	0.268	0.089	4.301
22:6 n-3 (DHA).....g	10.656		2		1	1.449	0.480	23.230
Fatty acids, total trans.....g								
Cholesterol.....mg	710		1		1	97	32	1548
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 = 13.6g: 1 tbsp
- Measure 2 = 4.5g: 1 tsp
- Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04002

Lard

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	
Energy.....kcal	902		0	NC	4		115	1849	
Energy.....kJ	3774		0		4		483	7737	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		12.80	205.00	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		1		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		3		1		0	0	
Sodium, Na.....mg	0		3		1		0	0	
Zinc, Zn.....mg	0.11		1		4		0.01	0.23	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	
Selenium, Se.....µg	0.2		2	A	1		0.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	49.7		0	BFFN	4		6.4	101.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.60		1		1		0.08	1.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1		1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3).....µg	2.5		0	AS	1		0.3	5.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	2.5		0	BFFN	4		0.3	5.2	
Vitamin D.....IU	102		0	BFFN	4		13	208	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 04002

Lard

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.66	0.207	6	A	1		6.95		
Energy.....kcal	424		0	NC	4		59		
Energy.....kJ	1776		0	NC	4		249		
Protein (N x 6.38).....g	0.20	0.043	6	A	1		0.03		
Total lipid (fat).....g	47.53	0.115	6	A	1		6.65		
Ash.....g	1.75	0.086	6	A	1		0.24		
Carbohydrate, by difference.....g	0.86		0	NC	4		0.12		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.217	6	A	1		0		
Iron, Fe.....mg	0.21	0.077	5	A	1		0.03		
Magnesium, Mg.....mg	1	0.019	6	A	1		0		
Phosphorus, P.....mg	4	0.325	6	A	1		1		
Potassium, K.....mg	36	1.292	6	A	1		5		
Sodium, Na.....mg	646	32.791	6	A	1		90		
Zinc, Zn.....mg	0.06	0.021	6	A	1		0.01		
Copper, Cu.....mg	0.008	0.008	6	A	1		0.001		
Manganese, Mn.....mg	0.000	0.000	5	A	1		0.000		
Selenium, Se.....µg	0.0	0.000	3	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.000	0.000	3	A	1		0.000		
Riboflavin.....mg	0.019	0.001	3	A	1		0.003		
Niacin.....mg	0.000	0.000	3	A	1		0.000		
Pantothenic acid.....mg	0.001		1	A	1		0.000		
Vitamin B-6.....mg	0.001	0.001	3	A	1		0.000		
Folate, total.....µg	2	0.061	3	A	1		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	2	0.061	3	A	1		0		
Folate, DFE.....µg	2		0	NC	4		0		
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	3.94	0.045	6	A	1		0.55		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	101.3	2.657	6	A	1		14.2		
Dihydrophyloquinone.....µg	26.7	0.419	6	A	1		3.7		
Menaquinone-4.....µg									

Lipids:

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures 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	8.792		0	NC	4		1.231		
4:0.....g	0.000		6	A	1		0.000		
6:0.....g	0.000		6	A	1		0.000		
8:0.....g	0.000		6	A	1		0.000		
10:0.....g	0.000		6	A	1		0.000		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.038	0.001	6	A	1		0.005		
15:0.....g	0.000	0.000	6	A	1		0.000		
16:0.....g	4.862	0.026	6	A	1		0.681		
17:0.....g	0.049	0.001	6	A	1		0.007		
18:0.....g	3.425	0.027	6	A	1		0.479		
20:0.....g	0.162	0.003	6	A	1		0.023		
22:0.....g	0.185	0.003	6	A	1		0.026		
24:0.....g	0.071	0.002	6	A	1		0.010		
Fatty acids, total monounsaturated.....g	16.416		0	NC	4		2.298		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.034		0	AS	1		0.005		
16:1 c.....g	0.034	0.001	6	A	1		0.005		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	16.316		0	AS	1		2.284		
18:1 c.....g	11.894	0.434	6	A	1		1.665		
18:1 t.....g	4.422	0.442	6	A	1		0.619		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.066	0.003	6	A	1		0.009		
22:1 undifferentiated.....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	20.235		0	NC	4		2.833		
18:2 undifferentiated.....g	17.886		0	AS	1		2.504		
18:2 n-6 c,c.....g	17.355	0.938	6	A	1		2.430		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.532	0.319	6	A	1		0.074		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.121		0	AS	1		0.297		
18:3 n-3 c,c,c (ALA).....g	2.121	0.255	6	A	1		0.297		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		6	A	1		0.000		
20:2 n-6 c,c.....g	0.228	0.026	6	A	1		0.032		
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
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									
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		6	A	1		0.000		
Fatty acids, total trans.....g	4.422		0	NC	4		0.619		
Fatty acids, total trans-monoenoic.....g	4.422		0	NC	4		0.619		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1	0.070	3	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	20	0.521	6	A	1		3		
Campesterol.....mg	22	0.664	6	A	1		3		
Beta-sitosterol.....mg	62	1.070	6	A	1		9		

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

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils
(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	16.52	0.265	10	A	1		2.31		
Energy.....kcal	717		0	NC	4		100		
Energy.....kJ	2999		0	NC	4		420		
Protein.....g	0.16	0.015	10	A	1		0.02		
Total lipid (fat).....g	80.71	0.222	10	A	1		11.30		
Ash.....g	1.92	0.083	10	A	1		0.27		
Carbohydrate, by difference.....g	0.70		0	NC	4		0.10		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.166	8	A	1		0		
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg.....mg	1	0.030	8	A	1		0		
Phosphorus, P.....mg	5	0.202	8	A	1		1		
Potassium, K.....mg	18	0.862	6	A	1		2		
Sodium, Na.....mg	654	19.966	8	A	1		92		
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.012		1	A	1		0.002		
Riboflavin.....mg	0.000	0.000	4	A	1		0.000		
Niacin.....mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....µg	1		2	A	1		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	1		2	A	1		0		
Folate, DFE.....µg	1		0	NC	4		0		
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	5.23		1	A	1		0.73		
Tocopherol, beta.....mg	0.36		1	A	1		0.05		
Tocopherol, gamma.....mg	43.79		1	A	1		6.13		
Tocopherol, delta.....mg	15.28		1	A	1		2.14		
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	75.0	9.109	16	A	1		10.5		
Dihydrophyloquinone.....µg	103.8	8.665	16	A	1		14.5		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils
(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
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	15.189		0	NC	4		2.126		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.000	0.000	10	A	1		0.000		
10:0.....g	0.000	0.000	9	A	1		0.000		
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.046	0.002	10	A	1		0.006		
15:0.....g	0.016	0.001	10	A	1		0.002		
16:0.....g	8.431	0.087	10	A	1		1.180		
17:0.....g	0.068	0.002	10	A	1		0.010		
18:0.....g	6.173	0.190	10	A	1		0.864		
20:0.....g	0.261	0.006	10	A	1		0.037		
22:0.....g	0.109	0.036	9	A	1		0.015		
24:0.....g	0.085	0.004	10	A	1		0.012		
Fatty acids, total monounsaturated.....g	38.877		0	NC	4		5.443		
14:1.....g	0.000	0.000	10	A	1		0.000		
15:1.....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated.....g	0.045	0.002	10	AS	1		0.006		
16:1 c.....g	0.045	0.002	10	A	1		0.006		
16:1 t.....g	0.000	0.000	10	A	1		0.000		
17:1.....g	0.023	0.002	10	A	1		0.003		
18:1 undifferentiated.....g	38.675	0.915	10	AS	1		5.415		
18:1 c.....g	24.488	1.033	10	A	1		3.428		
18:1 t.....g	14.187	0.901	10	A	1		1.986		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133	0.008	10	A	1		0.019		
22:1 undifferentiated.....g	0.000	0.000	10	AS	1		0.000		
22:1 c.....g	0.000	0.000	10	A	1		0.000		
22:1 t.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.001	0.001	10	A	1		0.000		
Fatty acids, total polyunsaturated.....g	24.302		0	NC	4		3.402		
18:2 undifferentiated.....g	22.252	0.842	10	AS	1		3.115		
18:2 n-6 c,c.....g	21.522	0.919	10	A	1		3.013		
18:2 CLAs.....g	0.027	0.003	10	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.703	0.096	10	A	1		0.098		
18:3 undifferentiated.....g	2.040	0.330	10	AS	1		0.286		
18:3 n-3 c,c,c (ALA).....g	1.957	0.313	10	A	1		0.274		
18:3 n-6 c,c,c.....g	0.083	0.018	10	A	1		0.012		
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.001	10	A	1		0.001		
20:3 undifferentiated.....g	0.001	0.001	10	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	10	A	1		0.000		
20:3 n-6.....g	0.001	0.001	10	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA).....g	0.006	0.003	9	A	1		0.001		
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans.....g	14.890		0	NC	4		2.085		
Fatty acids, total trans-monoenoic.....g	14.187		0	NC	4		1.986		
Fatty acids, total trans-polyenoic.....g	0.703		0	NC	4		0.098		
Cholesterol.....mg	0	0.000	4	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	35		1	A	1		5		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils
(1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	75		1	A	1		11		
Beta-sitosterol.....mg	275		1	A	1		38		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (10.27 mg), campestanol (2.93 mg) and delta-5 avenasterol (11.62 mg)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04684

Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
18:2 i.....g								
18:2 t not further defined.....g	0.219	0.042	4	A	1			0.031
18:3 undifferentiated.....g	6.766	0.189	4	AS	1			0.947
18:3 n-3 c,c,c (ALA).....g	6.176	0.230	4	A	1			0.865
18:3 n-6 c,c,c.....g	0.590	0.059	4	A	1			0.083
18:3i.....g								
18:4.....g	0.000	0.000	4	A	1			0.000
20:2 n-6 c,c.....g	0.041	0.004	4	A	1			0.006
20:3 undifferentiated.....g	0.039	0.002	4	AS	1			0.005
20:3 n-3.....g	0.000	0.000	4	A	1			0.000
20:3 n-6.....g	0.039	0.002	4	A	1			0.005
20:4 undifferentiated.....g	0.000	0.000	4	A	1			0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1			0.000
21:5.....g								
22:4.....g	0.000	0.000	4	A	1			0.000
22:5 n-3 (DPA).....g	0.005	0.003	4	A	1			0.001
22:6 n-3 (DHA).....g	0.003	0.003	4	A	1			0.000
Fatty acids, total trans.....g	0.303		0	NC	4			0.042
Fatty acids, total trans-monoenoic.....g	0.085		0	NC	4			0.012
Fatty acids, total trans-polyenoic.....g	0.219		0	NC	4			0.031
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 = 14.0g: 1 tablespoon (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	20.442		0	NC	4		2.862		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.052		1	A	1		0.007		
13:0.....g									
14:0.....g	0.121		1	A	1		0.017		
15:0.....g	0.038		1	A	1		0.005		
16:0.....g	9.604		1	A	1		1.344		
17:0.....g	0.107		1	A	1		0.015		
18:0.....g	9.959		1	A	1		1.394		
20:0.....g	0.284		1	A	1		0.040		
22:0.....g	0.277		1	A	1		0.039		
24:0.....g									
Fatty acids, total monounsaturated.....g	46.692		0	NC	4		6.537		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0	AS	1		0.009		
16:1 c.....g	0.061		1	A	1		0.009		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	46.631		0	AS	1		6.528		
18:1 c.....g	25.077		1	A	1		3.511		
18:1 t.....g	21.554		1	A	1		3.018		
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	9.265		0	NC	4		1.297		
18:2 undifferentiated.....g	8.478		0	AS	1		1.187		
18:2 n-6 c,c.....g	5.759		1	A	1		0.806		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.719		1	A	1		0.381		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.786		0	AS	1		0.110		
18:3 n-3 c,c,c (ALA).....g	0.313		1	A	1		0.044		
18:3 n-6 c,c,c.....g									
18:3i.....g	0.473		1	A	1		0.066		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
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	24.747		0	NC	4		3.465		
Fatty acids, total trans-monoenoic.....g	21.554		0	NC	4		3.018		
Fatty acids, total trans-polyenoic.....g	3.193		0	NC	4		0.447		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
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.

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Lipids:								
Fatty acids, total saturated.....g	16.321		0	NC	4	2.285	37.048	0.767
4:0.....g	0.000		1	A	1	0.000	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000	0.000
10:0.....g	0.000		1	A	1	0.000	0.000	0.000
12:0.....g	0.179		1	A	1	0.025	0.407	0.008
13:0.....g								
14:0.....g	0.106		1	A	1	0.015	0.240	0.005
15:0.....g	0.038		1	A	1	0.005	0.086	0.002
16:0.....g	8.912		1	A	1	1.248	20.231	0.419
17:0.....g	0.091		1	A	1	0.013	0.207	0.004
18:0.....g	6.465		1	A	1	0.905	14.676	0.304
20:0.....g	0.260		1	A	1	0.036	0.591	0.012
22:0.....g	0.269		1	A	1	0.038	0.610	0.013
24:0.....g								
Fatty acids, total monounsaturated.....g	37.460		0	NC	4	5.244	85.035	1.761
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.053		0	AS	1	0.007	0.120	0.002
16:1 c.....g	0.053		1	A	1	0.007	0.120	0.002
16:1 t.....g								
17:1.....g								
18:1 undifferentiated.....g	37.323		0	AS	1	5.225	84.723	1.754
18:1 c.....g	18.353		1	A	1	2.569	41.661	0.863
18:1 t.....g	18.970		1	A	1	2.656	43.062	0.892
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.084		1	A	1	0.012	0.192	0.004
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	22.422		0	NC	4	3.139	50.898	1.054
18:2 undifferentiated.....g	19.665		0	AS	1	2.753	44.640	0.924
18:2 n-6 c,c.....g	18.400		1	A	1	2.576	41.769	0.865
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g	1.265		1	A	1	0.177	2.871	0.059
18:2 t not further defined.....g								
18:3 undifferentiated.....g	2.757		0	AS	1	0.386	6.258	0.130
18:3 n-3 c,c,c (ALA).....g	2.414		1	A	1	0.338	5.480	0.113
18:3 n-6 c,c,c.....g								
18:3i.....g	0.343		1	A	1	0.048	0.778	0.016
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		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	20.578		0	NC	4	2.881	46.711	0.967
Fatty acids, total trans-monoenoic.....g	18.970		0	NC	4	2.656	43.062	0.892
Fatty acids, total trans-polyenoic.....g	1.608		0	NC	4	0.225	3.649	0.076
Cholesterol.....mg	0		0	LC	8	0	0	0
Phytosterols.....mg								

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

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04683

Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
18:2 i.....g								
18:2 t not further defined.....g	0.351	0.035	7	A	1			0.049
18:3 undifferentiated.....g	2.939	0.242	7	AS	1			0.411
18:3 n-3 c,c,c (ALA).....g	2.925	0.245	7	A	1			0.409
18:3 n-6 c,c,c.....g	0.014	0.004	7	A	1			0.002
18:3i.....g								
18:4.....g	0.000	0.000	7	A	1			0.000
20:2 n-6 c,c.....g	0.017	0.001	7	A	1			0.002
20:3 undifferentiated.....g	0.014	0.002	7	AS	1			0.002
20:3 n-3.....g	0.000	0.000	7	A	1			0.000
20:3 n-6.....g	0.014	0.002	7	A	1			0.002
20:4 undifferentiated.....g	0.000	0.000	7	A	1			0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	7	A	1			0.000
21:5.....g								
22:4.....g	0.000	0.000	7	A	1			0.000
22:5 n-3 (DPA).....g	0.004	0.002	7	A	1			0.001
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1			0.000
Fatty acids, total trans.....g	3.265		0	NC	4			0.457
Fatty acids, total trans-monoenoic.....g	2.914		0	NC	4			0.408
Fatty acids, total trans-polyenoic.....g	0.351		0	NC	4			0.049
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 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Lipids:									
Fatty acids, total saturated.....g	13.631		0	NC	4		1.908		
4:0.....g	0.012	0.006	14	A	1		0.002		
6:0.....g	0.006	0.003	14	A	1		0.001		
8:0.....g	0.013	0.007	14	A	1		0.002		
10:0.....g	0.043	0.019	12	A	1		0.006		
12:0.....g	0.011	0.005	12	A	1		0.001		
13:0.....g									
14:0.....g	0.072	0.014	14	A	1		0.010		
15:0.....g	0.017	0.001	14	A	1		0.002		
16:0.....g	7.311	0.047	14	A	1		1.024		
17:0.....g	0.064	0.002	14	A	1		0.009		
18:0.....g	5.615	0.089	14	A	1		0.786		
20:0.....g	0.229	0.003	14	A	1		0.032		
22:0.....g	0.163	0.029	14	A	1		0.023		
24:0.....g	0.075	0.002	14	A	1		0.011		
Fatty acids, total monounsaturated.....g	33.468		0	NC	4		4.685		
14:1.....g	0.000	0.000	13	A	1		0.000		
15:1.....g	0.000	0.000	14	A	1		0.000		
16:1 undifferentiated.....g	0.043		0	AS	1		0.006		
16:1 c.....g	0.043	0.002	14	A	1		0.006		
16:1 t.....g	0.000	0.000	14	A	1		0.000		
17:1.....g	0.023	0.001	14	A	1		0.003		
18:1 undifferentiated.....g	33.233		0	AS	1		4.653		
18:1 c.....g	19.226	0.937	14	A	1		2.692		
18:1 t.....g	14.007	0.481	14	A	1		1.961		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.169	0.020	14	A	1		0.024		
22:1 undifferentiated.....g									
22:1 c.....g	0.000	0.000	14	A	1		0.000		
22:1 t.....g	0.000	0.000	12	A	1		0.000		
24:1 c.....g	0.000	0.000	14	A	1		0.000		
Fatty acids, total polyunsaturated.....g	20.248		0	NC	4		2.835		
18:2 undifferentiated.....g	18.106		0	AS	1		2.535		
18:2 n-6 c,c.....g	17.280	0.787	14	A	1		2.419		
18:2 CLAs.....g	0.047	0.005	14	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.778	0.118	14	A	1		0.109		
18:3 undifferentiated.....g	2.133		0	AS	1		0.299		
18:3 n-3 c,c,c (ALA).....g	2.073	0.120	14	A	1		0.290		
18:3 n-6 c,c,c.....g	0.060	0.017	14	A	1		0.008		
18:3i.....g									
18:4.....g	0.000	0.000	14	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.002	14	A	1		0.001		
20:3 undifferentiated.....g	0.003		0	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	14	A	1		0.000		
20:3 n-6.....g	0.003	0.001	14	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	14	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	14	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	14	A	1		0.000		
22:5 n-3 (DPA).....g	0.002	0.001	14	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	14	A	1		0.000		
Fatty acids, total trans.....g	14.786		0	NC	4		2.070		
Fatty acids, total trans-monoenoic.....g	14.007		0	NC	4		1.961		
Fatty acids, total trans-polyenoic.....g	0.778		0	NC	4		0.109		
Cholesterol.....mg	0	0.000	6	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	25	0.757	6	A	1		3		
Campesterol.....mg	31	0.304	6	A	1		4		
Beta-sitosterol.....mg	81	2.067	6	A	1		11		

NDB No. 04629

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04610

Margarine, regular, 80% fat, composite, stick, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.52	0.265	10	A	1		2.31	37.49	0.78
Energy.....kcal	717		0	NC	4		100	1627	34
Energy.....kJ	2999		0	NC	4		420	6808	141
Protein.....g	0.16	0.015	10	A	1		0.02	0.36	0.01
Total lipid (fat).....g	80.71	0.222	10	A	1		11.30	183.21	3.79
Ash.....g	1.92	0.083	10	A	1		0.27	4.35	0.09
Carbohydrate, by difference.....g	0.70		0	NC	4		0.10	1.58	0.03
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.166	8	A	1		0	7	0
Iron, Fe.....mg	0.06		0	BFZN	4		0.01	0.14	0.00
Magnesium, Mg.....mg	3		0	BFZN	4		0	7	0
Phosphorus, P.....mg	5	0.202	8	A	1		1	12	0
Potassium, K.....mg	18	0.862	6	A	1		2	40	1
Sodium, Na.....mg	751		0	O	4		105	1705	35
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	BFZN	4		0.0	0.5	0.0
Thiamin.....mg	0.010		0	BFZN	4		0.001	0.023	0.000
Riboflavin.....mg	0.037		0	BFZN	4		0.005	0.084	0.002
Niacin.....mg	0.023		0	BFZN	4		0.003	0.052	0.001
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Vitamin B-6.....mg	0.009		0	BFZN	4		0.001	0.020	0.000
Folate, total.....µg	1		0	BFZN	4		0	2	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	1		0	BFZN	4		0	2	0
Folate, DFE.....µg	1		0	NC	4		0	2	0
Choline, total.....mg	12.4		0	CAZN	4		1.7	28.2	0.6
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	BFZN	4		0.01	0.23	0.00
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	819		0	NC	4		115	1859	38
Retinol.....µg	768		0	CAZN	4		108	1743	36
Carotene, beta.....µg	610		0	CAZN	4		85	1385	29
Carotene, alpha.....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU.....IU	3571		1	ML	5		500	8106	168
Lycopene.....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.00		0		4		1.26	20.43	0.42
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	93.0		1	CAZN	4		13.0	211.1	4.4

NDB No. 04610

Margarine, regular, 80% fat, composite, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	15.189		0	NC	4	2.126	34.479	0.714	
4:0.....g	0.000	0.000	9	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	9	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.046	0.002	10	A	1	0.006	0.105	0.002	
15:0.....g	0.015	0.001	10	A	1	0.002	0.035	0.001	
16:0.....g	8.431	0.087	10	A	1	1.180	19.138	0.396	
17:0.....g	0.068	0.002	10	A	1	0.010	0.155	0.003	
18:0.....g	6.173	0.190	10	A	1	0.864	14.012	0.290	
20:0.....g	0.261	0.006	10	A	1	0.037	0.593	0.012	
22:0.....g	0.109	0.036	9	A	1	0.015	0.247	0.005	
24:0.....g	0.085	0.004	10	A	1	0.012	0.193	0.004	
Fatty acids, total monounsaturated.....g	38.877		0	NC	4	5.443	88.251	1.827	
14:1.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.045	0.002	10	AS	1	0.006	0.102	0.002	
16:1 c.....g									
16:1 t.....g									
17:1.....g	0.023	0.002	10	A	1	0.003	0.052	0.001	
18:1 undifferentiated.....g	38.675	0.915	10	AS	1	5.415	87.792	1.818	
18:1 c.....g									
18:1 t.....g									
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133	0.008	10	A	1	0.019	0.302	0.006	
22:1 undifferentiated.....g	0.000	0.000	10	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:1 c.....g	0.001	0.001	10	A	1	0.000	0.003	0.000	
Fatty acids, total polyunsaturated.....g	24.302		0	NC	4	3.402	55.166	1.142	
18:2 undifferentiated.....g	22.252	0.842	10	AS	1	3.115	50.512	1.046	
18:2 n-6 c,c.....g									
18:2 CLAs.....g	0.027	0.003	10	A	1	0.004	0.060	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.703	0.096	10	A	1	0.098	1.597	0.033	
18:3 undifferentiated.....g	2.040	0.330	10	AS	1	0.286	4.631	0.096	
18:3 n-3 c,c,c (ALA).....g	1.957	0.313	10	A	1	0.274	4.443	0.092	
18:3 n-6 c,c,c.....g	0.083	0.018	10	A	1	0.012	0.188	0.004	
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.001	10	A	1	0.001	0.009	0.000	
20:3 undifferentiated.....g	0.001	0.001	10	AS	1	0.000	0.002	0.000	
20:3 n-3.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.001	0.001	10	A	1	0.000	0.002	0.000	
20:4 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.006	0.003	9	A	1	0.001	0.014	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	14.890		0	NC	4	2.085	33.800	0.700	
Fatty acids, total trans-monoenoic.....g	14.187		0	NC	4	1.986	32.203	0.667	
Fatty acids, total trans-polyenoic.....g	0.703		0	NC	4	0.098	1.597	0.033	
Cholesterol.....mg	0		0	BFZN	4	0	0	0	
Phytosterols.....mg									
Stigmasterol.....mg	35		1	A	1	5	80	2	

NDB No. 04610

Margarine, regular, 80% fat, composite, stick, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Campesterol.....mg	75		1	A	1	11	171	4
Beta-sitosterol.....mg	275		1	A	1	38	623	13
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04691

Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.52	0.265	10	A	1		2.31	37.49	0.66
Energy.....kcal	717		0	NR	4		100	1627	29
Energy.....kJ	2999		0	NR	4		420	6808	120
Protein (N x 6.38).....g	0.16	0.015	10	A	1		0.02	0.36	0.01
Total lipid (fat).....g	80.71	0.222	10	A	1		11.30	183.21	3.23
Ash.....g	1.92	0.083	10	A	1		0.27	4.35	0.08
Carbohydrate, by difference.....g	0.70		0	BFZN	4		0.10	1.58	0.03
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	BFZN	4		0	7	0
Iron, Fe.....mg	0.06		0	BFZN	4		0.01	0.14	0.00
Magnesium, Mg.....mg	3		0	BFZN	4		0	7	0
Phosphorus, P.....mg	5		0	BFZN	4		1	12	0
Potassium, K.....mg	18		0	BFZN	4		2	40	1
Sodium, Na.....mg	751		0	O	4		105	1705	30
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	BFZN	4		0.0	0.5	0.0
Thiamin.....mg	0.010		0	BFZN	4		0.001	0.023	0.000
Riboflavin.....mg	0.037		0	BFZN	4		0.005	0.084	0.001
Niacin.....mg	0.023		0	BFZN	4		0.003	0.052	0.001
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.009		0	BFZN	4		0.001	0.020	0.000
Folate, total.....µg	1		0	BFZN	4		0	2	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	1		0	BFZN	4		0	2	0
Folate, DFE.....µg	1		0	NC	4		0	2	0
Choline, total.....mg	12.4		0	BFZN	4		1.7	28.2	0.5
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	BFZN	4		0.01	0.23	0.00
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	819		0	BFZN	4		115	1859	33
Retinol.....µg	768		0	BFZN	4		108	1743	31
Carotene, beta.....µg	610		0	BFZN	4		85	1385	24
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	3577		0	NC	4		501	8119	143
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.00		0	BFZN	4		1.26	20.43	0.36
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.36		1	A	1		0.05	0.82	0.01
Tocopherol, gamma.....mg	43.79		1	A	1		6.13	99.40	1.75
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	10.7		1	LC	8		1.5	24.3	0.4
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	429		1	LC	8		60	973	17
Vitamin K (phylloquinone).....µg	93.0		0	BFZN	4		13.0	211.1	3.7

NDB No. 04691

Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	15.189		0	NC	4		2.126	34.479	0.608
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.046	0.002	10	A	1		0.006	0.105	0.002
15:0.....g	0.016	0.001	10	A	1		0.002	0.035	0.001
16:0.....g	8.437	0.087	10	A	1		1.181	19.151	0.337
17:0.....g	0.068	0.002	10	A	1		0.010	0.155	0.003
18:0.....g	6.177	0.190	10	A	1		0.865	14.022	0.247
20:0.....g	0.261	0.006	10	A	1		0.037	0.593	0.010
22:0.....g	0.109	0.036	9	A	1		0.015	0.248	0.004
24:0.....g	0.085	0.004	10	A	1		0.012	0.193	0.003
Fatty acids, total monounsaturated.....g	38.877		0	NC	4		5.443	88.251	1.555
14:1.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.045	0.002	10	AS	1		0.006	0.102	0.002
16:1 c.....g	0.045	0.002	10	A	1		0.006	0.102	0.002
16:1 t.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
17:1.....g	0.023	0.002	10	A	1		0.003	0.052	0.001
18:1 undifferentiated.....g	38.675	0.915	10	AS	1		5.415	87.792	1.547
18:1 c.....g	24.488	1.033	10	A	1		3.428	55.589	0.980
18:1 t.....g	14.187	0.901	10	A	1		1.986	32.203	0.567
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133	0.008	10	A	1		0.019	0.302	0.005
22:1 undifferentiated.....g	0.000	0.000	10	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	10	A	1		0.000	0.003	0.000
Fatty acids, total polyunsaturated.....g	24.302		0	NC	4		3.402	55.166	0.972
18:2 undifferentiated.....g	22.252	0.842	10	AS	1		3.115	50.512	0.890
18:2 n-6 c,c.....g	21.522	0.919	10	A	1		3.013	48.855	0.861
18:2 CLAs.....g	0.027	0.003	10	A	1		0.004	0.060	0.001
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.703	0.096	10	A	1		0.098	1.597	0.028
18:3 undifferentiated.....g	2.040	0.330	10	AS	1		0.286	4.631	0.082
18:3 n-3 c,c,c (ALA).....g	1.957	0.313	10	A	1		0.274	4.443	0.078
18:3 n-6 c,c,c.....g	0.083	0.018	10	A	1		0.012	0.188	0.003
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.001	10	A	1		0.001	0.009	0.000
20:3 undifferentiated.....g	0.001	0.001	10	AS	1		0.000	0.002	0.000
20:3 n-3.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.001	0.001	10	A	1		0.000	0.002	0.000
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.006	0.003	9	A	1		0.001	0.014	0.000
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	14.890		0	NC	4		2.085	33.800	0.596
Fatty acids, total trans-monoenoic.....g	14.187		0	NC	4		1.986	32.203	0.567
Fatty acids, total trans-polyenoic.....g	0.703		0	NC	4		0.098	1.597	0.028
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	410		0	AS	1		57	931	16
Stigmasterol.....mg	35		1	A	1		5	80	1

NDB No. 04691

Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Campesterol.....mg	75		1	A	1	11	171	3
Beta-sitosterol.....mg	275		1	A	1	38	623	11
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 = 14.0g: 1 tablespoon

Measure 2 = 227g: 1 cup

Measure 3 = 4.0g: 1 teaspoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04617

Margarine, regular, 80% fat, composite, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	15.189		0	BFZN	4		2.157	34.479	0.759
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.046		0	BFZN	4		0.007	0.105	0.002
15:0.....g									
16:0.....g	8.431		0	BFZN	4		1.197	19.138	0.422
17:0.....g									
18:0.....g	6.173		0	BFZN	4		0.877	14.012	0.309
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	38.877		0	BFZN	4		5.521	88.251	1.944
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0	BFZN	4		0.006	0.102	0.002
16:1 c.....g	0.045		0	BFZN	4		0.006	0.102	0.002
16:1 t.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	38.675		0	BFZN	4		5.492	87.792	1.934
18:1 c.....g	24.488		0	BFZN	4		3.477	55.589	1.224
18:1 t.....g	14.187		0	BFZN	4		2.014	32.203	0.709
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133		0	BFZN	4		0.019	0.302	0.007
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.302		0	BFZN	4		3.451	55.166	1.215
18:2 undifferentiated.....g	22.252		0	BFZN	4		3.160	50.512	1.113
18:2 n-6 c,c.....g	21.522		0	BFZN	4		3.056	48.855	1.076
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.040		0	BFZN	4		0.290	4.631	0.102
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.006		0	BFZN	4		0.001	0.014	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	14.890		0	BFZN	4		2.114	33.800	0.744
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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 = 14.2g: 1 tbsp

Measure 2 = 227g: 1 cup

NDB No. 04617

Margarine, regular, 80% fat, composite, stick, without salt

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04696

Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	15.189		0	BFZN	4		2.126	34.782	0.729
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.046		0	BFZN	4		0.006	0.106	0.002
15:0.....g									
16:0.....g	8.431		0	BFZN	4		1.180	19.307	0.405
17:0.....g									
18:0.....g	6.173		0	BFZN	4		0.864	14.135	0.296
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	38.877		0	BFZN	4		5.443	89.029	1.866
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0	BFZN	4		0.006	0.103	0.002
16:1 c.....g	0.045		0	BFZN	4		0.006	0.103	0.002
16:1 t.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	38.675		0	BFZN	4		5.415	88.566	1.856
18:1 c.....g	24.488		0	BFZN	4		3.428	56.079	1.175
18:1 t.....g	14.187		0	BFZN	4		1.986	32.487	0.681
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133		0	BFZN	4		0.019	0.305	0.006
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.302		0	BFZN	4		3.402	55.653	1.167
18:2 undifferentiated.....g	22.252		0	BFZN	4		3.115	50.957	1.068
18:2 n-6 c,c.....g	21.522		0	BFZN	4		3.013	49.285	1.033
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.040		0	BFZN	4		0.286	4.672	0.098
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.006		0	BFZN	4		0.001	0.014	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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 = 14.0g: 1 tbsp

Measure 2 = 229g: 1 cup

NDB No. 04696

Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D

Measure 3 = 4.8g: 1 teaspoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04611

Margarine, regular, 80% fat, composite, tub, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.07	0.283	10	A	1		2.42	38.75	
Energy.....kcal	713		0	NC	4		101	1618	
Energy.....kJ	2981		0	NC	4		423	6768	
Protein (N x 6.25).....g	0.22	0.033	10	A	1		0.03	0.50	
Total lipid (fat).....g	80.17	0.253	10	A	1		11.38	181.99	
Ash.....g	1.78	0.083	10	A	1		0.25	4.05	
Carbohydrate, by difference.....g	0.75		0	NC	4		0.11	1.71	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2	A	1		0	6	
Iron, Fe.....mg	0.00		2	A	1		0.00	0.00	
Magnesium, Mg.....mg	1		2	A	1		0	2	
Phosphorus, P.....mg	5		2	A	1		1	12	
Potassium, K.....mg	17		2	A	1		2	38	
Sodium, Na.....mg	657		2	A	1		93	1491	
Zinc, Zn.....mg	0.00		2	A	1		0.00	0.00	
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin.....mg	0.000		1	A	1		0.000	0.000	
Riboflavin.....mg	0.000		2	A	1		0.000	0.000	
Niacin.....mg	0.000		2	A	1		0.000	0.000	
Pantothenic acid.....mg	0.085		2	A	1		0.012	0.193	
Vitamin B-6.....mg	0.000		2	A	1		0.000	0.000	
Folate, total.....µg	1		0	BFZN	4		0	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0	BFZN	4		0	2	
Folate, DFE.....µg	1		0	NC	4		0	2	
Choline, total.....mg	12.4		3	AS	1		1.8	28.2	
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	BFZN	4		0.01	0.18	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	819		0	NC	4		116	1859	
Retinol.....µg	768		0	CAZN	4		109	1743	
Carotene, beta.....µg	610		0	CAZN	4		87	1385	
Carotene, alpha.....µg	0		0	CAZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	CAZN	4		0	0	
Vitamin A, IU.....IU	3571		1	ML	5		507	8106	
Lycopene.....µg	0		0	CAZN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	CAZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	15.43	0.415	3	A	1		2.19	35.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.16	0.015	3	A	1		0.02	0.36	
Tocopherol, gamma.....mg	26.98	2.397	3	A	1		3.83	61.25	
Tocopherol, delta.....mg	6.65	0.515	3	A	1		0.95	15.11	
Tocotrienol, alpha.....mg	0.04	0.000	3	A	1		0.01	0.09	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.05	0.000	3	A	1		0.01	0.10	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	91.7		2	A	1		13.0	208.0	

NDB No. 04611

Margarine, regular, 80% fat, composite, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	53.6		2	A	1		7.6	121.7	
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	14.224		0	NC	4		2.020	32.288	
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	
8:0.....g	0.015	0.005	10	A	1		0.002	0.033	
10:0.....g	0.023	0.004	10	A	1		0.003	0.052	
12:0.....g	0.433	0.040	10	A	1		0.062	0.983	
13:0.....g									
14:0.....g	0.240	0.014	10	A	1		0.034	0.546	
15:0.....g	0.020	0.002	10	A	1		0.003	0.046	
16:0.....g	7.075	0.053	10	A	1		1.005	16.060	
17:0.....g	0.062	0.001	10	A	1		0.009	0.140	
18:0.....g	5.808	0.140	10	A	1		0.825	13.185	
20:0.....g	0.356	0.005	10	A	1		0.051	0.808	
22:0.....g	0.105	0.035	10	A	1		0.015	0.239	
24:0.....g	0.087	0.002	10	A	1		0.012	0.197	
Fatty acids, total monounsaturated.....g	36.435		0	NC	4		5.174	82.706	
14:1.....g	0.000	0.000	10	A	1		0.000	0.000	
15:1.....g	0.000	0.000	10	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.088	0.001	10	AS	1		0.012	0.200	
16:1 c.....g	0.088	0.001	10	A	1		0.012	0.200	
16:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	
17:1.....g	0.038	0.000	10	A	1		0.005	0.085	
18:1 undifferentiated.....g	35.541	0.742	10	AS	1		5.047	80.678	
18:1 c.....g	30.293	0.247	10	A	1		4.302	68.765	
18:1 t.....g	5.248	0.559	10	A	1		0.745	11.913	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.682	0.042	10	A	1		0.097	1.547	
22:1 undifferentiated.....g	0.026	0.008	10	AS	1		0.004	0.059	
22:1 c.....g	0.026	0.008	10	A	1		0.004	0.059	
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c.....g	0.061	0.001	10	A	1		0.009	0.138	
Fatty acids, total polyunsaturated.....g	26.741		0	NC	4		3.797	60.701	
18:2 undifferentiated.....g	21.656	0.880	10	AS	1		3.075	49.160	
18:2 n-6 c,c.....g	21.038	1.064	10	A	1		2.987	47.756	
18:2 CLAs.....g	0.040	0.003	10	A	1		0.006	0.090	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.579	0.190	10	A	1		0.082	1.314	
18:3 undifferentiated.....g	5.031	0.236	10	AS	1		0.714	11.421	
18:3 n-3 c,c,c (ALA).....g	4.677	0.274	10	A	1		0.664	10.617	
18:3 n-6 c,c,c.....g	0.354	0.039	10	A	1		0.050	0.804	
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.024	0.003	10	A	1		0.003	0.055	
20:3 undifferentiated.....g	0.021	0.002	10	AS	1		0.003	0.047	
20:3 n-3.....g	0.000	0.000	10	A	1		0.000	0.000	
20:3 n-6.....g	0.021	0.002	10	A	1		0.003	0.047	
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	10	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.005	0.002	10	A	1		0.001	0.012	
22:6 n-3 (DHA).....g	0.003	0.001	10	A	1		0.000	0.006	
Fatty acids, total trans.....g	5.827		0	NC	4		0.827	13.227	
Fatty acids, total trans-monoenoic.....g	5.248		0	NC	4		0.745	11.913	
Fatty acids, total trans-polyenoic.....g	0.579		0	NC	4		0.082	1.314	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg	210		0	AS	1		30	477	
Stigmasterol.....mg	37		1	A	1		5	84	

NDB No. 04611

Margarine, regular, 80% fat, composite, tub, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Campesterol.....mg	48		1	A	1	7	109	
Beta-sitosterol.....mg	112		1	A	1	16	254	
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

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

Common Measures:

Measure 1 = 14.2g: 1 tbsp

Measure 2 = 227g: 1 cup

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04692

Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.07	0.283	10	A	1		2.39		
Energy.....kcal	713		0	NC	4		100		
Energy.....kJ	2981		0	NC	4		417		
Protein (N x 6.38).....g	0.22	0.033	10	A	1		0.03		
Total lipid (fat).....g	80.17	0.253	10	A	1		11.22		
Ash.....g	1.78	0.083	10	A	1		0.25		
Carbohydrate, by difference.....g	0.75		0	BFZN	4		0.11		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2	A	1		0		
Iron, Fe.....mg	0.00		2	A	1		0.00		
Magnesium, Mg.....mg	1		2	A	1		0		
Phosphorus, P.....mg	5		2	A	1		1		
Potassium, K.....mg	17		2	A	1		2		
Sodium, Na.....mg	657		2	A	1		92		
Zinc, Zn.....mg	0.00		2	A	1		0.00		
Copper, Cu.....mg	0.000		2	A	1		0.000		
Manganese, Mn.....mg	0.000		2	A	1		0.000		
Selenium, Se.....µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0		
Thiamin.....mg	0.000		1	A	1		0.000		
Riboflavin.....mg	0.000		2	A	1		0.000		
Niacin.....mg	0.000		2	A	1		0.000		
Pantothenic acid.....mg	0.085		2	A	1		0.012		
Vitamin B-6.....mg	0.000		2	A	1		0.000		
Folate, total.....µg	1		0	BFZN	4		0		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	1		0	BFZN	4		0		
Folate, DFE.....µg	1		0	NC	4		0		
Choline, total.....mg	12.4		0	BFZN	4		1.7		
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	BFZN	4		0.01		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	819		0	BFZN	4		115		
Retinol.....µg	768		0	BFZN	4		108		
Carotene, beta.....µg	610		0	BFZN	4		85		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	3577		0	NC	4		501		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	15.43	0.415	3	A	1		2.16		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.16	0.015	3	A	1		0.02		
Tocopherol, gamma.....mg	26.98	2.397	3	A	1		3.78		
Tocopherol, delta.....mg	6.65	0.515	3	A	1		0.93		
Tocotrienol, alpha.....mg	0.04	0.000	3	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.05	0.000	3	A	1		0.01		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	10.7		1	LC	8		1.5		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	429		1	LC	8		60		
Vitamin K (phylloquinone).....µg	91.7		2	A	1		12.8		

NDB No. 04692

Margarine, regular, 80% fat, composite, tub, with salt, w with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	53.6		2	A	1		7.5		
Menquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	14.224		0	NC	4		1.991		
4:0.....g	0.000	0.000	10	A	1		0.000		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.015	0.005	10	A	1		0.002		
10:0.....g	0.023	0.004	10	A	1		0.003		
12:0.....g	0.433	0.040	10	A	1		0.061		
13:0.....g									
14:0.....g	0.240	0.014	10	A	1		0.034		
15:0.....g	0.020	0.002	10	A	1		0.003		
16:0.....g	7.075	0.053	10	A	1		0.990		
17:0.....g	0.062	0.001	10	A	1		0.009		
18:0.....g	5.808	0.140	10	A	1		0.813		
20:0.....g	0.356	0.005	10	A	1		0.050		
22:0.....g	0.105	0.035	10	A	1		0.015		
24:0.....g	0.087	0.002	10	A	1		0.012		
Fatty acids, total monounsaturated.....g	36.435		0	NC	4		5.101		
14:1.....g	0.000	0.000	10	A	1		0.000		
15:1.....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated.....g	0.088	0.001	10	AS	1		0.012		
16:1 c.....g	0.088	0.001	10	A	1		0.012		
16:1 t.....g	0.000	0.000	9	A	1		0.000		
17:1.....g	0.038	0.000	10	A	1		0.005		
18:1 undifferentiated.....g	35.541	0.742	10	AS	1		4.976		
18:1 c.....g	30.293	0.247	10	A	1		4.241		
18:1 t.....g	5.248	0.559	10	A	1		0.735		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.682	0.042	10	A	1		0.095		
22:1 undifferentiated.....g	0.026	0.008	10	AS	1		0.004		
22:1 c.....g	0.026	0.008	10	A	1		0.004		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.061	0.001	10	A	1		0.009		
Fatty acids, total polyunsaturated.....g	26.741		0	NC	4		3.744		
18:2 undifferentiated.....g	21.656	0.880	10	AS	1		3.032		
18:2 n-6 c,c.....g	21.038	1.064	10	A	1		2.945		
18:2 CLAs.....g	0.040	0.003	10	A	1		0.006		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.579	0.190	10	A	1		0.081		
18:3 undifferentiated.....g	5.031	0.236	10	AS	1		0.704		
18:3 n-3 c,c,c (ALA).....g	4.677	0.274	10	A	1		0.655		
18:3 n-6 c,c,c.....g	0.354	0.039	10	A	1		0.050		
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c.....g	0.024	0.003	10	A	1		0.003		
20:3 undifferentiated.....g	0.021	0.002	10	AS	1		0.003		
20:3 n-3.....g	0.000	0.000	10	A	1		0.000		
20:3 n-6.....g	0.021	0.002	10	A	1		0.003		
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA).....g	0.005	0.002	10	A	1		0.001		
22:6 n-3 (DHA).....g	0.003	0.001	10	A	1		0.000		
Fatty acids, total trans.....g	5.827		0	NC	4		0.816		
Fatty acids, total trans-monoenoic.....g	5.248		0	NC	4		0.735		
Fatty acids, total trans-polyenoic.....g	0.579		0	NC	4		0.081		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg	210		0	AS	1		29		
Stigmasterol.....mg	37		1	A	1		5		

NDB No. 04692

Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Campesterol.....mg	48		1	A	1	7		
Beta-sitosterol.....mg	112		1	A	1	16		
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 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04618

Margarine, regular, 80% fat, composite, tub, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	14.224		0	BFZN	4		2.020	32.288	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.015		0	BFZN	4		0.002	0.033	
10:0.....g	0.023		0	BFZN	4		0.003	0.052	
12:0.....g	0.433		0	BFZN	4		0.062	0.983	
13:0.....g									
14:0.....g	0.240		0	BFZN	4		0.034	0.546	
15:0.....g									
16:0.....g	7.075		0	BFZN	4		1.005	16.060	
17:0.....g									
18:0.....g	5.808		0	BFZN	4		0.825	13.185	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	36.435		0	BFZN	4		5.174	82.706	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.088		0	BFZN	4		0.012	0.200	
17:1.....g									
18:1 undifferentiated.....g	35.541		0	BFZN	4		5.047	80.678	
20:1.....g	0.682		0	BFZN	4		0.097	1.547	
22:1 undifferentiated.....g	0.026		0	BFZN	4		0.004	0.059	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.741		0	BFZN	4		3.797	60.701	
18:2 undifferentiated.....g	21.656		0	BFZN	4		3.075	49.160	
18:3 undifferentiated.....g	5.031		0	BFZN	4		0.714	11.421	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.005		0	BFZN	4		0.001	0.012	
22:6 n-3 (DHA).....g	0.003		0	BFZN	4		0.000	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
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 = 14.2g: 1 tbsp

Measure 2 = 227g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	16.700		0		1		0.785	18.871	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.200	0.080	4		1		0.009	0.226	
15:0.....g									
16:0.....g	9.600	0.615	4		1		0.451	10.848	
17:0.....g									
18:0.....g	6.900	0.103	4		1		0.324	7.797	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.300		0		1		1.847	44.409	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	39.100	1.521	4		1		1.838	44.183	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		0.982	23.617	
18:2 undifferentiated.....g	19.400	1.179	4		1		0.912	21.922	
18:3 undifferentiated.....g	1.500	0.420	4		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	146		1		1		7	165	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									

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

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

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

food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	22.869		0	NC	4		3.202		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.033		1	A	1		0.005		
13:0.....g									
14:0.....g	0.147		1	A	1		0.021		
15:0.....g	0.034		1	A	1		0.005		
16:0.....g	9.296		1	A	1		1.301		
17:0.....g	0.101		1	A	1		0.014		
18:0.....g	12.754		1	A	1		1.786		
20:0.....g	0.265		1	A	1		0.037		
22:0.....g	0.239		1	A	1		0.033		
24:0.....g									
Fatty acids, total monounsaturated.....g	37.243		0	NC	4		5.214		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	AS	1		0.008		
16:1 c.....g	0.054		1	A	1		0.008		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.189		0	AS	1		5.207		
18:1 c.....g	19.650		1	A	1		2.751		
18:1 t.....g	17.539		1	A	1		2.456		
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	7.512		0	NC	4		1.052		
18:2 undifferentiated.....g	6.755		0	AS	1		0.946		
18:2 n-6 c,c.....g	5.491		1	A	1		0.769		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	1.265		1	A	1		0.177		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.757		0	AS	1		0.106		
18:3 n-3 c,c,c (ALA).....g	0.493		1	A	1		0.069		
18:3 n-6 c,c,c.....g									
18:3i.....g	0.264		1	A	1		0.037		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
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	19.068		0	NC	4		2.669		
Fatty acids, total trans-monoenoic.....g	17.539		0	NC	4		2.456		
Fatty acids, total trans-polyenoic.....g	1.528		0	NC	4		0.214		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
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.

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04626

Margarine-like spread with yogurt, 70% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	13.300		0	BFZN	4		1.862		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	9.800		0	BFZN	4		1.372		
17:0.....g									
18:0.....g	3.500		0	BFZN	4		0.490		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.900		0	BFZN	4		5.586		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0	BFZN	4		0.098		
17:1.....g									
18:1 undifferentiated.....g	39.200		0	BFZN	4		5.488		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.000		0	BFZN	4		1.960		
18:2 undifferentiated.....g	12.600		0	BFZN	4		1.764		
18:3 undifferentiated.....g	1.400		0	BFZN	4		0.196		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04627

Margarine-like spread with yogurt, approximately 40% fat, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	7.000		0	BFZN	4		0.980		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	5.950		0	BFZN	4		0.833		
17:0.....g									
18:0.....g	1.050		0	BFZN	4		0.147		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.800		0	BFZN	4		1.372		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0	BFZN	4		0.049		
17:1.....g									
18:1 undifferentiated.....g	9.450		0	BFZN	4		1.323		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.800		0	BFZN	4		2.352		
18:2 undifferentiated.....g	15.040		0	BFZN	4		2.106		
18:3 undifferentiated.....g	1.750		0	BFZN	4		0.245		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04687

Margarine-like spread, BENECOL Light Spread (1)

McNeil Nutritionals, 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	53.73		2	A	1		7.52		
Energy.....kcal	357		0	LC	8		50		
Energy.....kJ	1494		0	LC	8		209		
Protein.....g	0.00		2	A	1		0.00		
Total lipid (fat).....g	38.71		1	A	1		5.42		
Ash.....g	1.86		2	A	1		0.26		
Carbohydrate, by difference.....g	5.71		0	NC	4		0.80		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1	A	1		1		
Iron, Fe.....mg	0.00		1	A	1		0.00		
Magnesium, Mg.....mg	1		1	A	1		0		
Phosphorus, P.....mg	4		1	A	1		1		
Potassium, K.....mg	4		1	A	1		0		
Sodium, Na.....mg	670		1	A	1		94		
Zinc, Zn.....mg	0.00		1	A	1		0.00		
Copper, Cu.....mg	0.000		1	A	1		0.000		
Manganese, Mn.....mg	0.000		1	A	1		0.000		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.012		1	A	1		0.002		
Riboflavin.....mg	0.000		1	A	1		0.000		
Niacin.....mg	0.000		1	A	1		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	1370		0	AS	1		192		
Vitamin A, IU.....IU	4567		0	AS	1		639		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	37.22		2	A	1		5.21		
Tocopherol, beta.....mg	0.07		2	A	1		0.01		
Tocopherol, gamma.....mg	13.80		2	A	1		1.93		
Tocopherol, delta.....mg	2.58		2	A	1		0.36		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	56.5		2	A	1		7.9		
Dihydrophyloquinone.....µg	12.3		2	A	1		1.7		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.770		0	NC	4		0.668		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		

Margarine-like spread, BENECOL Light Spread (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.036		2	A	1		0.005		
15:0.....g	0.002		2	A	1		0.000		
16:0.....g	2.736		2	A	1		0.383		
17:0.....g	0.036		2	A	1		0.005		
18:0.....g	1.670		2	A	1		0.234		
20:0.....g	0.150		2	A	1		0.021		
22:0.....g	0.138		2	A	1		0.019		
24:0.....g	0.003		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	18.932		0	NC	4		2.650		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0	AS	1		0.010		
16:1 c.....g	0.074		2	A	1		0.010		
16:1 t.....g									
17:1.....g	0.041		2	A	1		0.006		
18:1 undifferentiated.....g	18.525		0	AS	1		2.593		
18:1 c.....g	16.689		2	A	1		2.336		
18:1 t.....g	1.836		2	A	1		0.257		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.269		2	A	1		0.038		
22:1 undifferentiated.....g	0.024		0	AS	1		0.003		
22:1 c.....g	0.024		2	A	1		0.003		
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.948		0	NC	4		1.673		
18:2 undifferentiated.....g	9.724		0	AS	1		1.361		
18:2 n-6 c,c.....g	9.557		2	A	1		1.338		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.167		2	A	1		0.023		
18:3 undifferentiated.....g	2.187		0	AS	1		0.306		
18:3 n-3 c,c,c (ALA).....g	1.976		2	A	1		0.277		
18:3 n-6 c,c,c.....g									
18:3i.....g	0.211		2	A	1		0.030		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.037		2	A	1		0.005		
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	2.214		0	NC	4		0.310		
Fatty acids, total trans-monoenoic.....g	1.836		0	NC	4		0.257		
Fatty acids, total trans-polyenoic.....g	0.378		0	NC	4		0.053		
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 = 14.0g: 1 tablespoon (1 NLEA serving)

NDB No. 04687

Margarine-like spread, BENEOL Light Spread (1)

Footnotes:

1 Plant Stanol esters = 6070 mg/100g

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.89	0.951	3	A	1		8.38		
Energy.....kcal	337		0	MC	9		47		
Energy.....kJ	1410		0	MC	9		197		
Protein (N x 6.38).....g	0.02	0.021	3	A	1		0.00		
Total lipid (fat).....g	36.41	0.259	3	A	1		5.10		
Ash.....g	1.70	0.330	3	A	1		0.24		
Carbohydrate, by difference.....g	1.98		0	NC	4		0.28		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		0		
Iron, Fe.....mg	0.00		1	A	1		0.00		
Magnesium, Mg.....mg	1		1	A	1		0		
Phosphorus, P.....mg	1		1	A	1		0		
Potassium, K.....mg	32		1	A	1		4		
Sodium, Na.....mg	580		1	A	1		81		
Zinc, Zn.....mg	0.00		1	A	1		0.00		
Copper, Cu.....mg	0.000		1	A	1		0.000		
Manganese, Mn.....mg	0.000		1	A	1		0.000		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	A	1		0.000		
Riboflavin.....mg	0.000		1	A	1		0.000		
Niacin.....mg	0.000		1	A	1		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	1433		0	NC	4		201		
Vitamin A, IU.....IU	5161		0	MC	9		723		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	15.75	0.754	3	A	1		2.20		
Tocopherol, beta.....mg	0.06	0.010	3	A	1		0.01		
Tocopherol, gamma.....mg	7.76	0.475	3	A	1		1.09		
Tocopherol, delta.....mg	1.12	0.139	3	A	1		0.16		
Tocotrienol, alpha.....mg	1.57	0.059	3	A	1		0.22		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	1.08	0.244	3	A	1		0.15		
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	46.8	0.812	3	A	1		6.5		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	10.087		0	NC	4		1.412		
4:0.....g	0.004	0.000	3	A	1		0.001		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.005	0.000	3	A	1		0.001		

Margarine-like spread, SMART BALANCE Light Buttery 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
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.077	0.006	3	A	1		0.011		
13:0.....g									
14:0.....g	0.188	0.002	3	A	1		0.026		
15:0.....g	0.009	0.004	3	A	1		0.001		
16:0.....g	8.043	0.178	3	A	1		1.126		
17:0.....g	0.035	0.002	3	A	1		0.005		
18:0.....g	1.499	0.046	3	A	1		0.210		
20:0.....g	0.146	0.019	3	A	1		0.020		
22:0.....g	0.080	0.005	3	A	1		0.011		
24:0.....g	0.005		1	A	1		0.001		
Fatty acids, total monounsaturated.....g	13.699		0	NC	4		1.918		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063	0.006	3	AS	1		0.009		
16:1 c.....g	0.063	0.006	3	A	1		0.009		
16:1 t.....g									
17:1.....g	0.014	0.005	3	A	1		0.002		
18:1 undifferentiated.....g	13.494	0.349	3	AS	1		1.889		
18:1 c.....g	13.213	0.330	3	A	1		1.850		
18:1 t.....g	0.281	0.043	3	A	1		0.039		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.122	0.002	3	A	1		0.017		
22:1 undifferentiated.....g	0.007	0.007	3	AS	1		0.001		
22:1 c.....g	0.007	0.007	3	A	1		0.001		
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.651		0	NC	4		1.351		
18:2 undifferentiated.....g	8.318	0.319	3	AS	1		1.165		
18:2 n-6 c,c.....g	8.175	0.307	3	A	1		1.145		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.143	0.019	3	A	1		0.020		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.304	0.087	3	AS	1		0.183		
18:3 n-3 c,c,c (ALA).....g	1.116	0.076	3	A	1		0.156		
18:3 n-6 c,c,c.....g									
18:3i.....g	0.187	0.018	3	A	1		0.026		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.029	0.006	3	A	1		0.004		
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
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									
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	0.611		0	NC	4		0.086		
Fatty acids, total trans-monoenoic.....g	0.281		0	NC	4		0.039		
Fatty acids, total trans-polyenoic.....g	0.330		0	NC	4		0.046		
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 = 14.0g: 1 tbsp

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
18:2 i.....g										
18:2 t not further defined.....g	0.253	0.023	3	A		1				0.035
18:3 undifferentiated.....g	2.432	0.109	3	AS		1				0.340
18:3 n-3 c,c,c (ALA).....g	2.386	0.070	3	A		1				0.334
18:3 n-6 c,c,c.....g	0.046	0.039	3	A		1				0.006
18:3i.....g										
18:4.....g	0.089	0.008	3	A		1				0.012
20:2 n-6 c,c.....g	0.021	0.005	3	A		1				0.003
20:3 undifferentiated.....g	0.017	0.002	3	AS		1				0.002
20:3 n-3.....g	0.005	0.003	3	A		1				0.001
20:3 n-6.....g	0.011	0.005	3	A		1				0.002
20:4 undifferentiated.....g	0.023	0.003	3	A		1				0.003
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.314	0.013	3	A		1				0.044
21:5.....g										
22:4.....g	0.000	0.000	3	A		1				0.000
22:5 n-3 (DPA).....g	0.059	0.005	3	A		1				0.008
22:6 n-3 (DHA).....g	0.322	0.005	3	A		1				0.045
Fatty acids, total trans.....g	0.377		0	NC		4				0.053
Fatty acids, total trans-monoenoic.....g	0.124		0	NC		4				0.017
Fatty acids, total trans-polyenoic.....g	0.253		0	NC		4				0.035
Cholesterol.....mg	23		1	A		1				3
Phytosterols.....mg	3		0	MC		9				0
Stigmasterol.....mg	0		0	MC		9				0
Campesterol.....mg	0		0	MC		9				0
Beta-sitosterol.....mg	3		0	MC		9				0

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 3.982 g omega-3 fatty acids of which 1.071 g are long chain fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04673

Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax 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
18:2 i.....g									
18:2 t not further defined.....g	0.263		2	A	1		0.037		
18:3 undifferentiated.....g	3.555		0	AS	1		0.498		
18:3 n-3 c,c,c (ALA).....g	3.385		2	A	1		0.474		
18:3 n-6 c,c,c.....g	0.171		2	A	1		0.024		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.017		2	A	1		0.002		
20:3 undifferentiated.....g	0.012		0	AS	1		0.002		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.012		2	A	1		0.002		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.425		0	NC	4		0.059		
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.023		
Fatty acids, total trans-polyenoic.....g	0.263		0	NC	4		0.037		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 2.841 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04676

Margarine-like spread, SMART BEAT Smart Squeeze

GFA Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.91		0	MC	9		12.31		
Energy.....kcal	47		0	MC	9		7		
Energy.....kJ	197		0	MC	9		28		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	2.10		0	MC	9		0.29		
Ash.....g	2.45		0	MC	9		0.34		
Carbohydrate, by difference.....g	7.10		0	MC	9		0.99		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.00		0	MC	9		0.14		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	26		0	MC	9		4		
Sodium, Na.....mg	829		0	MC	9		116		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.310		0	MC	9		0.043		
Fatty acids, total monounsaturated.....g	0.470		0	MC	9		0.066		
Fatty acids, total polyunsaturated.....g	1.180		0	MC	9		0.165		
Fatty acids, total trans.....g	0.040		0	MC	9		0.006		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.164 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04675

Margarine-like spread, SMART BEAT Super Light without saturated fat

GFA Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.83		0	MC	9		11.32		
Energy.....kcal	158		0	MC	9		22		
Energy.....kJ	661		0	MC	9		93		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	17.10		0	MC	9		2.39		
Ash.....g	1.91		0	MC	9		0.27		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	12		0	MC	9		2		
Sodium, Na.....mg	755		0	MC	9		106		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.220		0	MC	9		0.311		
Fatty acids, total monounsaturated.....g	7.600		0	MC	9		1.064		
Fatty acids, total polyunsaturated.....g	3.980		0	MC	9		0.557		
Fatty acids, total trans.....g	2.450		0	MC	9		0.343		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.779 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	10.042		0	BFZN	4		1.406	22.996	0.482
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.049		0	BFZN	4		0.007	0.113	0.002
15:0.....g									
16:0.....g	5.813		0	BFZN	4		0.814	13.313	0.279
17:0.....g									
18:0.....g	3.622		0	BFZN	4		0.507	8.295	0.174
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.316		0	BFZN	4		2.844	46.524	0.975
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	BFZN	4		0.007	0.110	0.002
17:1.....g									
18:1 undifferentiated.....g	20.190		0	BFZN	4		2.827	46.234	0.969
20:1.....g	0.078		0	BFZN	4		0.011	0.179	0.004
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.686		0	BFZN	4		3.456	56.531	1.185
18:2 undifferentiated.....g	21.612		0	BFZN	4		3.026	49.491	1.037
18:3 undifferentiated.....g	2.645		0	BFZN	4		0.370	6.058	0.127
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	7.374		0	BFZN	4		1.032	16.886	0.354
Cholesterol.....mg	1		0	BFZN	4		0	2	0
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 = 14.0g: 1 tbsp
- Measure 2 = 229g: 1 cup
- Measure 3 = 4.8g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42307

Margarine-like, butter-margarine blend, 80% fat, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	26.904		0		4		3.767		
4:0.....g	0.842		0		4		0.118		
6:0.....g	0.499		0		4		0.070		
8:0.....g	0.290		0		4		0.041		
10:0.....g	0.650		0		4		0.091		
12:0.....g	0.730		0		4		0.102		
13:0.....g									
14:0.....g	2.747		0		4		0.385		
15:0.....g									
16:0.....g	13.412		0		4		1.878		
17:0.....g									
18:0.....g	7.158		0		4		1.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	31.832		0		4		4.456		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.582		0		4		0.081		
17:1.....g									
18:1 undifferentiated.....g	30.872		0		4		4.322		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.236		0		4		2.553		
18:2 undifferentiated.....g	17.110		0		4		2.395		
18:3 undifferentiated.....g	1.126		0		4		0.158		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3 (EPA).....g	0.000		0		7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000		
22:6 n-3 (DHA).....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	s	4		12		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04585

Margarine-like, margarine-butter blend, soybean oil and 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	17.07		1	A	1		2.41	38.75	0.80
Energy.....kcal	727		0	NC	4		103	1651	34
Energy.....kJ	3043		0	NC	4		429	6908	143
Protein (N x 6.25).....g	0.31		1	A	1		0.04	0.71	0.01
Total lipid (fat).....g	80.32		1	A	1		11.33	182.33	3.78
Ash.....g	1.53		1	A	1		0.22	3.47	0.07
Carbohydrate, by difference.....g	0.77		0	NC	4		0.11	1.74	0.04
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1	A	1		1	22	0
Iron, Fe.....mg	0.04		1	A	1		0.01	0.08	0.00
Magnesium, Mg.....mg	1		1	A	1		0	2	0
Phosphorus, P.....mg	10		1	A	1		1	23	0
Potassium, K.....mg	22		1	A	1		3	50	1
Sodium, Na.....mg	719		0	O	4		101	1632	34
Zinc, Zn.....mg	0.03		1	A	1		0.00	0.06	0.00
Copper, Cu.....mg	0.010		1	A	1		0.001	0.022	0.000
Manganese, Mn.....mg	0.006		1	A	1		0.001	0.013	0.000
Selenium, Se.....µg	0.2		0	FLA	4		0.0	0.4	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.2	0.0
Thiamin.....mg	0.009		1	A	1		0.001	0.020	0.000
Riboflavin.....mg	0.023		1	A	1		0.003	0.053	0.001
Niacin.....mg	0.022		1	A	1		0.003	0.050	0.001
Pantothenic acid.....mg	0.041		1	A	1		0.006	0.092	0.002
Vitamin B-6.....mg	0.009		1	A	1		0.001	0.019	0.000
Folate, total.....µg	2		1		1		0	5	0
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	2		0	NR	4		0	5	0
Folate, DFE.....µg	2		0	NC	4		0	5	0
Choline, total.....mg	6.5		0	AS	1		0.9	14.8	0.3
Betaine.....mg	0.1		1	A	1		0.0	0.2	0.0
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	819		0	NC	4		115	1859	38
Retinol.....µg	768		0	CAZN	4		108	1743	36
Carotene, beta.....µg	610		0	CAZN	4		86	1385	29
Carotene, alpha.....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU.....IU	3571		1	ML	5		504	8106	168
Lycopene.....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.88		1	A	1		0.55	8.81	0.18
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.40		1	A	1		0.06	0.91	0.02
Tocopherol, gamma.....mg	36.88		1	A	1		5.20	83.72	1.73
Tocopherol, delta.....mg	14.45		1	A	1		2.04	32.80	0.68
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.1	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	FLA	4		0	2	0
Vitamin K (phylloquinone).....µg	86.5		1	A	1		12.2	196.4	4.1

NDB No. 04585

Margarine-like, margarine-butter blend, soybean oil and butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	72.3		1	A	1		10.2	164.2	3.4
Menquinone-4.....µg	1.7		1	A	1		0.2	3.9	0.1
Lipids:									
Fatty acids, total saturated.....g	14.198		0	NC	4		2.002	32.229	0.667
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.404		1	A	1		0.057	0.917	0.019
15:0.....g	0.048		1	A	1		0.007	0.109	0.002
16:0.....g	7.936		1	A	1		1.119	18.014	0.373
17:0.....g	0.097		1	A	1		0.014	0.220	0.005
18:0.....g	5.219		1	A	1		0.736	11.846	0.245
20:0.....g	0.257		1	A	1		0.036	0.584	0.012
22:0.....g	0.223		1	A	1		0.031	0.507	0.010
24:0.....g	0.014		1	A	1		0.002	0.032	0.001
Fatty acids, total monounsaturated.....g	30.292		0	NC	4		4.271	68.764	1.424
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.097		0	AS	1		0.014	0.219	0.005
16:1 c.....g	0.097		1	A	1		0.014	0.219	0.005
16:1 t.....g									
17:1.....g	0.038		1	A	1		0.005	0.086	0.002
18:1 undifferentiated.....g	30.068		0	AS	1		4.240	68.253	1.413
18:1 c.....g	15.789		1	A	1		2.226	35.841	0.742
18:1 t.....g	14.279		1	A	1		2.013	32.412	0.671
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.091		1	A	1		0.013	0.205	0.004
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t.....g									
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	24.170		0	NC	4		3.408	54.866	1.136
18:2 undifferentiated.....g	21.533		0	AS	1		3.036	48.879	1.012
18:2 n-6 c,c.....g	20.861		1	A	1		2.941	47.354	0.980
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.672		1	A	1		0.095	1.525	0.032
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.638		0	AS	1		0.372	5.987	0.124
18:3 n-3 c,c,c (ALA).....g	2.638		1	A	1		0.372	5.987	0.124
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	14.950		0	NC	4		2.108	33.937	0.703
Fatty acids, total trans-monoenoic.....g	14.279		0	NC	4		2.013	32.412	0.671
Fatty acids, total trans-polyenoic.....g	0.672		0	NC	4		0.095	1.525	0.032
Cholesterol.....mg	12		1	A	1		2	28	1
Phytosterols.....mg									

Amino Acids:

NDB No. 04585

Margarine-like, margarine-butter blend, soybean oil and 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code					
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		4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 14.1g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04633

Margarine-like, vegetable oil spread, 20% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.870		0		1		0.431	6.888	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	2.030		0		4		0.305	4.872	
17:0.....g									
18:0.....g	0.840		0		4		0.126	2.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.480		0		4		1.122	17.952	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450		0		4		1.118	17.880	
20:1.....g	0.040		0		4		0.006	0.096	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040		0		4		1.206	19.296	
18:2 undifferentiated.....g	7.840		0		4		1.176	18.816	
18:3 undifferentiated.....g	0.160		0		4		0.024	0.384	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04634

Margarine-like, vegetable oil spread, 20% fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.870		0	BFZN	4		0.367	5.884	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	2.030		0	BFZN	4		0.260	4.162	
17:0.....g									
18:0.....g	0.840		0	BFZN	4		0.108	1.722	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.480		0	BFZN	4		0.957	15.334	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450		0	BFZN	4		0.954	15.273	
20:1.....g	0.040		0	BFZN	4		0.005	0.082	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040		0	BFZN	4		1.029	16.482	
18:2 undifferentiated.....g	7.840		0	BFZN	4		1.004	16.072	
18:3 undifferentiated.....g	0.160		0	BFZN	4		0.020	0.328	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04612

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.884		0	NC	4		1.556	24.925	0.522
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.041	0.003	4	A	1		0.006	0.093	0.002
15:0.....g	0.011	0.004	4	A	1		0.002	0.025	0.001
16:0.....g	6.250	0.032	4	A	1		0.894	14.312	0.300
17:0.....g	0.053	0.003	4	A	1		0.008	0.121	0.003
18:0.....g	4.146	0.116	4	A	1		0.593	9.495	0.199
20:0.....g	0.184	0.004	4	A	1		0.026	0.422	0.009
22:0.....g	0.139	0.047	4	A	1		0.020	0.319	0.007
24:0.....g	0.060	0.004	4	A	1		0.009	0.138	0.003
Fatty acids, total monounsaturated.....g	29.664		0	NC	4		4.242	67.930	1.424
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.034	0.001	4	AS	1		0.005	0.077	0.002
16:1 c.....g	0.034	0.001	4	A	1		0.005	0.077	0.002
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.023	0.003	4	A	1		0.003	0.054	0.001
18:1 undifferentiated.....g	29.503	0.796	4	AS	1		4.219	67.562	1.416
18:1 c.....g	17.584	0.160	4	A	1		2.514	40.267	0.844
18:1 t.....g	11.919	0.817	4	A	1		1.704	27.295	0.572
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.104	0.036	4	A	1		0.015	0.238	0.005
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	16.718		0	NC	4		2.391	38.284	0.802
18:2 undifferentiated.....g	14.919	0.432	4	AS	1		2.133	34.165	0.716
18:2 n-6 c,c.....g	14.073	0.516	4	A	1		2.012	32.228	0.676
18:2 CLAs.....g	0.035	0.005	4	A	1		0.005	0.080	0.002
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.811	0.092	4	A	1		0.116	1.858	0.039
18:3 undifferentiated.....g	1.799	0.115	4	AS	1		0.257	4.119	0.086
18:3 n-3 c,c,c (ALA).....g	1.748	0.104	4	A	1		0.250	4.003	0.084
18:3 n-6 c,c,c.....g	0.050	0.017	4	A	1		0.007	0.116	0.002
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	12.731		0	NC	4		1.820	29.153	0.611
Fatty acids, total trans-monoenoic.....g	11.919		0	NC	4		1.704	27.295	0.572
Fatty acids, total trans-polyenoic.....g	0.811		0	NC	4		0.116	1.858	0.039
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	31		1	A	1		4	70	1
Campesterol.....mg	34		1	A	1		5	78	2
Beta-sitosterol.....mg	94		1	A	1		13	215	5

NDB No. 04612

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

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

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

Common Measures:

Measure 1 = 14.3g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	10.884		0	NC	4		1.524		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.041	0.003	4	A	1		0.006		
15:0.....g	0.011	0.004	4	A	1		0.002		
16:0.....g	6.250	0.032	4	A	1		0.875		
17:0.....g	0.053	0.003	4	A	1		0.007		
18:0.....g	4.146	0.116	4	A	1		0.580		
20:0.....g	0.184	0.004	4	A	1		0.026		
22:0.....g	0.139	0.047	4	A	1		0.020		
24:0.....g	0.060	0.004	4	A	1		0.008		
Fatty acids, total monounsaturated.....g	29.664		0	NC	4		4.153		
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	0.034	0.001	4	AS	1		0.005		
16:1 c.....g	0.034	0.001	4	A	1		0.005		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.023	0.003	4	A	1		0.003		
18:1 undifferentiated.....g	29.503	0.796	4	AS	1		4.130		
18:1 c.....g	17.584	0.160	4	A	1		2.462		
18:1 t.....g	11.919	0.817	4	A	1		1.669		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.104	0.036	4	A	1		0.015		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	16.718		0	NC	4		2.341		
18:2 undifferentiated.....g	14.919	0.432	4	AS	1		2.089		
18:2 n-6 c,c.....g	14.073	0.516	4	A	1		1.970		
18:2 CLAs.....g	0.035	0.005	4	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.811	0.092	4	A	1		0.114		
18:3 undifferentiated.....g	1.799	0.115	4	AS	1		0.252		
18:3 n-3 c,c,c (ALA).....g	1.748	0.104	4	A	1		0.245		
18:3 n-6 c,c,c.....g	0.050	0.017	4	A	1		0.007		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	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	12.731		0	NC	4		1.782		
Fatty acids, total trans-monoenoic.....g	11.919		0	NC	4		1.669		
Fatty acids, total trans-polyenoic.....g	0.811		0	NC	4		0.114		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg	167		0	AS	1		23		
Stigmasterol.....mg	31		1	A	1		4		
Campesterol.....mg	34		1	A	1		5		
Beta-sitosterol.....mg	94		1	A	1		13		

NDB No. 04693

Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04614

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, w with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.042		0	RA	4		1.436	22.996	0.482
4:0.....g	0.000		0	RA	4		0.000	0.000	0.000
6:0.....g	0.000		0	RA	4		0.000	0.000	0.000
8:0.....g	0.000		0	RA	4		0.000	0.000	0.000
10:0.....g	0.000		0	RA	4		0.000	0.000	0.000
12:0.....g	0.000		0	RA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.049		0	RA	4		0.007	0.113	0.002
15:0.....g	0.000		0	RA	4		0.000	0.000	0.000
16:0.....g	5.813		0	RA	4		0.831	13.313	0.279
17:0.....g	0.064		0	RA	4		0.009	0.147	0.003
18:0.....g	3.622		0	RA	4		0.518	8.295	0.174
20:0.....g	0.190		0	RA	4		0.027	0.435	0.009
22:0.....g	0.220		0	RA	4		0.031	0.503	0.011
24:0.....g	0.084		0	RA	4		0.012	0.192	0.004
Fatty acids, total monounsaturated.....g	20.316		0	RA	4		2.905	46.524	0.975
14:1.....g	0.000		0	RA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.048		0	RA	4		0.007	0.110	0.002
16:1 c.....g	0.048		0	RA	4		0.007	0.110	0.002
16:1 t.....g	0.000		0	RA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	20.190		0	RA	4		2.887	46.234	0.969
18:1 c.....g	13.305		0	RA	4		1.903	30.467	0.639
18:1 t.....g	6.885		0	RA	4		0.985	15.767	0.330
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.078		0	RA	4		0.011	0.179	0.004
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	24.686		0	RA	4		3.530	56.531	1.185
18:2 undifferentiated.....g	21.612		0	RA	4		3.090	49.491	1.037
18:2 n-6 c,c.....g	21.123		0	RA	4		3.021	48.372	1.014
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.489		0	RA	4		0.070	1.119	0.023
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.645		0	RA	4		0.378	6.058	0.127
18:3 n-3 c,c,c (ALA).....g	2.645		0	RA	4		0.378	6.058	0.127
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.429		0	RA	4		0.061	0.982	0.021
20:3 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	7.374		0	NC	4		1.054	16.886	0.354
Fatty acids, total trans-monoenoic.....g	6.885		0	RA	4		0.985	15.767	0.330
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	RA	4		0	2	0
Phytosterols.....mg									
Stigmasterol.....mg	25		0	RA	4		4	56	1
Campesterol.....mg	28		0	RA	4		4	65	1
Beta-sitosterol.....mg	74		0	RA	4		11	170	4
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0

NDB No. 04614

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, w with salt

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

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

Common Measures:

Measure 1 = 14.3g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04620

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	12.086		0	BFZN	4		1.692		
4:0.....g	0.014		0	BFZN	4		0.002		
6:0.....g	0.006		0	BFZN	4		0.001		
8:0.....g	0.009		0	BFZN	4		0.001		
10:0.....g	0.072		0	BFZN	4		0.010		
12:0.....g	0.200		0	BFZN	4		0.028		
13:0.....g									
14:0.....g	0.164		0	BFZN	4		0.023		
15:0.....g									
16:0.....g	6.359		0	BFZN	4		0.890		
17:0.....g									
18:0.....g	4.756		0	BFZN	4		0.666		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.348		0	BFZN	4		2.709		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	BFZN	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	19.066		0	BFZN	4		2.669		
20:1.....g	0.194		0	BFZN	4		0.027		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.477		0	BFZN	4		3.707		
18:2 undifferentiated.....g	23.736		0	BFZN	4		3.323		
18:3 undifferentiated.....g	2.715		0	BFZN	4		0.380		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.005		0	BFZN	4		0.001		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	BFZN	4		0		
Phytosterols.....mg									
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 = 14.0g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04697

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, w without salt, w with added vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	12.086		0	BFZN	4		1.692		
4:0.....g	0.014		0	BFZN	4		0.002		
6:0.....g	0.006		0	BFZN	4		0.001		
8:0.....g	0.009		0	BFZN	4		0.001		
10:0.....g	0.072		0	BFZN	4		0.010		
12:0.....g	0.200		0	BFZN	4		0.028		
13:0.....g									
14:0.....g	0.164		0	BFZN	4		0.023		
15:0.....g									
16:0.....g	6.359		0	BFZN	4		0.890		
17:0.....g									
18:0.....g	4.756		0	BFZN	4		0.666		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.348		0	BFZN	4		2.709		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	BFZN	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	19.066		0	BFZN	4		2.669		
20:1.....g	0.194		0	BFZN	4		0.027		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.477		0	BFZN	4		3.707		
18:2 undifferentiated.....g	23.736		0	BFZN	4		3.323		
18:3 undifferentiated.....g	2.715		0	BFZN	4		0.380		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.005		0	BFZN	4		0.001		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	BFZN	4		0		
Phytosterols.....mg									
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 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04613

Margarine-like, vegetable oil spread, 60% fat, tub, w with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.58	0.175	16	A	1		5.26	86.05	1.80
Energy.....kcal	533		0	NC	4		75	1221	26
Energy.....kJ	2230		0	NC	4		312	5107	107
Protein (N x 6.25).....g	0.17	0.030	16	A	1		0.02	0.38	0.01
Total lipid (fat).....g	59.81	0.130	16	A	1		8.37	136.96	2.87
Ash.....g	1.59	0.044	16	A	1		0.22	3.64	0.08
Carbohydrate, by difference.....g	0.86		0	NC	4		0.12	1.97	0.04
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4		3	48	1
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	2		0	BFZN	4		0	5	0
Phosphorus, P.....mg	16		0	BFZN	4		2	37	1
Potassium, K.....mg	30		0	BFZN	4		4	69	1
Sodium, Na.....mg	615		0	LC	8		86	1408	30
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	0.0
Thiamin.....mg	0.007		0	BFZN	4		0.001	0.016	0.000
Riboflavin.....mg	0.026		0	BFZN	4		0.004	0.060	0.001
Niacin.....mg	0.016		0	BFZN	4		0.002	0.037	0.001
Pantothenic acid.....mg	0.001		1	A	1		0.000	0.001	0.000
Vitamin B-6.....mg	3.750	0.710	4	A	1		0.525	8.587	0.180
Folate, total.....µg	1		0	BFZN	4		0	2	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	1		0	BFZN	4		0	2	0
Folate, DFE.....µg	1		0	NC	4		0	2	0
Choline, total.....mg	10.2		0	AS	1		1.4	23.5	0.5
Betaine.....mg									
Vitamin B-12.....µg	10.80	1.859	4	A	1		1.51	24.73	0.52
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	819		0	NC	4		115	1875	39
Retinol.....µg	768		0	CAZN	4		108	1759	37
Carotene, beta.....µg	610		0	CAZN	4		85	1397	29
Carotene, alpha.....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU.....IU	3571		0	ML	5		500	8178	171
Lycopene.....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	21.12	5.266	6	A	1		2.96	48.36	1.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.23	0.008	6	A	1		0.03	0.54	0.01
Tocopherol, gamma.....mg	21.98	3.388	6	A	1		3.08	50.33	1.06
Tocopherol, delta.....mg	6.92	1.214	6	A	1		0.97	15.86	0.33
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	101.3	2.657	6	A	1		14.2	231.9	4.9

NDB No. 04613

Margarine-like, vegetable oil spread, 60% fat, tub, w with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	26.7	0.419	6	A	1		3.7	61.2	1.3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	12.086		0	NC	4		1.692	27.677	0.580
4:0.....g	0.014	0.006	16	A	1		0.002	0.031	0.001
6:0.....g	0.006	0.003	16	A	1		0.001	0.013	0.000
8:0.....g	0.009	0.004	15	A	1		0.001	0.021	0.000
10:0.....g	0.072	0.011	15	A	1		0.010	0.166	0.003
12:0.....g	0.200	0.079	15	A	1		0.028	0.458	0.010
13:0.....g									
14:0.....g	0.164	0.039	16	A	1		0.023	0.377	0.008
15:0.....g	0.014	0.002	16	A	1		0.002	0.033	0.001
16:0.....g	6.359	0.107	16	A	1		0.890	14.562	0.305
17:0.....g	0.052	0.003	16	A	1		0.007	0.120	0.003
18:0.....g	4.756	0.434	16	A	1		0.666	10.890	0.228
20:0.....g	0.211	0.003	16	A	1		0.030	0.483	0.010
22:0.....g	0.156	0.018	16	A	1		0.022	0.357	0.007
24:0.....g	0.072	0.002	16	A	1		0.010	0.165	0.003
Fatty acids, total monounsaturated.....g	19.348		0	NC	4		2.709	44.306	0.929
14:1.....g	0.002	0.001	16	A	1		0.000	0.004	0.000
15:1.....g	0.000	0.000	16	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.054	0.001	16	AS	1		0.008	0.123	0.003
16:1 c.....g	0.054	0.001	16	A	1		0.008	0.123	0.003
16:1 t.....g	0.000	0.000	16	A	1		0.000	0.000	0.000
17:1.....g	0.024	0.001	16	A	1		0.003	0.054	0.001
18:1 undifferentiated.....g	19.066		0	AS	1		2.669	43.662	0.915
18:1 c.....g	15.683	0.491	16	A	1		2.196	35.913	0.753
18:1 t.....g	3.384	0.857	16	A	1		0.474	7.749	0.162
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.194	0.013	16	A	1		0.027	0.444	0.009
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	15	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	16	A	1		0.000	0.000	0.000
24:1 c.....g	0.008	0.004	15	A	1		0.001	0.019	0.000
Fatty acids, total polyunsaturated.....g	26.477		0	NC	4		3.707	60.633	1.271
18:2 undifferentiated.....g	23.736		0	AS	1		3.323	54.356	1.139
18:2 n-6 c,c.....g	23.423	0.616	16	A	1		3.279	53.639	1.124
18:2 CLAs.....g	0.033	0.002	16	A	1		0.005	0.076	0.002
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.280	0.034	16	A	1		0.039	0.641	0.013
18:3 undifferentiated.....g	2.715		0	AS	1		0.380	6.216	0.130
18:3 n-3 c,c,c (ALA).....g	2.669	0.264	16	A	1		0.374	6.111	0.128
18:3 n-6 c,c,c.....g	0.046	0.012	16	A	1		0.006	0.105	0.002
18:3i.....g									
18:4.....g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.016	0.003	16	A	1		0.002	0.036	0.001
20:3 undifferentiated.....g	0.006		0	AS	1		0.001	0.014	0.000
20:3 n-3.....g	0.002	0.001	16	A	1		0.000	0.004	0.000
20:3 n-6.....g	0.004	0.001	16	A	1		0.001	0.010	0.000
20:4 undifferentiated.....g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	16	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	16	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.005	0.002	15	A	1		0.001	0.010	0.000
22:6 n-3 (DHA).....g	0.000	0.000	15	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	3.664		0	NC	4		0.513	8.389	0.176
Fatty acids, total trans-monoenoic.....g	3.384		0	NC	4		0.474	7.749	0.162
Fatty acids, total trans-polyenoic.....g	0.280		0	NC	4		0.039	0.641	0.013
Cholesterol.....mg	1		1	A	1		0	3	0
Phytosterols.....mg									

Others:

NDB No. 04613

Margarine-like, vegetable oil spread, 60% fat, tub, with salt

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

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

Common Measures:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 229g: 1 cup
- Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04694

Margarine-like, vegetable oil spread, 60% fat, tub, w with salt, with added vitam in D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.58	0.175	16	A	1		5.26	86.05	1.80
Energy.....kcal	533		0	NC	4		75	1220	26
Energy.....kJ	2229		0	NC	4		312	5104	107
Protein (N x 6.93).....g	0.17	0.030	16	A	1		0.02	0.38	0.01
Total lipid (fat).....g	59.81	0.130	16	A	1		8.37	136.96	2.87
Ash.....g	1.59	0.044	16	A	1		0.22	3.64	0.08
Carbohydrate, by difference.....g	0.86		0	BFZN	4		0.12	1.97	0.04
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4		3	48	1
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	2		0	BFZN	4		0	5	0
Phosphorus, P.....mg	16		0	BFZN	4		2	37	1
Potassium, K.....mg	30		0	BFZN	4		4	69	1
Sodium, Na.....mg	785		0	BFZN	4		110	1798	38
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	0.0
Thiamin.....mg	0.007		0	BFZN	4		0.001	0.016	0.000
Riboflavin.....mg	0.026		0	BFZN	4		0.004	0.060	0.001
Niacin.....mg	0.016		0	BFZN	4		0.002	0.037	0.001
Pantothenic acid.....mg									
Vitamin B-6.....mg	3.750	0.710	4	A	1		0.525	8.587	0.180
Folate, total.....µg	1		0	BFZN	4		0	2	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	1		0	BFZN	4		0	2	0
Folate, DFE.....µg	1		0	NC	4		0	2	0
Choline, total.....mg	10.2		0	BFZN	4		1.4	23.5	0.5
Betaine.....mg									
Vitamin B-12.....µg	10.80	1.859	4	A	1		1.51	24.73	0.52
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	819		0	BFZN	4		115	1875	39
Retinol.....µg	768		0	BFZN	4		108	1759	37
Carotene, beta.....µg	610		0	BFZN	4		85	1397	29
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	3577		0	NC	4		501	8191	172
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	21.12	5.266	6	A	1		2.96	48.36	1.01
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.23	0.008	6	A	1		0.03	0.54	0.01
Tocopherol, gamma.....mg	21.98	3.388	6	A	1		3.08	50.33	1.06
Tocopherol, delta.....mg	6.92	1.214	6	A	1		0.97	15.86	0.33
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	10.7		1	LC	8		1.5	24.5	0.5
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	429		1	LC	8		60	981	21
Vitamin K (phylloquinone).....µg	101.3		0	BFZN	4		14.2	231.9	4.9

NDB No. 04694

Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitam in D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	12.086		0	NC	4		1.692	27.677	0.580
4:0.....g	0.014	0.006	16	A	1	0.002	0.031	0.001	
6:0.....g	0.006	0.003	16	A	1	0.001	0.013	0.000	
8:0.....g	0.009	0.004	15	A	1	0.001	0.021	0.000	
10:0.....g	0.072	0.011	15	A	1	0.010	0.166	0.003	
12:0.....g	0.200	0.079	15	A	1	0.028	0.458	0.010	
13:0.....g									
14:0.....g	0.164	0.039	16	A	1	0.023	0.377	0.008	
15:0.....g	0.014	0.002	16	A	1	0.002	0.033	0.001	
16:0.....g	6.359	0.107	16	A	1	0.890	14.562	0.305	
17:0.....g	0.052	0.003	16	A	1	0.007	0.120	0.003	
18:0.....g	4.756	0.434	16	A	1	0.666	10.890	0.228	
20:0.....g	0.211	0.003	16	A	1	0.030	0.483	0.010	
22:0.....g	0.156	0.018	16	A	1	0.022	0.357	0.007	
24:0.....g	0.072	0.002	16	A	1	0.010	0.165	0.003	
Fatty acids, total monounsaturated.....g	19.347		0	NC	4	2.709	44.305	0.929	
14:1.....g	0.002	0.001	16	A	1	0.000	0.004	0.000	
15:1.....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.054	0.001	16	AS	1	0.008	0.123	0.003	
16:1 c.....g	0.054	0.001	16	A	1	0.008	0.123	0.003	
16:1 t.....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
17:1.....g	0.024	0.001	16	A	1	0.003	0.054	0.001	
18:1 undifferentiated.....g	19.066	0.571	16	AS	1	2.669	43.662	0.915	
18:1 c.....g	15.683	0.491	16	A	1	2.196	35.913	0.753	
18:1 t.....g	3.384	0.857	16	A	1	0.474	7.749	0.162	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.194	0.013	16	A	1	0.027	0.444	0.009	
22:1 undifferentiated.....g	0.000	0.000	16	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	15	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
24:1 c.....g	0.008	0.004	15	A	1	0.001	0.019	0.000	
Fatty acids, total polyunsaturated.....g	26.477		0	NC	4	3.707	60.633	1.271	
18:2 undifferentiated.....g	23.736	0.620	16	AS	1	3.323	54.356	1.139	
18:2 n-6 c,c.....g	23.423	0.616	16	A	1	3.279	53.639	1.124	
18:2 CLAs.....g	0.033	0.002	16	A	1	0.005	0.076	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.280	0.034	16	A	1	0.039	0.641	0.013	
18:3 undifferentiated.....g	2.715	0.263	16	AS	1	0.380	6.216	0.130	
18:3 n-3 c,c,c (ALA).....g	2.669	0.264	16	A	1	0.374	6.111	0.128	
18:3 n-6 c,c,c.....g	0.046	0.012	16	A	1	0.006	0.105	0.002	
18:3i.....g									
18:4.....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.016	0.003	16	A	1	0.002	0.036	0.001	
20:3 undifferentiated.....g	0.006	0.002	16	AS	1	0.001	0.014	0.000	
20:3 n-3.....g	0.002	0.001	16	A	1	0.000	0.004	0.000	
20:3 n-6.....g	0.004	0.001	16	A	1	0.001	0.010	0.000	
20:4 undifferentiated.....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	16	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.005	0.002	15	A	1	0.001	0.010	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	15	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	3.664		0	NC	4	0.513	8.389	0.176	
Fatty acids, total trans-monoenoic.....g	3.384		0	NC	4	0.474	7.749	0.162	
Fatty acids, total trans-polyenoic.....g	0.280		0	NC	4	0.039	0.641	0.013	
Cholesterol.....mg	1		0	BFZN	4	0	3	0	
Phytosterols.....mg									

Others:

NDB No. 04694

Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 = 14.0g: 1 tbsp

Measure 2 = 229g: 1 cup

Measure 3 = 4.8g: 1 teaspoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.84

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04690

Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures 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	0.700	13	A	1		8.87		
Energy.....kcal	339		0	BFZN	4		50		
Energy.....kJ	1417		0	BFZN	4		211		
Protein.....g	0.51	0.181	13	A	1		0.08		
Total lipid (fat).....g	37.77	0.679	13	A	1		5.63		
Ash.....g	1.52	0.082	13	A	1		0.23		
Carbohydrate, by difference.....g	0.66		0	BFZN	4		0.10		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.506	4	A	1		1		
Iron, Fe.....mg	0.02	0.000	4	A	1		0.00		
Magnesium, Mg.....mg	1	0.080	4	A	1		0		
Phosphorus, P.....mg	5	1.194	4	A	1		1		
Potassium, K.....mg	34	10.352	4	A	1		5		
Sodium, Na.....mg	589	23.848	4	A	1		88		
Zinc, Zn.....mg	0.02	0.000	4	A	1		0.00		
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000		
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000		
Selenium, Se.....µg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0		
Thiamin.....mg	0.011	0.006	3	A	1		0.002		
Riboflavin.....mg	0.005	0.005	3	A	1		0.001		
Niacin.....mg	0.000	0.000	3	A	1		0.000		
Pantothenic acid.....mg	0.696		1	A	1		0.104		
Vitamin B-6.....mg	0.000	0.000	4	A	1		0.000		
Folate, total.....µg	1		0	BFZN	4		0		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	1		0	BFZN	4		0		
Folate, DFE.....µg	1		0	NC	4		0		
Choline, total.....mg	12.4		0	BFZN	4		1.9		
Betaine.....mg									
Vitamin B-12.....µg	0.06		0	BFZN	4		0.01		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	1297		0	AS	1		193		
Retinol.....µg	1297	94.045	3	A	1		193		
Carotene, beta.....µg	0		0	BFZN	4		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	4322		0	AS	1		644		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	13.45	3.371	13	A	1		2.00		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.09	0.011	13	A	1		0.01		
Tocopherol, gamma.....mg	12.38	1.449	13	A	1		1.84		
Tocopherol, delta.....mg	3.15	0.651	13	A	1		0.47		
Tocotrienol, alpha.....mg	0.83	0.182	13	A	1		0.12		
Tocotrienol, beta.....mg	0.00	0.000	13	A	1		0.00		
Tocotrienol, gamma.....mg	0.90	0.141	13	A	1		0.13		
Tocotrienol, delta.....mg	0.00	0.000	13	A	1		0.00		
Vitamin D (D2 + D3).....µg	10.7		0	O	4		1.6		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	429		0	O	4		64		
Vitamin K (phylloquinone).....µg	74.6	9.867	9	A	1		11.1		

NDB No. 04690

Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Campesterol.....mg									
Beta-sitosterol.....mg									
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 = 14.9g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04624

Margarine-like, vegetable oil spread, fat free, liquid, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.416		0	RA	4		0.062		
4:0.....g	0.003		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.001		0	RA	4		0.000		
10:0.....g	0.001		0	RA	4		0.000		
12:0.....g	0.001		0	RA	4		0.000		
13:0.....g									
14:0.....g	0.005		0	RA	4		0.001		
15:0.....g									
16:0.....g	0.343		0	RA	4		0.051		
17:0.....g									
18:0.....g	0.060		0	RA	4		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.740		0	RA	4		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.737		0	RA	4		0.111		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.764		0	RA	4		0.265		
18:2 undifferentiated.....g	1.742		0	RA	4		0.261		
18:3 undifferentiated.....g	0.001		0	RA	4		0.000		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	RA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04631

Margarine-like, vegetable oil spread, fat-free, tub

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.69		2	A	1		13.24	211.31	
Energy.....kcal	44		0	NC	4		6	103	
Energy.....kJ	184		0	NC	4		27	430	
Protein.....g	0.10		2	A	1		0.01	0.23	
Total lipid (fat).....g	3.04		2	A	1		0.44	7.08	
Ash.....g	1.83		2	A	1		0.27	4.27	
Carbohydrate, by difference.....g	4.34		0	NC	4		0.63	10.10	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		2	A	1		1	18	
Iron, Fe.....mg	0.08		2	A	1		0.01	0.19	
Magnesium, Mg.....mg	1		2	A	1		0	3	
Phosphorus, P.....mg	2		2	A	1		0	5	
Potassium, K.....mg	36		2	A	1		5	85	
Sodium, Na.....mg	580		2	A	1		85	1350	
Zinc, Zn.....mg	0.07		2	A	1		0.01	0.16	
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	
Selenium, Se.....µg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	1.011		1	A	1		0.148	2.356	
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	
Niacin.....mg	0.883		1	A	1		0.129	2.057	
Pantothenic acid.....mg	0.271		1	A	1		0.040	0.631	
Vitamin B-6.....mg	0.001		1	A	1		0.000	0.002	
Folate, total.....µg	0		0	Z	7		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0	Z	7		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	8.3		0	RA	4		1.2	19.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	993		0	NC	4		145	2314	
Retinol.....µg	993		0	NC	4		145	2314	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	3307		0	Z	4		483	7705	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.52		2	A	1		0.08	1.21	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		2	A	1		0.0	0.1	
Dihydrophyloquinone.....µg	0.3		2	A	1		0.0	0.6	

NDB No. 04631

Margarine-like, vegetable oil spread, fat-free, tub

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.128		0	NC	4		0.311	4.958	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.009		2	A	1		0.001	0.020	
13:0.....g									
14:0.....g	0.028		2	A	1		0.004	0.064	
15:0.....g									
16:0.....g	0.953		2	A	1		0.139	2.221	
17:0.....g									
18:0.....g	1.126		2	A	1		0.164	2.624	
20:0.....g	0.012		2	A	1		0.002	0.028	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.356		0	NC	4		0.052	0.829	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.178		0	AS	1		0.026	0.415	
18:1 c.....g	0.010		2	A	1		0.001	0.023	
18:1 t.....g	0.168		2	A	1		0.025	0.392	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0	NC	4		0.062	0.984	
18:2 undifferentiated.....g	0.376		0	AS	1		0.055	0.877	
18:2 n-6 c,c.....g	0.376		2	A	1		0.055	0.877	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.046		0	AS	1		0.007	0.108	
18:3 n-3 c,c,c (ALA).....g	0.046		2	A	1		0.007	0.108	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.168		0	NC	4		0.025	0.392	
Fatty acids, total trans-monoenoic.....g	0.168		0	NC	4		0.025	0.392	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		2	A	1		0	1	
Phytosterols.....mg									
Stigmasterol.....mg	1		2	A	1		0	1	
Campesterol.....mg	1		2	A	1		0	2	
Beta-sitosterol.....mg	2		2	A	1		0	4	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	

NDB No. 04631

Margarine-like, vegetable oil spread, fat-free, tub

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

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

Common Measures:

Measure 1 = 14.6g: 1 tbsp

Measure 2 = 233g: 1 cup

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42256

Margarine-like, vegetable oil spread, stick or tub, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	8.350		1		1	1.169		
4:0.....g	0.000		0		7	0.000		
6:0.....g	0.000		0		7	0.000		
8:0.....g	0.000		0		7	0.000		
10:0.....g	0.000		0		4	0.000		
12:0.....g	0.000		0		4	0.000		
13:0.....g								
14:0.....g	0.000		0		4	0.000		
15:0.....g								
16:0.....g	5.270		0		4	0.738		
17:0.....g								
18:0.....g	3.080		0		4	0.431		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	17.000		1		1	2.380		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000		
17:1.....g								
18:1 undifferentiated.....g	16.900		0		4	2.366		
20:1.....g	0.100		0		4	0.014		
22:1 undifferentiated.....g	0.000		0		4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	23.800		1		1	3.332		
18:2 undifferentiated.....g	20.870		0		4	2.922		
18:3 undifferentiated.....g	2.930		0		4	0.410		
18:4.....g	0.000		0		4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000		
20:5 n-3 (EPA).....g	0.000		0		7	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		7	0.000		
22:6 n-3 (DHA).....g	0.000		0		7	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		7	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04128

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, w with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.55	0.700	13	A	1		8.87	138.14	2.86
Energy.....kcal	339		0	NC	4		50	785	16
Energy.....kJ	1417		0	NC	4		211	3286	68
Protein.....g	0.51	0.181	13	A	1		0.08	1.17	0.02
Total lipid (fat).....g	37.77	0.679	13	A	1		5.63	87.63	1.81
Ash.....g	1.52	0.082	13	A	1		0.23	3.53	0.07
Carbohydrate, by difference.....g	0.66		0	NC	4		0.10	1.52	0.03
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.506	4	A	1		1	13	0
Iron, Fe.....mg	0.02	0.000	4	A	1		0.00	0.05	0.00
Magnesium, Mg.....mg	1	0.080	4	A	1		0	3	0
Phosphorus, P.....mg	5	1.194	4	A	1		1	12	0
Potassium, K.....mg	34	10.352	4	A	1		5	78	2
Sodium, Na.....mg	589	23.848	4	A	1		88	1367	28
Zinc, Zn.....mg	0.02	0.000	4	A	1		0.00	0.04	0.00
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se.....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.2	0.0
Thiamin.....mg	0.011	0.006	3	A	1		0.002	0.024	0.001
Riboflavin.....mg	0.005	0.005	3	A	1		0.001	0.011	0.000
Niacin.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	0.696		1	A	1		0.104	1.615	0.033
Vitamin B-6.....mg	0.000	0.000	4	A	1		0.000	0.001	0.000
Folate, total.....µg	1		0		1		0	2	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	1		0	NR	4		0	2	0
Folate, DFE.....µg	1		0	NC	4		0	2	0
Choline, total.....mg	12.4		0	CAZN	4		1.9	28.8	0.6
Betaine.....mg									
Vitamin B-12.....µg	0.06		0		1		0.01	0.13	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	1297		0	NC	4		193	3008	62
Retinol.....µg	1297	94.045	3	A	1		193	3008	62
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	CAZN	4		0	0	0
Vitamin A, IU.....IU	4322		0	NC	4		644	10028	207
Lycopene.....µg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	13.45	3.371	13	A	1		2.00	31.19	0.65
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.09	0.011	13	A	1		0.01	0.21	0.00
Tocopherol, gamma.....mg	12.38	1.449	13	A	1		1.84	28.73	0.59
Tocopherol, delta.....mg	3.15	0.651	13	A	1		0.47	7.30	0.15
Tocotrienol, alpha.....mg	0.83	0.182	13	A	1		0.12	1.92	0.04
Tocotrienol, beta.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.90	0.141	13	A	1		0.13	2.09	0.04
Tocotrienol, delta.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	74.6	9.867	9	A	1		11.1	173.2	3.6

NDB No. 04128

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, w with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Campesterol.....mg								
Beta-sitosterol.....mg								
Amino Acids:								
Tryptophan.....g	0.007		0		1	0.001	0.016	0.000
Threonine.....g	0.023		0		1	0.003	0.053	0.001
Isoleucine.....g	0.031		0		1	0.005	0.072	0.001
Leucine.....g	0.050		0		1	0.007	0.116	0.002
Lysine.....g	0.040		0		1	0.006	0.093	0.002
Methionine.....g	0.013		0		1	0.002	0.030	0.001
Cystine.....g	0.005		0		1	0.001	0.012	0.000
Phenylalanine.....g	0.025		0		1	0.004	0.058	0.001
Tyrosine.....g	0.025		0		1	0.004	0.058	0.001
Valine.....g	0.034		0		1	0.005	0.079	0.002
Arginine.....g	0.018		0		1	0.003	0.042	0.001
Histidine.....g	0.014		0		1	0.002	0.032	0.001
Alanine.....g	0.018		0		1	0.003	0.042	0.001
Aspartic acid.....g	0.039		0		1	0.006	0.090	0.002
Glutamic acid.....g	0.107		0		1	0.016	0.248	0.005
Glycine.....g	0.011		0		1	0.002	0.026	0.001
Proline.....g	0.049		0		1	0.007	0.114	0.002
Serine.....g	0.028		0		1	0.004	0.065	0.001
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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Common Measures:

Measure 1 = 14.9g: 1 tbsp

Measure 2 = 232g: 1 cup

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42309

Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	16.669		0		4	2.334	
4:0.....g	0.522		0		4	0.073	
6:0.....g	0.309		0		4	0.043	
8:0.....g	0.180		0		4	0.025	
10:0.....g	0.403		0		4	0.056	
12:0.....g	0.452		0		4	0.063	
13:0.....g							
14:0.....g	1.702		0		4	0.238	
15:0.....g							
16:0.....g	8.310		0		4	1.163	
17:0.....g							
18:0.....g	4.435		0		4	0.621	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	19.722		0		4	2.761	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.361		0		4	0.051	
17:1.....g							
18:1 undifferentiated.....g	19.128		0		4	2.678	
20:1.....g	0.000		0		7	0.000	
22:1 undifferentiated.....g	0.000		0		7	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	11.299		0		4	1.582	
18:2 undifferentiated.....g	10.601		0		4	1.484	
18:3 undifferentiated.....g	0.698		0		4	0.098	
18:4.....g	0.000		0		7	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		7	0.000	
20:5 n-3 (EPA).....g	0.000		0		7	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		7	0.000	
22:6 n-3 (DHA).....g	0.000		0		7	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	71		0		4	10	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	BFZN	4	0	
Theobromine.....mg	0		0	BFZN	4	0	

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04600

Margarine-like, vegetable oil-butter spread, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	7.238		0		4		1.013		
4:0.....g	0.026		0		4		0.004		
6:0.....g	0.015		0		4		0.002		
8:0.....g	0.009		0		4		0.001		
10:0.....g	0.020		0		4		0.003		
12:0.....g	0.023		0		4		0.003		
13:0.....g									
14:0.....g	0.130		0		4		0.018		
15:0.....g									
16:0.....g	4.458		0		4		0.624		
17:0.....g									
18:0.....g	2.538		0		4		0.355		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.438		0		4		2.581		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	18.408		0		4		2.577		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.573		0		4		1.760		
18:2 undifferentiated.....g	12.025		0		4		1.684		
18:3 undifferentiated.....g	0.549		0		4		0.077		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3 (EPA).....g	0.000		0		7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000		
22:6 n-3 (DHA).....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43598

Mayonnaise dressing, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Lipids:							
Fatty acids, total saturated.....g	10.784		0		4	1.618	25.774
4:0.....g	0.000		0		7	0.000	0.000
6:0.....g	0.000		0		7	0.000	0.000
8:0.....g	0.000		0		7	0.000	0.000
10:0.....g	0.000		0		7	0.000	0.000
12:0.....g	0.000		0		7	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		7	0.000	0.000
15:0.....g							
16:0.....g	7.357		0		4	1.104	17.583
17:0.....g							
18:0.....g	2.952		0		4	0.443	7.055
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	18.026		0		4	2.704	43.082
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		7	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	18.026		0		4	2.704	43.082
20:1.....g	0.000		0		7	0.000	0.000
22:1 undifferentiated.....g	0.000		0		7	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	45.539		0		4	6.831	108.838
18:2 undifferentiated.....g	40.569		0		4	6.085	96.960
18:3 undifferentiated.....g	4.970		0		4	0.746	11.878
18:4.....g	0.000		0		7	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		7	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		7	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		7	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		7	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 239g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43355

Mayonnaise, low sodium, low calorie or diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	3.300		0		4		0.462	7.392	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	2.400		0		4		0.336	5.376	
17:0.....g									
18:0.....g	0.900		0		4		0.126	2.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.500		0		4		0.630	10.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500		0		4		0.630	10.080	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600		0		4		1.484	23.744	
18:2 undifferentiated.....g	9.000		0		4		1.260	20.160	
18:3 undifferentiated.....g	1.600		0		4		0.224	3.584	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0		4		3	54	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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 = 14.0g: 1 tbsp

Measure 2 = 224g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42178
Mayonnaise, made with tofu

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

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Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04708

Mayonnaise, reduced fat, with olive 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
Lipids:									
Fatty acids, total saturated.....g	5.370		0	NC	4		0.805	12.458	
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	0.000	0.000	12	A	1		0.000	0.000	
10:0.....g	0.000	0.000	12	A	1		0.000	0.000	
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.016	0.001	12	A	1		0.002	0.037	
15:0.....g	0.005	0.000	12	A	1		0.001	0.011	
16:0.....g	4.377		0	BFFN	4		0.657	10.155	
17:0.....g	0.020	0.000	12	A	1		0.003	0.047	
18:0.....g	0.793		0	BFFN	4		0.119	1.841	
20:0.....g	0.065	0.001	12	A	1		0.010	0.152	
22:0.....g	0.069	0.001	12	A	1		0.010	0.159	
24:0.....g	0.024	0.000	12	A	1		0.004	0.056	
Fatty acids, total monounsaturated.....g	29.542		0	NC	4		4.431	68.538	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.464		0	BFFN	4		0.070	1.075	
17:1.....g									
18:1 undifferentiated.....g	28.953		0	BFFN	4		4.343	67.172	
20:1.....g	0.125		0	BFFN	4		0.019	0.290	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.006		0	NC	4		0.601	9.294	
18:2 undifferentiated.....g	3.689		0	BFFN	4		0.553	8.558	
18:3 undifferentiated.....g	0.317		0	BFFN	4		0.048	0.736	
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000	0.000	12	AS	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0		8		0.000	0.000	
Cholesterol.....mg	33		0		8		5	77	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 232g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42138

Mayonnaise, reduced-calorie or diet, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	4.618		0		4	0.674	10.668
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		4	0.000	0.000
15:0.....g							
16:0.....g	3.150		0		4	0.460	7.277
17:0.....g							
18:0.....g	1.264		0		4	0.185	2.920
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.707		0		4	1.125	17.803
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	7.707		0		4	1.125	17.803
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	19.500		0		4	2.847	45.045
18:2 undifferentiated.....g	17.372		0		4	2.536	40.129
18:3 undifferentiated.....g	2.128		0		4	0.311	4.916
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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Common Measures:

Measure 1 = 14.6g: 1 tbsp

Measure 2 = 231g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04606

Meat drippings (lard, beef tallow, mutton tallow)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	44.790		0	RA	4	5.733	12.698
4:0.....g	0.000		0	RA	4	0.000	0.000
6:0.....g	0.000		0	RA	4	0.000	0.000
8:0.....g	0.000		0	RA	4	0.000	0.000
10:0.....g	0.033		0	RA	4	0.004	0.009
12:0.....g	0.362		0	RA	4	0.046	0.103
13:0.....g							
14:0.....g	2.892		0	RA	4	0.370	0.820
15:0.....g							
16:0.....g	23.071		0	RA	4	2.953	6.541
17:0.....g							
18:0.....g	16.794		0	RA	4	2.150	4.761
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	41.770		0	RA	4	5.347	11.842
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	3.024		0	RA	4	0.387	0.857
17:1.....g							
18:1 undifferentiated.....g	37.728		0	RA	4	4.829	10.696
20:1.....g	0.427		0	RA	4	0.055	0.121
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	7.560		0	RA	4	0.968	2.143
18:2 undifferentiated.....g	6.179		0	RA	4	0.791	1.752
18:3 undifferentiated.....g	1.282		0	RA	4	0.164	0.363
18:4.....g	0.000		0	RA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	RA	4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	RA	4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	101		0	RA	4	13	29
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04679
 Oil, PAM cooking spray, original

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	5.025		0	NC	4	0.015	
4:0.....g	0.000		0	BFFN	4	0.000	
6:0.....g	0.000		0	BFFN	4	0.000	
8:0.....g	0.000		0	BFFN	4	0.000	
10:0.....g	0.000		0	BFFN	4	0.000	
12:0.....g	0.000		0	BFFN	4	0.000	
13:0.....g							
14:0.....g	0.000		0	BFFN	4	0.000	
15:0.....g							
16:0.....g	3.382		0	BFFN	4	0.010	
17:0.....g							
18:0.....g	1.642		0	BFFN	4	0.005	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	49.792		0	NC	4	0.149	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.168		0	BFFN	4	0.001	
17:1.....g							
18:1 undifferentiated.....g	48.587		0	BFFN	4	0.146	
20:1.....g	1.037		0	BFFN	4	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	22.145		0	NC	4	0.066	
18:2 undifferentiated.....g	14.955		0	BFFN	4	0.045	
18:3 undifferentiated.....g	7.190		0	BFFN	4	0.022	
18:4.....g	0.000		0	BFFN	4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	BFFN	4	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	BFFN	4	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4	0.000	
Fatty acids, total trans.....mg	0.000		1	MC	9	0.000	
Cholesterol.....mg	0		1	MC	9	0	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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Common Measures:

Measure 1 = 0.3g: 1 spray , about 1/3 second (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	8.200		0		1		1.115	17.876	0.369
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.006	23		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	6.500	0.074	91		1		0.884	14.170	0.293
17:0.....g									
18:0.....g	1.700	0.077	90		1		0.231	3.706	0.077
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	69.900		0		1		9.506	152.382	3.146
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600	0.025	89		1		0.082	1.308	0.027
17:1.....g									
18:1 undifferentiated.....g	69.400	0.426	91		1		9.438	151.292	3.123
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.400		0		1		2.366	37.932	0.783
18:2 undifferentiated.....g	17.400	0.394	91		1		2.366	37.932	0.783
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04529

Oil, almond

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

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Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04530
Oil, apricot kernel

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	4.00		0		1		0.54	8.72	0.18
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04530
Oil, apricot kernel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	6.300		0		1		0.857	13.734	0.284
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	5.800	0.117	54		1		0.789	12.644	0.261
17:0.....g									
18:0.....g	0.500	0.057	53		1		0.068	1.090	0.023
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	60.000		0		1		8.160	130.800	2.700
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.500	0.071	51		1		0.204	3.270	0.068
17:1.....g									
18:1 undifferentiated.....g	58.500	0.763	54		1		7.956	127.530	2.633
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.300		0		1		3.985	63.874	1.319
18:2 undifferentiated.....g	29.300	0.688	54		1		3.985	63.874	1.319
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04530
Oil, apricot kernel

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04581

Oil, avocado

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1927	40
Energy.....kJ	3699		0		4		518	8063	166
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		14.00	218.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04581

Oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	11.560		0		1	1.618	25.201	0.520
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	10.900		2		1	1.526	23.762	0.491
17:0.....g								
18:0.....g	0.660		2		1	0.092	1.439	0.030
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	70.554		0		1	9.878	153.808	3.175
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	2.665		2		1	0.373	5.810	0.120
17:1.....g								
18:1 undifferentiated.....g	67.889		2		1	9.504	147.998	3.055
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	13.486		0		1	1.888	29.399	0.607
18:2 undifferentiated.....g	12.530		2		1	1.754	27.315	0.564
18:3 undifferentiated.....g	0.957		2		1	0.134	2.086	0.043
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04534

Oil, babassu

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	19.10		0		4		2.60	41.64	0.86
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	81.200		0		1	11.043	177.016	3.654
4:0.....g	0.000		0		4	0.000	0.000	0.000
6:0.....g	0.200	0.130	3		1	0.027	0.436	0.009
8:0.....g	6.000	0.282	6		1	0.816	13.080	0.270
10:0.....g	5.500	0.380	6		1	0.748	11.990	0.248
12:0.....g	43.500	0.730	6		1	5.916	94.830	1.958
13:0.....g								
14:0.....g	15.000	0.368	6		1	2.040	32.700	0.675
15:0.....g								
16:0.....g	8.200	0.183	6		1	1.115	17.876	0.369
17:0.....g								
18:0.....g	2.800	0.197	6		1	0.381	6.104	0.126
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.400		0		1	1.550	24.852	0.513
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		2		1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	11.400	0.526	6		1	1.550	24.852	0.513
20:1.....g	0.000		0		4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.600		0		1	0.218	3.488	0.072
18:2 undifferentiated.....g	1.600	0.284	6		1	0.218	3.488	0.072
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg	95		0		4	13	207	4
Amino Acids:								
Tryptophan.....g	0.000		0		4	0.000	0.000	0.000
Threonine.....g	0.000		0		4	0.000	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

NDB No. 04534

Oil, babassu

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04582

Oil, canola (1)

low erucic acid rapeseed 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	0.00	0.000	5	JO	11		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1927	40
Energy.....kJ	3699		0		4		518	8063	166
Protein (N x 0).....g	0.00	0.000	4		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00	0.000	8	JO	11		14.00	218.00	4.50
Ash.....g	0.00	0.000	4		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.2		0	AS	1		0.0	0.4	0.0
Betaine.....mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.46	0.424	10	A	1		2.44	38.07	0.79
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.000	11	A	1		0.00	0.02	0.00
Tocopherol, gamma.....mg	27.34	2.728	11	A	1		3.83	59.59	1.23
Tocopherol, delta.....mg	0.99	0.075	11	A	1		0.14	2.16	0.04
Tocotrienol, alpha.....mg	0.03	0.000	5	A	1		0.00	0.07	0.00
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.01	0.000	5	A	1		0.00	0.01	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	71.3	5.102	4	A	1		10.0	155.5	3.2

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	7.365		0	NC	4		1.031	16.056	0.331
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0.....g	4.298	0.021	4	A	1		0.602	9.370	0.193
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	2.087	0.014	4	A	1		0.292	4.550	0.094
20:0.....g	0.650	0.004	4	A	1		0.091	1.417	0.029
22:0.....g	0.330	0.002	4	A	1		0.046	0.719	0.015
24:0.....g									
Fatty acids, total monounsaturated.....g	63.276		0	NC	4		8.859	137.941	2.847
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.214	0.001	4	A	1		0.030	0.466	0.010
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	61.744	0.338	4	AS	1		8.644	134.603	2.778
18:1 c.....g	61.714	0.354	4	A	1		8.640	134.538	2.777
18:1 t.....g	0.030	0.030	4	A	1		0.004	0.065	0.001
18:1-11 t (18:1t n-7).....g									
20:1.....g	1.317	0.015	4	A	1		0.184	2.872	0.059
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.142		0	NC	4		3.940	61.350	1.266
18:2 undifferentiated.....g	19.005	0.144	4	AS	1		2.661	41.432	0.855
18:2 n-6 c,c.....g	18.640	0.147	4	A	1		2.610	40.636	0.839
18:2 CLAs.....g									
18:2 t,t.....g	0.365	0.073	4	A	1		0.051	0.796	0.016
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	9.137		49	JA	6		1.279	19.918	0.411
18:3 n-3 c,c,c (ALA).....g	9.137		4	A	1		1.279	19.918	0.411
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.395		0	NC	4		0.055	0.861	0.018
Fatty acids, total trans-monoenoic.....g	0.030		0	NC	4		0.004	0.065	0.001
Fatty acids, total trans-polyenoic.....g	0.365		0	NC	4		0.051	0.796	0.016
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	3	0.167	4	A	1		0	6	0
Campesterol.....mg	241	9.056	4	A	1		34	525	11
Beta-sitosterol.....mg	413	14.560	4	A	1		58	899	19
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 04582

Oil, canola (1)

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytosteranols identified include: beta-sitostanol (0.925 mg), campestanol (0.811 mg) and delta-5 avenasterol (11.721 mg)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04501
Oil, cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	59.700		0		1		8.119	130.146	2.687
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000	0.003	49		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.007	141		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	25.400	0.120	154		1		3.454	55.372	1.143
17:0.....g									
18:0.....g	33.200	0.101	154		1		4.515	72.376	1.494
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	32.900		0		1		4.474	71.722	1.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.019	108		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	32.600	0.121	154		1		4.434	71.068	1.467
20:1.....g	0.000	0.010	21		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.000		0		1		0.408	6.540	0.135
18:2 undifferentiated.....g	2.800	0.048	154		1		0.381	6.104	0.126
18:3 undifferentiated.....g	0.100	0.009	117		1		0.014	0.218	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg	201		0		1		27	438	9
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04501
Oil, cocoa butter

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04047

Oil, coconut

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.03	0.013	6	A	1		0.00	0.06	0.00
Energy.....kcal	892		0	NC	4		121	1944	40
Energy.....kJ	3730		0	NC	4		507	8131	168
Protein.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Total lipid (fat).....g	99.06	0.113	6	A	1		13.47	215.95	4.46
Ash.....g	0.03	0.004	6	A	1		0.00	0.08	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1	0.065	4	A	1		0	2	0
Iron, Fe.....mg	0.05	0.012	4	A	1		0.01	0.11	0.00
Magnesium, Mg.....mg	0	0.000	4	A	1		0	0	0
Phosphorus, P.....mg	0	0.000	4	A	1		0	0	0
Potassium, K.....mg	0	0.000	4	A	1		0	0	0
Sodium, Na.....mg	0	0.000	4	A	1		0	0	0
Zinc, Zn.....mg	0.02	0.002	4	A	1		0.00	0.04	0.00
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....µg	0		1		1		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		1		1		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	T	4		0.0	0.7	0.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		1	A	1		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.11	0.061	3	A	1		0.02	0.25	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.60	0.052	3	A	1		0.08	1.31	0.03
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.18	0.055	3	A	1		0.02	0.39	0.01
Tocotrienol, alpha.....mg	2.17	0.224	3	A	1		0.29	4.73	0.10
Tocotrienol, beta.....mg	0.13	0.027	3	A	1		0.02	0.28	0.01
Tocotrienol, gamma.....mg	0.36	0.091	3	A	1		0.05	0.78	0.02
Tocotrienol, delta.....mg	0.25	0.077	3	A	1		0.03	0.55	0.01
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.6		1	A	1		0.1	1.2	0.0

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Dihydrophyloquinone.....µg	0.0		1	A		1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0		1	A		1	0.0	0.0	0.0	
Lipids:										
Fatty acids, total saturated.....g	82.475		0	NC		4	11.217	179.795	3.711	
4:0.....g	0.009	0.006	6	A		1	0.001	0.019	0.000	
6:0.....g	0.477	0.059	6	A		1	0.065	1.039	0.021	
8:0.....g	6.802	0.097	6	A		1	0.925	14.829	0.306	
10:0.....g	5.390	0.042	6	A		1	0.733	11.751	0.243	
12:0.....g	41.840	0.232	6	A		1	5.690	91.211	1.883	
13:0.....g										
14:0.....g	16.653	0.099	6	A		1	2.265	36.304	0.749	
15:0.....g	0.015	0.001	6	A		1	0.002	0.032	0.001	
16:0.....g	8.636	0.159	6	A		1	1.175	18.827	0.389	
17:0.....g	0.009	0.001	6	A		1	0.001	0.020	0.000	
18:0.....g	2.516	0.023	6	A		1	0.342	5.486	0.113	
20:0.....g	0.076	0.003	6	A		1	0.010	0.167	0.003	
22:0.....g	0.019	0.001	6	A		1	0.003	0.041	0.001	
24:0.....g	0.031	0.001	6	A		1	0.004	0.068	0.001	
Fatty acids, total monounsaturated.....g	6.332		0	NC		4	0.861	13.803	0.285	
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	0.016	0.001	6	AS		1	0.002	0.035	0.001	
16:1 c.....g	0.016	0.001	6	A		1	0.002	0.035	0.001	
16:1 t.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
17:1.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
18:1 undifferentiated.....g	6.274	0.168	6	AS		1	0.853	13.678	0.282	
18:1 c.....g	6.253	0.171	6	A		1	0.850	13.633	0.281	
18:1 t.....g	0.021	0.011	6	A		1	0.003	0.045	0.001	
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.041	0.002	6	A		1	0.006	0.089	0.002	
22:1 undifferentiated.....g	0.000	0.000	6	AS		1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.702		0	NC		4	0.231	3.711	0.077	
18:2 undifferentiated.....g	1.683	0.073	6	AS		1	0.229	3.668	0.076	
18:2 n-6 c,c,c.....g	1.676	0.072	6	A		1	0.228	3.653	0.075	
18:2 CLAs.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.007	0.002	6	A		1	0.001	0.015	0.000	
18:3 undifferentiated.....g	0.019	0.005	6	AS		1	0.003	0.042	0.001	
18:3 n-3 c,c,c (ALA).....g	0.019	0.005	6	A		1	0.003	0.042	0.001	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
18:3i.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
20:2 n-6 c,c,c.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	AS		1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
21:5.....g										
22:4.....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A		1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.028		0	NC		4	0.004	0.061	0.001	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC		4	0.003	0.045	0.001	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC		4	0.001	0.015	0.000	
Cholesterol.....mg	0		1			1	0	0	0	
Phytosterols.....mg	86	1.561	19			1	12	187	4	

Amino Acids:

NDB No. 04047

Oil, coconut

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04685

Oil, cooking and salad, ENOVA, 80% diglycerides

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g	0.569		3	A	1		0.080	1.217	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	7.432		3	AS	1		1.040	15.904	
18:3 n-3 c,c,c (ALA).....g	6.239		3	A	1		0.873	13.351	
18:3 n-6 c,c,c.....g									
18:3i.....g	1.193		3	A	1		0.167	2.553	
18:4.....g	0.000		3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	1.762		0	NC	4		0.247	3.771	
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g	1.762		0	NC	4		0.247	3.771	
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 = 14.0g: 1 tbsp (1 NLEA serving)

Measure 2 = 214g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42289
Oil, corn and canola (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	0.00		2		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1980	40
Energy.....kJ	3699		0	NC	4		518	8285	166
Protein.....g	0.00		2		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		14.00	224.00	4.50
Ash.....g	0.00		2		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		1		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	0
Iron, Fe.....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1		1		0	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	0		1		1		0	0	0
Sodium, Na.....mg	0		1		1		0	0	0
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....µg	0		1		1		0	0	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	0		0	BFZN	4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.2		0	AS	1		0.0	0.4	0.0
Betaine.....mg	0.0		2	A	1		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	0
Retinol.....µg	0		0	BFZN	4		0	0	0
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	0		1		1		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	14.84		2	A	1		2.08	33.25	0.67
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	35.37		2	A	1		4.95	79.23	1.59
Tocopherol, delta.....mg	1.28		2	A	1		0.18	2.88	0.06
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.13		2	A	1		0.02	0.29	0.01
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	42.2		2	A	1		5.9	94.6	1.9

NDB No. 42289
Oil, corn and canola (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0
Lipids:								
Fatty acids, total saturated.....g	8.026		0	NC	4	1.124	17.978	0.361
4:0.....g	0.000		1		1	0.000	0.000	0.000
6:0.....g	0.000		1		1	0.000	0.000	0.000
8:0.....g	0.000		2	A	1	0.000	0.000	0.000
10:0.....g	0.000		2	A	1	0.000	0.000	0.000
12:0.....g	0.000		2	A	1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		2	A	1	0.000	0.000	0.000
15:0.....g	0.000		2	A	1	0.000	0.000	0.000
16:0.....g	5.076		2	A	1	0.711	11.371	0.228
17:0.....g	0.000		2	A	1	0.000	0.000	0.000
18:0.....g	2.028		2	A	1	0.284	4.542	0.091
20:0.....g	0.615		2	A	1	0.086	1.379	0.028
22:0.....g	0.306		2	A	1	0.043	0.686	0.014
24:0.....g								
Fatty acids, total monounsaturated.....g	58.537		0	NC	4	8.195	131.123	2.634
14:1.....g	0.000		2	A	1	0.000	0.000	0.000
15:1.....g	0.000		2	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.191		2	A	1	0.027	0.428	0.009
17:1.....g	0.000		2	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	57.142		0	AS	1	8.000	127.997	2.571
18:1 c.....g	57.142		2	A	1	8.000	127.997	2.571
18:1 t.....g	0.000		2	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	1.204		2	A	1	0.169	2.698	0.054
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	29.113		0	NC	4	4.076	65.214	1.310
18:2 undifferentiated.....g	23.315		0	AS	1	3.264	52.225	1.049
18:2 n-6 c,c.....g	22.981		2	A	1	3.217	51.478	1.034
18:2 CLAs.....g								
18:2 t,t.....g	0.334		2	A	1	0.047	0.747	0.015
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	5.798		0	AS	1	0.812	12.989	0.261
18:3 n-3 c,c,c (ALA).....g	5.798		2	A	1	0.812	12.989	0.261
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000
18:3i.....g								
18:4.....g	0.000		1		1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1		1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.334		0	NC	4	0.047	0.747	0.015
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.334		0	NC	4	0.047	0.747	0.015
Cholesterol.....mg	0		0		7	0	0	0
Phytosterols.....mg								
Stigmasterol.....mg	9		2	A	1	1	21	0
Campesterol.....mg	233		2	A	1	33	523	11
Beta-sitosterol.....mg	419		2	A	1	59	939	19
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0

NDB No. 42289
Oil, corn and canola (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Confidence Code
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 = 14.0g: 1 tbsp
- Measure 2 = 224g: 1 cup
- Measure 3 = 4.5g: 1 teaspoon

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (4.599) and delta-5 avenasterol (15.76)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	12.948		0	NC	4		1.761	28.227	0.583
4:0.....g	0.000		1	JA	6		0.000	0.000	0.000
6:0.....g	0.000		1	JA	6		0.000	0.000	0.000
8:0.....g	0.000		1	JA	6		0.000	0.000	0.000
10:0.....g	0.000		1	JA	6		0.000	0.000	0.000
12:0.....g	0.000		2	JA	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.024		2	JA	6		0.003	0.051	0.001
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.579		2	JA	6		1.439	23.063	0.476
17:0.....g	0.067		1	A	1		0.009	0.145	0.003
18:0.....g	1.848		2	JA	6		0.251	4.029	0.083
20:0.....g	0.431		1	A	1		0.059	0.939	0.019
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	27.576		0	NC	4		3.750	60.116	1.241
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		0	AS	1		0.015	0.248	0.005
16:1 c.....g	0.114		1	A	1		0.015	0.248	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	27.333		0	AS	1		3.717	59.586	1.230
18:1 c.....g	27.333		1	A	1		3.717	59.586	1.230
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.129		1	JA	6		0.018	0.282	0.006
22:1 undifferentiated.....g	0.000		1	JA	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	54.677		0	NC	4		7.436	119.195	2.460
18:2 undifferentiated.....g	53.515		0	AS	1		7.278	116.663	2.408
18:2 n-6 c,c.....g	53.230		1	A	1		7.239	116.041	2.395
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.286		1	A	1		0.039	0.623	0.013
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.161		0	AS	1		0.158	2.532	0.052
18:3 n-3 c,c,c (ALA).....g	1.161		1	A	1		0.158	2.532	0.052
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	JA	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	JA	6		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	JA	6		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	JA	6		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	JA	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	56		4	A	1		8	122	3
Campesterol.....mg	189		4	A	1		26	412	9
Beta-sitosterol.....mg	621		4	A	1		84	1353	28
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04518

Oil, corn, industrial and retail, all purpose salad or cooking (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols equals 133 g/100

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 44005
Oil, corn, peanut, and olive

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	14.367		0		4		2.011	0.647	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.033		0		4		0.005	0.001	
15:0.....g									
16:0.....g	10.467		0		4		1.465	0.471	
17:0.....g									
18:0.....g	2.067		0		4		0.289	0.093	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	48.033		0		4		6.725	2.161	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		4		0.042	0.014	
17:1.....g									
18:1 undifferentiated.....g	47.167		0		4		6.603	2.123	
20:1.....g	0.533		0		4		0.075	0.024	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.033		0		4		4.625	1.486	
18:2 undifferentiated.....g	32.633		0		4		4.569	1.468	
18:3 undifferentiated.....g	0.433		0		4		0.061	0.019	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04502
Oil, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	25.900		0		1		3.522	56.462	1.166
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.800	0.016	115		1		0.109	1.744	0.036
15:0.....g									
16:0.....g	22.700	0.198	121		1		3.087	49.486	1.022
17:0.....g									
18:0.....g	2.300	0.044	121		1		0.313	5.014	0.104
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.800		0		1		2.421	38.804	0.801
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800	0.031	120		1		0.109	1.744	0.036
17:1.....g									
18:1 undifferentiated.....g	17.000	0.259	124		1		2.312	37.060	0.765
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	51.900		0		1		7.058	113.142	2.336
18:2 undifferentiated.....g	51.500	0.357	123		1		7.004	112.270	2.318
18:3 undifferentiated.....g	0.200	0.030	59		1		0.027	0.436	0.009
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.015	48		1		0.014	0.218	0.005
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	324	14.738	9		1		44	706	15
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04502
 Oil, cottonseed, salad or cooking

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04541

Oil, cupu assu

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg									
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.60		0		4		0.08	1.31	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04541

Oil, cupu assu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Fatty acids, total saturated.....g	53.200		0		1		7.235	115.976	2.394
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.900		1		1		0.122	1.962	0.041
15:0.....g									
16:0.....g	9.600		1		1		1.306	20.928	0.432
17:0.....g									
18:0.....g	32.700		1		1		4.447	71.286	1.472
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	38.700		0		1		5.263	84.366	1.742
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	38.700		1		1		5.263	84.366	1.742
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.800		0		1		0.517	8.284	0.171
18:2 undifferentiated.....g	3.800		1		1		0.517	8.284	0.171
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04541

Oil, cupu assu

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42231
Oil, flaxseed, cold pressed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.12		1	A	1		0.02	0.26	
Energy.....kcal	884		0	NC	4		120	1928	
Energy.....kJ	3700		0	NC	4		503	8066	
Protein.....g	0.11		1	A	1		0.01	0.23	
Total lipid (fat).....g	99.98		1	A	1		13.60	217.96	
Ash.....g	0.00		1	A	1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	1	
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	
Magnesium, Mg.....mg	0		1	A	1		0	0	
Phosphorus, P.....mg	1		1	A	1		0	1	
Potassium, K.....mg	0		1	A	1		0	0	
Sodium, Na.....mg	0		1	A	1		0	0	
Zinc, Zn.....mg	0.07		1	A	1		0.01	0.15	
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.000		0		7		0.000	0.000	
Riboflavin.....mg	0.000		0		7		0.000	0.000	
Niacin.....mg	0.000		0		7		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		7		0.000	0.000	
Folate, total.....µg	0		0		7		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0	Z	7		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.47		1	A	1		0.06	1.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.55		1	A	1		0.08	1.21	
Tocopherol, gamma.....mg	28.76		1	A	1		3.91	62.69	
Tocopherol, delta.....mg	1.65		1	A	1		0.22	3.59	
Tocotrienol, alpha.....mg	0.87		1	A	1		0.12	1.89	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.89		1	A	1		0.12	1.94	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	9.3		1	A	1		1.3	20.2	

NDB No. 42231
Oil, flaxseed, cold pressed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menquinone-4.....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	8.976		0	NC	4		1.221	19.568	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.008		1	A	1		0.001	0.017	
12:0.....g	0.018		1	A	1		0.002	0.039	
13:0.....g									
14:0.....g	0.077		1	A	1		0.010	0.168	
15:0.....g	0.027		1	A	1		0.004	0.059	
16:0.....g	5.109		1	A	1		0.695	11.138	
17:0.....g	0.051		1	A	1		0.007	0.111	
18:0.....g	3.367		1	A	1		0.458	7.340	
20:0.....g	0.131		1	A	1		0.018	0.286	
22:0.....g	0.113		1	A	1		0.015	0.246	
24:0.....g	0.075		1	A	1		0.010	0.164	
Fatty acids, total monounsaturated.....g	18.438		0	NC	4		2.508	40.195	
14:1.....g	0.008		1	A	1		0.001	0.017	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.060		0	AS	1		0.008	0.131	
16:1 c.....g	0.060		1	A	1		0.008	0.131	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	18.316		0	AS	1		2.491	39.929	
18:1 c.....g	18.286		1	A	1		2.487	39.863	
18:1 t.....g	0.030		1	A	1		0.004	0.065	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.031		0	AS	1		0.004	0.068	
22:1 c.....g	0.017		1	A	1		0.002	0.037	
22:1 t.....g	0.014		1	A	1		0.002	0.031	
24:1 c.....g	0.023		1	A	1		0.003	0.050	
Fatty acids, total polyunsaturated.....g	67.849		0	NC	4		9.227	147.911	
18:2 undifferentiated.....g	14.327		0	AS	1		1.948	31.233	
18:2 n-6 c,c.....g	14.246		1	A	1		1.937	31.056	
18:2 CLAs.....g	0.031		1	A	1		0.004	0.068	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.050		1	A	1		0.007	0.109	
18:3 undifferentiated.....g	53.368		0	AS	1		7.258	116.342	
18:3 n-3 c,c,c (ALA).....g	53.368		1	A	1		7.258	116.342	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.031		1	A	1		0.004	0.068	
20:3 undifferentiated.....g	0.096		0	AS	1		0.013	0.209	
20:3 n-3.....g	0.081		1	A	1		0.011	0.177	
20:3 n-6.....g	0.015		1	A	1		0.002	0.033	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.013		1	A	1		0.002	0.028	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.094		0	NC	4		0.013	0.205	
Fatty acids, total trans-monoenoic.....g	0.044		0	NC	4		0.006	0.096	
Fatty acids, total trans-polyenoic.....g	0.050		0	NC	4		0.007	0.109	
Cholesterol.....mg	0		1	A	1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	30		1	A	1		4	65	

NDB No. 42231
Oil, flaxseed, cold pressed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Campesterol.....mg	98		1	A	1	13	213
Beta-sitosterol.....mg	206		1	A	1	28	449
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp
 Measure 2 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04707

Oil, flaxseed, contains added sliced flaxseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g									
18:2 t not further defined.....g	0.085		1	A	1		0.012	0.186	
18:3 undifferentiated.....g	48.930		0	AS	1		6.703	107.157	
18:3 n-3 c,c,c (ALA).....g	48.930		1	A	1		6.703	107.157	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.034		1	A	1		0.005	0.074	
20:3 undifferentiated.....g	0.103		0	AS	1		0.014	0.226	
20:3 n-3.....g	0.077		1	A	1		0.011	0.169	
20:3 n-6.....g	0.026		1	A	1		0.004	0.057	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.015		1	A	1		0.002	0.033	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.184		0	NC	4		0.025	0.403	
Fatty acids, total trans-monoenoic.....g	0.099		0	NC	4		0.014	0.217	
Fatty acids, total trans-polyenoic.....g	0.085		0	NC	4		0.012	0.186	
Cholesterol.....mg	0		1	A	1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	31		1	A	1		4	67	
Campesterol.....mg	112		1	A	1		15	246	
Beta-sitosterol.....mg	235		1	A	1		32	514	

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

Common Measures:

Measure 1 = 13.7g: 1 tablespoon

Measure 2 = 219g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04517

Oil, grapeseed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	28.80		0		4		3.92	62.78	1.30
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.600		0		1		1.306	20.928	0.432
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.016	10		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	6.700	0.140	19		1		0.911	14.606	0.302
17:0.....g									
18:0.....g	2.700	0.191	19		1		0.367	5.886	0.122
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	16.100		0		1		2.190	35.098	0.725
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.160	3		1		0.041	0.654	0.014
17:1.....g									
18:1 undifferentiated.....g	15.800	0.581	19		1		2.149	34.444	0.711
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	69.900		0		1		9.506	152.382	3.146
18:2 undifferentiated.....g	69.600	0.693	19		1		9.466	151.728	3.132
18:3 undifferentiated.....g	0.100	0.061	13		1		0.014	0.218	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	180		0		4		24	392	8
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04517
Oil, grapeseed

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04532

Oil, hazelnut

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	47.20		0		4		6.42	102.90	2.12
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Fatty acids, total saturated.....g	7.400		0		1		1.006	16.132	0.333
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		7		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.042	12		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	5.200	0.055	111		1		0.707	11.336	0.234
17:0.....g									
18:0.....g	2.000	0.054	110		1		0.272	4.360	0.090
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	78.000		0		1		10.608	170.040	3.510
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.010	104		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	77.800	0.299	111		1		10.581	169.604	3.501
20:1.....g	0.000	0.003	96		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.200		0		1		1.387	22.236	0.459
18:2 undifferentiated.....g	10.100	0.318	111		1		1.374	22.018	0.455
18:3 undifferentiated.....g	0.000	0.006	101		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	120		0		4		16	262	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04532

Oil, hazelnut

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, canola (partially hydrogenated) oil for deep fat frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.117		0	NC	4		1.376	0.455	22.055
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.003	0.144
15:0.....g	0.047		1	A	1		0.006	0.002	0.103
16:0.....g	5.101		1	A	1		0.694	0.230	11.120
17:0.....g	0.076		1	A	1		0.010	0.003	0.166
18:0.....g	3.831		1	A	1		0.521	0.172	8.352
20:0.....g	0.641		1	A	1		0.087	0.029	1.398
22:0.....g	0.355		1	A	1		0.048	0.016	0.775
24:0.....g									
Fatty acids, total monounsaturated.....g	71.075		0	NC	4		9.666	3.198	154.944
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	AS	1		0.030	0.010	0.475
16:1 c.....g	0.218		1	A	1		0.030	0.010	0.475
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	70.081		0	AS	1		9.531	3.154	152.775
18:1 c.....g	47.292		1	A	1		6.432	2.128	103.097
18:1 t.....g	22.789		1	A	1		3.099	1.025	49.679
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.777		1	A	1		0.106	0.035	1.693
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.038		0	NC	4		1.909	0.632	30.602
18:2 undifferentiated.....g	12.543		0	AS	1		1.706	0.564	27.344
18:2 n-6 c,c.....g	8.781		1	A	1		1.194	0.395	19.143
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	3.762		1	A	1		0.512	0.169	8.201
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.495		0	AS	1		0.203	0.067	3.258
18:3 n-3 c,c,c (ALA).....g	1.028		1	A	1		0.140	0.046	2.241
18:3 n-6 c,c,c.....g									
18:3i.....g	0.466		1	A	1		0.063	0.021	1.017
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	27.017		0	NC	4		3.674	1.216	58.897
Fatty acids, total trans-monoenoic.....g	22.789		0	NC	4		3.099	1.025	49.679
Fatty acids, total trans-polyenoic.....g	4.228		0	NC	4		0.575	0.190	9.218
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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.

NDB No. 04645

Oil, industrial, canola (partially hydrogenated) oil for deep fat frying

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, canola for salads, woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.758		0	NC	4		1.055	0.349	16.912
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.002	0.081
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.003	0.144
15:0.....g	0.037		1	A	1		0.005	0.002	0.081
16:0.....g	4.191		1	A	1		0.570	0.189	9.136
17:0.....g	0.057		1	A	1		0.008	0.003	0.124
18:0.....g	2.306		1	A	1		0.314	0.104	5.028
20:0.....g	0.727		1	A	1		0.099	0.033	1.586
22:0.....g	0.336		1	A	1		0.046	0.015	0.733
24:0.....g									
Fatty acids, total monounsaturated.....g	61.150		0	NC	4		8.316	2.752	133.306
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.284		0	AS	1		0.039	0.013	0.620
16:1 c.....g	0.284		1	A	1		0.039	0.013	0.620
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.782		0	AS	1		8.130	2.690	130.325
18:1 c.....g	59.496		1	A	1		8.091	2.677	129.701
18:1 t.....g	0.286		1	A	1		0.039	0.013	0.623
18:1-11 t (18:1t n-7).....g									
20:1.....g	1.083		1	A	1		0.147	0.049	2.362
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.397		0	NC	4		3.590	1.188	57.546
18:2 undifferentiated.....g	18.762		0	AS	1		2.552	0.844	40.902
18:2 n-6 c,c.....g	18.572		1	A	1		2.526	0.836	40.487
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.190		1	A	1		0.026	0.009	0.415
18:2 t not further defined.....g									
18:3 undifferentiated.....g	7.635		0	AS	1		1.038	0.344	16.644
18:3 n-3 c,c,c (ALA).....g	6.340		1	A	1		0.862	0.285	13.822
18:3 n-6 c,c,c.....g									
18:3i.....g	1.295		1	A	1		0.176	0.058	2.822
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	1.771		0	NC	4		0.241	0.080	3.861
Fatty acids, total trans-monoenoic.....g	0.286		0	NC	4		0.039	0.013	0.623
Fatty acids, total trans-polyenoic.....g	1.485		0	NC	4		0.202	0.067	3.238
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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.

NDB No. 04644

Oil, industrial, canola for salads, woks and light frying

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.615		0	NC	4		1.036	16.600	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.037		1	A	1		0.005	0.081	
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.144	
15:0.....g	0.037		1	A	1		0.005	0.081	
16:0.....g	4.134		1	A	1		0.562	9.011	
17:0.....g	0.048		1	A	1		0.006	0.104	
18:0.....g	2.249		1	A	1		0.306	4.903	
20:0.....g	0.727		1	A	1		0.099	1.586	
22:0.....g	0.317		1	A	1		0.043	0.691	
24:0.....g	0.200		0	BFZN	4		0.027	0.436	
Fatty acids, total monounsaturated.....g	62.093		0	NC	4		8.445	135.363	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	AS	1		0.030	0.475	
16:1 c.....g	0.218		1	A	1		0.030	0.475	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	60.754		0	AS	1		8.262	132.443	
18:1 c.....g	60.592		1	A	1		8.240	132.090	
18:1 t.....g	0.162		1	A	1		0.022	0.353	
18:1-11 t (18:1t n-7).....g									
20:1.....g	1.122		1	A	1		0.153	2.445	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.588		0	NC	4		3.480	55.781	
18:2 undifferentiated.....g	17.915		0	AS	1		2.436	39.054	
18:2 n-6 c,c.....g	17.734		1	A	1		2.412	38.659	
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.181		1	A	1		0.025	0.394	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.397		0	AS	1		0.870	13.946	
18:3 n-3 c,c,c (ALA).....g	6.397		1	A	1		0.870	13.946	
18:3 n-6 c,c,c.....g									
18:3i.....g	1.276		1	A	1		0.173	2.781	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	1.618		0	NC	4		0.220	3.528	
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.022	0.353	
Fatty acids, total trans-polyenoic.....g	1.457		0	NC	4		0.198	3.175	
Cholesterol.....mg	0		0	BFZN	4		0	0	
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.

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04698
Oil, industrial, canola, high oleic

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	6.787		0	NC	4		0.950	14.795	0.305
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	3.621		1	MA	12		0.507	7.894	0.163
17:0.....g									
18:0.....g	2.010		1	MA	12		0.281	4.383	0.090
20:0.....g	0.673		1	MA	12		0.094	1.466	0.030
22:0.....g	0.289		1	MA	12		0.040	0.631	0.013
24:0.....g	0.193		1	MA	12		0.027	0.421	0.009
Fatty acids, total monounsaturated.....g	72.734		0	NC	4		10.183	158.561	3.273
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.191		0	AS	1		0.027	0.415	0.009
16:1 c.....g	0.191		1	MA	12		0.027	0.415	0.009
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	71.775		0	AS	1		10.049	156.470	3.230
18:1 c.....g	71.488		1	MA	12		10.008	155.844	3.217
18:1 t.....g	0.287		1	MA	12		0.040	0.626	0.013
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.673		1	MA	12		0.094	1.466	0.030
22:1 undifferentiated.....g	0.096		1	MA	12		0.013	0.210	0.004
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.785		0	NC	4		2.210	34.411	0.710
18:2 undifferentiated.....g	13.394		0	AS	1		1.875	29.198	0.603
18:2 n-6 c,c.....g	12.915		1	MA	12		1.808	28.156	0.581
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.478		1	MA	12		0.067	1.043	0.022
18:3 undifferentiated.....g	2.391		0	AS	1		0.335	5.212	0.108
18:3 n-3 c,c,c (ALA).....g	2.200		1	MA	12		0.308	4.795	0.099
18:3 n-6 c,c,c.....g									
18:3i.....g	0.191		1	MA	12		0.027	0.417	0.009
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.957		0	NC	4		0.134	2.086	0.043
Fatty acids, total trans-monoenoic.....g	0.287		0	NC	4		0.040	0.626	0.013
Fatty acids, total trans-polyenoic.....g	0.670		0	NC	4		0.094	1.460	0.030
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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.

NDB No. 04698
Oil, industrial, canola, high oleic

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

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	93.536		0	NC	4		12.721	203.908	4.209
4:0.....g	0.060		1	A	1		0.008	0.131	0.003
6:0.....g	0.634		1	A	1		0.086	1.381	0.029
8:0.....g	7.574		1	A	1		1.030	16.511	0.341
10:0.....g	5.539		1	A	1		0.753	12.075	0.249
12:0.....g	44.216		1	A	1		6.013	96.391	1.990
13:0.....g									
14:0.....g	16.411		1	A	1		2.232	35.777	0.739
15:0.....g									
16:0.....g	8.561		1	A	1		1.164	18.664	0.385
17:0.....g									
18:0.....g	10.397		1	A	1		1.414	22.666	0.468
20:0.....g	0.144		1	A	1		0.020	0.313	0.006
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.267		0	NC	4		0.036	0.581	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.267		0	AS	1		0.036	0.581	0.012
18:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 t.....g	0.267		1	A	1		0.036	0.581	0.012
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-monoenoic.....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lipids:								
Fatty acids, total saturated.....g	86.503		0	NC	4	11.764	188.576	3.893
4:0.....g	0.063		1	A	1	0.009	0.138	0.003
6:0.....g	0.752		1	A	1	0.102	1.638	0.034
8:0.....g	7.889		1	A	1	1.073	17.198	0.355
10:0.....g	5.596		1	A	1	0.761	12.198	0.252
12:0.....g	44.482		1	A	1	6.049	96.970	2.002
13:0.....g								
14:0.....g	16.659		1	A	1	2.266	36.317	0.750
15:0.....g								
16:0.....g	8.182		1	A	1	1.113	17.837	0.368
17:0.....g								
18:0.....g	2.843		1	A	1	0.387	6.198	0.128
20:0.....g	0.037		1	A	1	0.005	0.081	0.002
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.681		0	NC	4	0.773	12.385	0.256
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	5.681		0	AS	1	0.773	12.385	0.256
18:1 c.....g	5.681		1	A	1	0.773	12.385	0.256
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		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	1.450		0	NC	4	0.197	3.162	0.065
18:2 undifferentiated.....g	1.450		0	AS	1	0.197	3.162	0.065
18:2 n-6 c,c.....g	1.450		1	A	1	0.197	3.162	0.065
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g								
18:3i.....g	0.000		1	A	1	0.000	0.000	0.000
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4	0	0	0
Phytosterols.....mg	86		0	BFZN	4	12	187	4
Amino Acids:								
Tryptophan.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000

NDB No. 04659

Oil, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	86.002		0	NC	4		11.696	187.485	3.870
4:0.....g	0.060		1	A	1		0.008	0.131	0.003
6:0.....g	0.750		1	A	1		0.102	1.634	0.034
8:0.....g	8.212		1	A	1		1.117	17.902	0.370
10:0.....g	5.594		1	A	1		0.761	12.196	0.252
12:0.....g	43.749		1	A	1		5.950	95.372	1.969
13:0.....g									
14:0.....g	16.760		1	A	1		2.279	36.537	0.754
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	8.400		1	A	1		1.142	18.312	0.378
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	2.478		1	A	1		0.337	5.402	0.112
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									
Fatty acids, total monounsaturated.....g	5.935		0	NC	4		0.807	12.939	0.267
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.935		0	AS	1		0.807	12.939	0.267
18:1 c.....g	5.935		1	A	1		0.807	12.939	0.267
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		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	1.657		0	NC	4		0.225	3.612	0.075
18:2 undifferentiated.....g	1.657		0	AS	1		0.225	3.612	0.075
18:2 n-6 c,c.....g	1.657		1	A	1		0.225	3.612	0.075
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	4	0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, cottonseed, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	93.608		0	NC	4		12.731	204.065	4.212
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.758		1	MA	12		0.103	1.652	0.034
15:0.....g									
16:0.....g	22.965		1	MA	12		3.123	50.063	1.033
17:0.....g									
18:0.....g	69.596		1	MA	12		9.465	151.719	3.132
20:0.....g									
22:0.....g	0.193		1	MA	12		0.026	0.420	0.009
24:0.....g	0.097		1	MA	12		0.013	0.211	0.004
Fatty acids, total monounsaturated.....g	1.529		0	NC	4		0.208	3.332	0.069
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.572		0	AS	1		0.078	1.246	0.026
16:1 c.....g	0.572		1	MA	12		0.078	1.246	0.026
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.957		0	AS	1		0.130	2.086	0.043
18:1 c.....g	0.287		1	MA	12		0.039	0.626	0.013
18:1 t.....g	0.670		1	MA	12		0.091	1.460	0.030
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.587		0	NC	4		0.080	1.280	0.026
18:2 undifferentiated.....g	0.287		0	AS	1		0.039	0.626	0.013
18:2 n-6 c,c.....g	0.287		1	MA	12		0.039	0.626	0.013
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.200		0	BFZN	4		0.027	0.436	0.009
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0	BFZN	4		0.014	0.218	0.005
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.670		0	NC	4		0.091	1.460	0.030
Fatty acids, total trans-monoenoic.....g	0.670		0	NC	4		0.091	1.460	0.030
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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:

NDB No. 04702

Oil, industrial, cottonseed, fully hydrogenated

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04642
Oil, industrial, mid-oleic, sunflower

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	9.009		0	NC	4		1.225	0.405	19.640
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.057		1	A	1		0.008	0.003	0.123
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	4.219		1	A	1		0.574	0.190	9.197
17:0.....g	0.037		1	A	1		0.005	0.002	0.081
18:0.....g	3.564		1	A	1		0.485	0.160	7.770
20:0.....g	0.297		1	A	1		0.040	0.013	0.647
22:0.....g	0.836		1	A	1		0.114	0.038	1.821
24:0.....g									
Fatty acids, total monounsaturated.....g	57.334		0	NC	4		7.797	2.580	124.989
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.004	0.206
16:1 c.....g	0.095		1	A	1		0.013	0.004	0.206
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	57.029		0	AS	1		7.756	2.566	124.322
18:1 c.....g	57.029		1	A	1		7.756	2.566	124.322
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.211		1	A	1		0.029	0.009	0.460
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.962		0	NC	4		3.939	1.303	63.136
18:2 undifferentiated.....g	28.924		0	AS	1		3.934	1.302	63.055
18:2 n-6 c,c.....g	28.705		1	A	1		3.904	1.292	62.578
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.219		1	A	1		0.030	0.010	0.477
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.037		0	AS	1		0.005	0.002	0.081
18:3 n-3 c,c,c (ALA).....g	0.037		1	A	1		0.005	0.002	0.081
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.219		0	NC	4		0.030	0.010	0.477
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.219		0	NC	4		0.030	0.010	0.477
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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.

NDB No. 04642

Oil, industrial, mid-oleic, sunflower

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	71.444		0	NC	4		9.716	155.747	3.215
4:0.....g	0.042		1	A	1		0.006	0.092	0.002
6:0.....g	0.236		1	A	1		0.032	0.515	0.011
8:0.....g	2.682		1	A	1		0.365	5.846	0.121
10:0.....g	1.999		1	A	1		0.272	4.357	0.090
12:0.....g	23.231		1	A	1		3.159	50.644	1.045
13:0.....g									
14:0.....g	7.423		1	A	1		1.009	16.181	0.334
15:0.....g									
16:0.....g	29.450		1	A	1		4.005	64.202	1.325
17:0.....g									
18:0.....g	6.080		1	A	1		0.827	13.254	0.274
20:0.....g	0.300		1	A	1		0.041	0.654	0.014
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.702		0	NC	4		2.680	42.951	0.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.702		0	AS	1		2.680	42.951	0.887
18:1 c.....g	19.702		1	A	1		2.680	42.951	0.887
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		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	3.247		0	NC	4		0.442	7.079	0.146
18:2 undifferentiated.....g	3.247		0	AS	1		0.442	7.079	0.146
18:2 n-6 c,c.....g	3.247		1	A	1		0.442	7.079	0.146
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04662

Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	88.965		0	NC	4		12.099	193.943	4.003
4:0.....g	0.073		1	A	1		0.010	0.159	0.003
6:0.....g	0.325		1	A	1		0.044	0.708	0.015
8:0.....g	3.895		1	A	1		0.530	8.491	0.175
10:0.....g	3.322		1	A	1		0.452	7.241	0.149
12:0.....g	45.314		1	A	1		6.163	98.785	2.039
13:0.....g									
14:0.....g	13.916		1	A	1		1.893	30.336	0.626
15:0.....g									
16:0.....g	7.353		1	A	1		1.000	16.030	0.331
17:0.....g									
18:0.....g	14.561		1	A	1		1.980	31.742	0.655
20:0.....g	0.207		1	A	1		0.028	0.450	0.009
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.934		0	NC	4		0.671	10.756	0.222
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.934		0	AS	1		0.671	10.756	0.222
18:1 c.....g	1.254		1	A	1		0.170	2.733	0.056
18:1 t.....g	3.680		1	A	1		0.501	8.023	0.166
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monoenoic.....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04660

Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lipids:								
Fatty acids, total saturated.....g	92.614		0	NC	4	12.595	201.898	4.168
4:0.....g	0.077		1	A	1	0.011	0.169	0.003
6:0.....g	0.258		1	A	1	0.035	0.563	0.012
8:0.....g	3.260		1	A	1	0.443	7.107	0.147
10:0.....g	3.157		1	A	1	0.429	6.882	0.142
12:0.....g	48.445		1	A	1	6.589	105.611	2.180
13:0.....g								
14:0.....g	16.205		1	A	1	2.204	35.327	0.729
15:0.....g								
16:0.....g	7.696		1	A	1	1.047	16.777	0.346
17:0.....g								
18:0.....g	13.477		1	A	1	1.833	29.380	0.606
20:0.....g	0.037		1	A	1	0.005	0.081	0.002
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.271		0	NC	4	0.173	2.770	0.057
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	1.271		0	AS	1	0.173	2.770	0.057
18:1 c.....g	1.271		1	A	1	0.173	2.770	0.057
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		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	0.037		0	NC	4	0.005	0.081	0.002
18:2 undifferentiated.....g	0.037		0	AS	1	0.005	0.081	0.002
18:2 n-6 c,c.....g	0.037		1	A	1	0.005	0.081	0.002
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g								
18:3i.....g	0.000		1	A	1	0.000	0.000	0.000
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4	0	0	0
Phytosterols.....mg	95		0	BFZN	4	13	207	4
Amino Acids:								
Tryptophan.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000

NDB No. 04658

Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
Fatty acids, total saturated.....g	93.701		0	NC	4	12.743	204.268	4.217
4:0.....g	0.069		1	A	1	0.009	0.150	0.003
6:0.....g	0.321		1	A	1	0.044	0.700	0.014
8:0.....g	3.873		1	A	1	0.527	8.444	0.174
10:0.....g	3.125		1	A	1	0.425	6.813	0.141
12:0.....g	42.515		1	A	1	5.782	92.682	1.913
13:0.....g								
14:0.....g	14.782		1	A	1	2.010	32.224	0.665
15:0.....g								
16:0.....g	8.173		1	A	1	1.111	17.816	0.368
17:0.....g								
18:0.....g	20.585		1	A	1	2.800	44.875	0.926
20:0.....g	0.258		1	A	1	0.035	0.563	0.012
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.257		0	NC	4	0.035	0.561	0.012
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.257		0	AS	1	0.035	0.561	0.012
18:1 c.....g	0.000		1	A	1	0.000	0.000	0.000
18:1 t.....g	0.257		1	A	1	0.035	0.561	0.012
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		1	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4	0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000	0.000
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g								
18:3i.....g	0.000		1	A	1	0.000	0.000	0.000
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.257		0	NC	4	0.035	0.561	0.012
Fatty acids, total trans-monoenoic.....g	0.257		0	NC	4	0.035	0.561	0.012
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4	0	0	0
Phytosterols.....mg	95		0	BFZN	4	13	207	4
Amino Acids:								
Tryptophan.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000

NDB No. 04657

Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard 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
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	88.209		0	NC	4		11.996	192.296	3.969
4:0.....g	0.063		1	A	1		0.009	0.137	0.003
6:0.....g	0.318		1	A	1		0.043	0.693	0.014
8:0.....g	3.760		1	A	1		0.511	8.196	0.169
10:0.....g	3.291		1	A	1		0.448	7.174	0.148
12:0.....g	44.702		1	A	1		6.079	97.450	2.012
13:0.....g									
14:0.....g	14.094		1	A	1		1.917	30.725	0.634
15:0.....g									
16:0.....g	7.664		1	A	1		1.042	16.707	0.345
17:0.....g									
18:0.....g	14.319		1	A	1		1.947	31.214	0.644
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.705		0	NC	4		0.776	12.437	0.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.705		0	AS	1		0.776	12.437	0.257
18:1 c.....g	1.047		1	A	1		0.142	2.282	0.047
18:1 t.....g	4.658		1	A	1		0.634	10.155	0.210
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-monoenoic.....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Lipids:								
Fatty acids, total saturated.....g	87.558		0	NC	4	11.908	190.876	3.940
4:0.....g	0.076		1	A	1	0.010	0.165	0.003
6:0.....g	0.156		1	A	1	0.021	0.341	0.007
8:0.....g	2.493		1	A	1	0.339	5.434	0.112
10:0.....g	3.109		1	A	1	0.423	6.778	0.140
12:0.....g	53.428		1	A	1	7.266	116.472	2.404
13:0.....g								
14:0.....g	18.921		1	A	1	2.573	41.248	0.851
15:0.....g								
16:0.....g	7.472		1	A	1	1.016	16.289	0.336
17:0.....g								
18:0.....g	1.866		1	A	1	0.254	4.069	0.084
20:0.....g	0.037		1	A	1	0.005	0.081	0.002
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.406		0	NC	4	0.735	11.786	0.243
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	5.406		0	AS	1	0.735	11.786	0.243
18:1 c.....g	5.406		1	A	1	0.735	11.786	0.243
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		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	0.834		0	NC	4	0.113	1.817	0.038
18:2 undifferentiated.....g	0.834		0	AS	1	0.113	1.817	0.038
18:2 n-6 c,c.....g	0.834		1	A	1	0.113	1.817	0.038
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g								
18:3i.....g	0.000		1	A	1	0.000	0.000	0.000
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4	0	0	0
Phytosterols.....mg	95		0	BFZN	4	13	207	4
Amino Acids:								
Tryptophan.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000

NDB No. 04656

Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
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 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04652

Oil, industrial, soy (partially hydrogenated), all purpose

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	24.750		0	NC	4		3.366	53.956	1.114
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.104		1	A	1		0.014	0.226	0.005
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	11.178		1	A	1		1.520	24.368	0.503
17:0.....g	0.124		1	A	1		0.017	0.269	0.006
18:0.....g	12.589		1	A	1		1.712	27.444	0.567
20:0.....g	0.354		1	A	1		0.048	0.772	0.016
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	61.248		0	NC	4		8.330	133.520	2.756
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.085		0	AS	1		0.012	0.186	0.004
16:1 c.....g	0.085		1	A	1		0.012	0.186	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	61.125		0	AS	1		8.313	133.253	2.751
18:1 c.....g	31.487		1	A	1		4.282	68.641	1.417
18:1 t.....g	29.638		1	A	1		4.031	64.612	1.334
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.295		0	NC	4		1.264	20.263	0.418
18:2 undifferentiated.....g	8.591		0	AS	1		1.168	18.727	0.387
18:2 n-6 c,c.....g	4.562		1	A	1		0.620	9.945	0.205
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	4.029		1	A	1		0.548	8.782	0.181
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.209		0	AS	1		0.028	0.456	0.009
18:3 n-3 c,c,c (ALA).....g	0.209		1	A	1		0.028	0.456	0.009
18:3 n-6 c,c,c.....g									
18:3i.....g	0.495		1	A	1		0.067	1.079	0.022
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	34.162		0	NC	4		4.646	74.473	1.537
Fatty acids, total trans-monoenoic.....g	29.638		0	NC	4		4.031	64.612	1.334
Fatty acids, total trans-polyenoic.....g	4.524		0	NC	4		0.615	9.861	0.204
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04652

Oil, industrial, soy (partially hydrogenated), all purpose

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	15.341		0	NC	4		2.086	33.443	0.690
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.154		1	A	1		1.381	22.136	0.457
17:0.....g	0.086		1	A	1		0.012	0.186	0.004
18:0.....g	4.346		1	A	1		0.591	9.473	0.196
20:0.....g	0.325		1	A	1		0.044	0.709	0.015
22:0.....g	0.336		1	A	1		0.046	0.733	0.015
24:0.....g									
Fatty acids, total monounsaturated.....g	34.630		0	NC	4		4.710	75.493	1.558
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c.....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	34.535		0	AS	1		4.697	75.287	1.554
18:1 c.....g	26.228		1	A	1		3.567	57.177	1.180
18:1 t.....g	8.308		1	A	1		1.130	18.110	0.374
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.228		0	NC	4		6.151	98.596	2.035
18:2 undifferentiated.....g	40.953		0	AS	1		5.570	89.278	1.843
18:2 n-6 c,c.....g	38.944		1	A	1		5.296	84.897	1.752
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.010		1	A	1		0.273	4.381	0.090
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.837		0	AS	1		0.522	8.364	0.173
18:3 n-3 c,c,c (ALA).....g	3.837		1	A	1		0.522	8.364	0.173
18:3 n-6 c,c,c.....g									
18:3i.....g	0.438		1	A	1		0.060	0.955	0.020
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	10.755		0	NC	4		1.463	23.446	0.484
Fatty acids, total trans-monoenoic.....g	8.308		0	NC	4		1.130	18.110	0.374
Fatty acids, total trans-polyenoic.....g	2.447		0	NC	4		0.333	5.335	0.110
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04653

Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	28.421		0	NC	4		3.865	61.957	1.279
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.056		1	A	1		0.008	0.122	0.003
13:0.....g									
14:0.....g	0.254		1	A	1		0.035	0.554	0.011
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	15.833		1	A	1		2.153	34.516	0.712
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	11.503		1	A	1		1.564	25.076	0.518
20:0.....g	0.354		1	A	1		0.048	0.772	0.016
22:0.....g	0.279		1	A	1		0.038	0.607	0.013
24:0.....g									
Fatty acids, total monounsaturated.....g	59.715		0	NC	4		8.121	130.180	2.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.477		0	AS	1		8.089	129.660	2.676
18:1 c.....g	31.134		1	A	1		4.234	67.873	1.401
18:1 t.....g	28.343		1	A	1		3.855	61.787	1.275
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.134		1	A	1		0.018	0.293	0.006
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.095		0	NC	4		0.965	15.467	0.319
18:2 undifferentiated.....g	6.610		0	AS	1		0.899	14.409	0.297
18:2 n-6 c,c.....g	4.210		1	A	1		0.573	9.177	0.189
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.400		1	A	1		0.326	5.232	0.108
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g									
18:3i.....g	0.486		1	A	1		0.066	1.058	0.022
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	31.228		0	NC	4		4.247	68.078	1.405
Fatty acids, total trans-monoenoic.....g	28.343		0	NC	4		3.855	61.787	1.275
Fatty acids, total trans-polyenoic.....g	2.886		0	NC	4		0.392	6.290	0.130
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04664

Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	4	0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	25.883		0	NC	4		3.520	56.425	1.165
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.081	0.002
13:0.....g									
14:0.....g	0.170		1	A	1		0.023	0.370	0.008
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	13.017		1	A	1		1.770	28.378	0.586
17:0.....g	0.133		1	A	1		0.018	0.290	0.006
18:0.....g	11.770		1	A	1		1.601	25.658	0.530
20:0.....g	0.354		1	A	1		0.048	0.772	0.016
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	59.133		0	NC	4		8.042	128.910	2.661
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		0	AS	1		0.010	0.165	0.003
16:1 c.....g	0.076		1	A	1		0.010	0.165	0.003
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.020		0	AS	1		8.027	128.663	2.656
18:1 c.....g	31.734		1	A	1		4.316	69.181	1.428
18:1 t.....g	27.285		1	A	1		3.711	59.482	1.228
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.305		0	NC	4		1.401	22.464	0.464
18:2 undifferentiated.....g	9.610		0	AS	1		1.307	20.949	0.432
18:2 n-6 c,c.....g	6.619		1	A	1		0.900	14.430	0.298
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.991		1	A	1		0.407	6.519	0.135
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.162		0	AS	1		0.022	0.353	0.007
18:3 n-3 c,c,c (ALA).....g	0.162		1	A	1		0.022	0.353	0.007
18:3 n-6 c,c,c.....g									
18:3i.....g	0.533		1	A	1		0.073	1.162	0.024
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	30.809		0	NC	4		4.190	67.163	1.386
Fatty acids, total trans-monoenoic.....g	27.285		0	NC	4		3.711	59.482	1.228
Fatty acids, total trans-polyenoic.....g	3.524		0	NC	4		0.479	7.681	0.159
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	152		0	BFZN	4		21	331	7
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04651

Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	18.101		0	NC	4		2.462	39.461	0.815
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.075		1	A	1		0.010	0.164	0.003
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.970		1	A	1		1.492	23.914	0.494
17:0.....g	0.095		1	A	1		0.013	0.207	0.004
18:0.....g	6.156		1	A	1		0.837	13.421	0.277
20:0.....g	0.402		1	A	1		0.055	0.876	0.018
22:0.....g	0.403		1	A	1		0.055	0.879	0.018
24:0.....g									
Fatty acids, total monounsaturated.....g	40.262		0	NC	4		5.476	87.771	1.812
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	39.928		0	AS	1		5.430	87.042	1.797
18:1 c.....g	30.324		1	A	1		4.124	66.107	1.365
18:1 t.....g	9.603		1	A	1		1.306	20.935	0.432
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.230		1	A	1		0.031	0.502	0.010
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.847		0	NC	4		5.011	80.327	1.658
18:2 undifferentiated.....g	34.563		0	AS	1		4.701	75.346	1.555
18:2 n-6 c,c.....g	31.791		1	A	1		4.324	69.305	1.431
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	2.771		1	A	1		0.377	6.042	0.125
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.733		0	AS	1		0.236	3.777	0.078
18:3 n-3 c,c,c (ALA).....g	1.733		1	A	1		0.236	3.777	0.078
18:3 n-6 c,c,c.....g									
18:3i.....g	0.552		1	A	1		0.075	1.204	0.025
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	12.927		0	NC	4		1.758	28.180	0.582
Fatty acids, total trans-monoenoic.....g	9.603		0	NC	4		1.306	20.935	0.432
Fatty acids, total trans-polyenoic.....g	3.324		0	NC	4		0.452	7.245	0.150
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04651

Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.683		0	NC	4		2.405	38.548	0.796
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	10.543		1	A	1		1.434	22.983	0.474
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	6.175		1	A	1		0.840	13.462	0.278
20:0.....g	0.364		1	A	1		0.049	0.793	0.016
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	41.929		0	NC	4		5.702	91.405	1.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c.....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	41.633		0	AS	1		5.662	90.760	1.873
18:1 c.....g	31.620		1	A	1		4.300	68.932	1.423
18:1 t.....g	10.013		1	A	1		1.362	21.828	0.451
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.201		1	A	1		0.027	0.439	0.009
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.638		0	NC	4		4.847	77.690	1.604
18:2 undifferentiated.....g	33.020		0	AS	1		4.491	71.983	1.486
18:2 n-6 c,c.....g	30.153		1	A	1		4.101	65.733	1.357
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.867		1	A	1		0.390	6.249	0.129
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.942		0	AS	1		0.264	4.234	0.087
18:3 n-3 c,c,c (ALA).....g	1.942		1	A	1		0.264	4.234	0.087
18:3 n-6 c,c,c.....g									
18:3i.....g	0.676		1	A	1		0.092	1.473	0.030
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	13.555		0	NC	4		1.844	29.551	0.610
Fatty acids, total trans-monoenoic.....g	10.013		0	NC	4		1.362	21.828	0.451
Fatty acids, total trans-polyenoic.....g	3.543		0	NC	4		0.482	7.723	0.159
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04648

Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	4	0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	93.966		0	NC	4		12.779	204.845	4.228
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	10.005		1	MA	12		1.361	21.812	0.450
17:0.....g									
18:0.....g	83.094		1	MA	12		11.301	181.144	3.739
20:0.....g	0.384		1	MA	12		0.052	0.838	0.017
22:0.....g	0.386		1	MA	12		0.052	0.841	0.017
24:0.....g	0.097		1	MA	12		0.013	0.211	0.004
Fatty acids, total monounsaturated.....g	1.341		0	NC	4		0.182	2.922	0.060
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.148		0	AS	1		0.156	2.504	0.052
18:1 c.....g	0.287		1	MA	12		0.039	0.626	0.013
18:1 t.....g	0.861		1	MA	12		0.117	1.878	0.039
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.192		1	MA	12		0.026	0.419	0.009
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0	NC	4		0.052	0.834	0.017
18:2 undifferentiated.....g	0.191		0	AS	1		0.026	0.417	0.009
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.191		1	MA	12		0.026	0.417	0.009
18:3 undifferentiated.....g	0.191		0	AS	1		0.026	0.417	0.009
18:3 n-3 c,c,c (ALA).....g	0.096		1	MA	12		0.013	0.208	0.004
18:3 n-6 c,c,c.....g									
18:3i.....g	0.096		1	MA	12		0.013	0.208	0.004
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	1.148		0	NC	4		0.156	2.503	0.052
Fatty acids, total trans-monoenoic.....g	0.861		0	NC	4		0.117	1.878	0.039
Fatty acids, total trans-polyenoic.....g	0.287		0	NC	4		0.039	0.626	0.013
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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

NDB No. 04701

Oil, industrial, soy, fully hydrogenated

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

food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04699
Oil, industrial, soy, low linolenic

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Lipids:								
Fatty acids, total saturated.....g	15.084		0	NC	4	2.112	32.883	0.679
4:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.095		1	MA	12	0.013	0.207	0.004
15:0.....g								
16:0.....g	9.815		1	MA	12	1.374	21.396	0.442
17:0.....g								
18:0.....g	4.308		1	MA	12	0.603	9.391	0.194
20:0.....g	0.384		1	MA	12	0.054	0.838	0.017
22:0.....g	0.386		1	MA	12	0.054	0.841	0.017
24:0.....g	0.097		1	MA	12	0.014	0.211	0.004
Fatty acids, total monounsaturated.....g	21.438		0	NC	4	3.001	46.734	0.965
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	BFZN	4	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	21.245		0	AS	1	2.974	46.315	0.956
18:1 c.....g	21.150		1	MA	12	2.961	46.106	0.952
18:1 t.....g	0.096		1	MA	12	0.013	0.209	0.004
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.192		1	MA	12	0.027	0.419	0.009
22:1 undifferentiated.....g	0.000		0	BFZN	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	58.932		0	NC	4	8.250	128.471	2.652
18:2 undifferentiated.....g	55.967		0	AS	1	7.835	122.008	2.519
18:2 n-6 c,c.....g	55.680		1	MA	12	7.795	121.382	2.506
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.287		1	MA	12	0.040	0.626	0.013
18:3 undifferentiated.....g	2.965		0	AS	1	0.415	6.463	0.133
18:3 n-3 c,c,c (ALA).....g	2.678		1	MA	12	0.375	5.838	0.121
18:3 n-6 c,c,c.....g								
18:3i.....g	0.287		1	MA	12	0.040	0.625	0.013
18:4.....g	0.000		0	BFZN	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		0	BFZN	4	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		0	BFZN	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFZN	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4	0.000	0.000	0.000
Fatty acids, total trans.....g	0.670		0	NC	4	0.094	1.460	0.030
Fatty acids, total trans-monoenoic.....g	0.096		0	NC	4	0.013	0.209	0.004
Fatty acids, total trans-polyenoic.....g	0.574		0	NC	4	0.080	1.251	0.026
Cholesterol.....mg	0		0	BFZN	4	0	0	0
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

NDB No. 04699
Oil, industrial, soy, low linolenic

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

food, or similar food.

Common Measures:

- Measure 1 = 14.0g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04650

Oil, industrial, soy, refined, for woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	15.340		0	NC	4		2.086	33.441	0.690
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.410		1	A	1		1.416	22.694	0.468
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	4.041		1	A	1		0.550	8.809	0.182
20:0.....g	0.335		1	A	1		0.046	0.730	0.015
22:0.....g	0.355		1	A	1		0.048	0.775	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	21.701		0	NC	4		2.951	47.308	0.977
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.123		0	AS	1		0.017	0.269	0.006
16:1 c.....g	0.123		1	A	1		0.017	0.269	0.006
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	21.541		0	AS	1		2.930	46.958	0.969
18:1 c.....g	21.541		1	A	1		2.930	46.958	0.969
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	58.208		0	NC	4		7.916	126.893	2.619
18:2 undifferentiated.....g	51.296		0	AS	1		6.976	111.826	2.308
18:2 n-6 c,c.....g	51.172		1	A	1		6.959	111.556	2.303
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.124		1	A	1		0.017	0.270	0.006
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.912		0	AS	1		0.940	15.067	0.311
18:3 n-3 c,c,c (ALA).....g	6.912		1	A	1		0.940	15.067	0.311
18:3 n-6 c,c,c.....g									
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.124		0	NC	4		0.017	0.270	0.006
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.124		0	NC	4		0.017	0.270	0.006
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04650

Oil, industrial, soy, refined, for woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	14.853		0	NC	4		2.020	32.379	0.668
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.095		1	MA	12		0.013	0.207	0.004
15:0.....g									
16:0.....g	10.187		1	MA	12		1.385	22.207	0.458
17:0.....g	0.096		1	MA	12		0.013	0.208	0.004
18:0.....g	3.638		1	MA	12		0.495	7.930	0.164
20:0.....g	0.288		1	MA	12		0.039	0.628	0.013
22:0.....g	0.366		1	MA	12		0.050	0.799	0.016
24:0.....g	0.184		1	MA	12		0.025	0.400	0.008
Fatty acids, total monounsaturated.....g	28.876		0	NC	4		3.927	62.949	1.299
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.208	0.004
16:1 c.....g	0.095		1	MA	12		0.013	0.208	0.004
16:1 t.....g									
17:1.....g	0.057		1	MA	12		0.008	0.125	0.003
18:1 undifferentiated.....g	28.490		0	AS	1		3.875	62.108	1.282
18:1 c.....g	28.423		1	MA	12		3.866	61.962	1.279
18:1 t.....g	0.067		1	MA	12		0.009	0.146	0.003
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.233		0	BFZN	4		0.032	0.509	0.010
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	52.149		0	NC	4		7.092	113.686	2.347
18:2 undifferentiated.....g	50.906		0	AS	1		6.923	110.975	2.291
18:2 n-6 c,c.....g	50.849		1	MA	12		6.915	110.850	2.288
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.057		1	MA	12		0.008	0.125	0.003
18:3 undifferentiated.....g	1.243		0	AS	1		0.169	2.710	0.056
18:3 n-3 c,c,c (ALA).....g	1.062		1	MA	12		0.144	2.314	0.048
18:3 n-6 c,c,c.....g									
18:3i.....g	0.182		1	MA	12		0.025	0.396	0.008
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.306		0	NC	4		0.042	0.667	0.014
Fatty acids, total trans-monoenoic.....g	0.067		0	NC	4		0.009	0.146	0.003
Fatty acids, total trans-polyenoic.....g	0.239		0	NC	4		0.033	0.521	0.011
Cholesterol.....mg	0		0	BFZN	4		0	0	0
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.

NDB No. 04700

Oil, industrial, soy, ultra low linolenic

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04583

Oil, mustard

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1927	40
Energy.....kJ	3699		0		4		518	8063	166
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		14.00	218.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0		4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	11.582		0		1		1.621	25.249	0.521
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	1.388		2		1		0.194	3.026	0.062
15:0.....g									
16:0.....g	3.750		2		1		0.525	8.175	0.169
17:0.....g									
18:0.....g	1.119		2		1		0.157	2.439	0.050
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	59.187		0		1		8.286	129.028	2.663
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.216		2		1		0.030	0.471	0.010
17:1.....g									
18:1 undifferentiated.....g	11.607		2		1		1.625	25.303	0.522
20:1.....g	6.190		2		1		0.867	13.494	0.279
22:1 undifferentiated.....g	41.175		2		1		5.765	89.762	1.853
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.230		0		1		2.972	46.281	0.955
18:2 undifferentiated.....g	15.332		2		1		2.146	33.424	0.690
18:3 undifferentiated.....g	5.899		2		1		0.826	12.860	0.265
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									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04572
Oil, nutmeg butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.20		0		4		0.03	0.44	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 04572
Oil, nutmeg 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	90.000		0		1		12.240	196.200	4.050
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	3.100		1		1		0.422	6.758	0.140
13:0.....g									
14:0.....g	82.600		1		1		11.234	180.068	3.717
15:0.....g									
16:0.....g	4.300		1		1		0.585	9.374	0.194
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.800		0		1		0.653	10.464	0.216
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.800		1		1		0.653	10.464	0.216
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04572
Oil, nutmeg butter

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	19.620		0		1		2.668	42.772	0.883
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.390		238		1		0.053	0.850	0.018
13:0.....g									
14:0.....g	0.240		238		1		0.033	0.523	0.011
15:0.....g									
16:0.....g	16.670		238		1		2.267	36.341	0.750
17:0.....g									
18:0.....g	1.050		238		1		0.143	2.289	0.047
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	35.110		0		1		4.775	76.540	1.580
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		238		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	34.900		238		1		4.746	76.082	1.571
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.870		0		1		5.558	89.097	1.839
18:2 undifferentiated.....g	39.080		238		1		5.315	85.194	1.759
18:3 undifferentiated.....g	1.790		238		1		0.243	3.902	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	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04053
Oil, olive, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	13.808		0	NC	4		1.864	29.825	0.621
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	11.290	0.583	4	A	1		1.524	24.387	0.508
17:0.....g	0.022	0.023	3	A	1		0.003	0.048	0.001
18:0.....g	1.953	0.024	4	A	1		0.264	4.218	0.088
20:0.....g	0.414	0.003	4	A	1		0.056	0.894	0.019
22:0.....g	0.129	0.003	4	A	1		0.017	0.278	0.006
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	72.961		0	NC	4		9.850	157.595	3.283
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	1.255	0.140	4	A	1		0.169	2.712	0.056
17:1.....g	0.125	0.014	4	A	1		0.017	0.270	0.006
18:1 undifferentiated.....g	71.269	1.689	4	A	1		9.621	153.941	3.207
20:1.....g	0.311	0.017	4	A	1		0.042	0.673	0.014
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.523		0	NC	4		1.421	22.730	0.474
18:2 undifferentiated.....g	9.762	0.720	4	A	1		1.318	21.086	0.439
18:3 undifferentiated.....g	0.761	0.040	4	A	1		0.103	1.643	0.034
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	221	41.923	13		1		30	477	10
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0

NDB No. 04053
 Oil, olive, salad or cooking

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

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

Common Measures:

- Measure 1 = 13.5g: 1 tablespoon
- Measure 2 = 216g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04055

Oil, palm

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1909	40
Energy.....kJ	3699		0		4		503	7989	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	216.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.01		1		1		0.00	0.02	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		7		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	15.94	3.160	6	JA	6		2.17	34.43	0.72
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
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	8.0		1	A	1		1.1	17.3	0.4

NDB No. 04055

Oil, palm

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04042
Oil, peanut, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	16.900		0		1		2.282	36.504	0.761
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.092	4		1		0.014	0.216	0.005
15:0.....g									
16:0.....g	9.500	0.233	15		1		1.283	20.520	0.428
17:0.....g									
18:0.....g	2.200	0.165	15		1		0.297	4.752	0.099
20:0.....g	1.400		0		1		0.189	3.024	0.063
22:0.....g	2.800		0		1		0.378	6.048	0.126
24:0.....g	0.900		0		1		0.122	1.944	0.041
Fatty acids, total monounsaturated.....g	46.200		0		1		6.237	99.792	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.072	4		1		0.014	0.216	0.005
17:1.....g									
18:1 undifferentiated.....g	44.800	1.835	15		1		6.048	96.768	2.016
20:1.....g	1.300	0.097	14		1		0.176	2.808	0.059
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.000		0		1		4.320	69.120	1.440
18:2 undifferentiated.....g	32.000	1.744	15		1		4.320	69.120	1.440
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	207	43.078	8		1		28	447	9
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04042
 Oil, peanut, salad or cooking

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

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

Common Measures:

- Measure 1 = 13.5g: 1 tbsp
- Measure 2 = 216g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04514

Oil, poppyseed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	11.40		0		4		1.55	24.85	0.51
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	13.500		0		1		1.836	29.430	0.608
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	10.600		1		1		1.442	23.108	0.477
17:0.....g									
18:0.....g	2.900		1		1		0.394	6.322	0.131
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.700		0		1		2.679	42.946	0.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.700		1		1		2.679	42.946	0.887
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	62.400		0		1		8.486	136.032	2.808
18:2 undifferentiated.....g	62.400		1		1		8.486	136.032	2.808
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	276		0		4		38	602	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04514
Oil, poppyseed

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04037

Oil, rice bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.07	0.015	3		1		0.01	0.15	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	32.30		1		1		4.39	70.41	1.45
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	19.700		0		1		2.679	42.946	0.887
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.700	0.131	28		1		0.095	1.526	0.032
15:0.....g									
16:0.....g	16.900	0.368	31		1		2.298	36.842	0.761
17:0.....g									
18:0.....g	1.600	0.087	29		1		0.218	3.488	0.072
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.300		0		1		5.345	85.674	1.769
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.039	9		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	39.100	0.449	38		1		5.318	85.238	1.760
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.000		0		1		4.760	76.300	1.575
18:2 undifferentiated.....g	33.400	0.403	38		1		4.542	72.812	1.503
18:3 undifferentiated.....g	1.600	0.159	34		1		0.218	3.488	0.072
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	1190		2		1		162	2594	54
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04037

Oil, rice bran

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04511

Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			Points				Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x O).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
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	0		0		4		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	34.10		0		4		4.64	74.34	1.53
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 04511

Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0		0		4		0	0	0
Phytosterols.....mg	444		0		4		60	968	20
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04510

Oil, safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	6.203		0	MA	12		0.844	13.523	0.279
4:0.....g	0.000		0	MA	12		0.000	0.000	0.000
6:0.....g	0.000		0	MA	12		0.000	0.000	0.000
8:0.....g	0.000		0	MA	12		0.000	0.000	0.000
10:0.....g	0.000		0	MA	12		0.000	0.000	0.000
12:0.....g	0.000		0	MA	12		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	MA	12		0.000	0.000	0.000
15:0.....g									
16:0.....g	4.288		0	MA	12		0.583	9.348	0.193
17:0.....g									
18:0.....g	1.915		0	MA	12		0.260	4.175	0.086
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.355		0	MA	12		1.952	31.294	0.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	14.355		0	MA	12		1.952	31.294	0.646
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	74.623		0	MA	12		10.149	162.678	3.358
18:2 undifferentiated.....g	74.623		0	MA	12		10.149	162.678	3.358
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	MA	12		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		1		60	968	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0

NDB No. 04510

Oil, safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	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 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04058
Oil, sesame, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	14.200		0		1		1.931	30.956	0.639
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	8.900	0.378	37		1		1.210	19.402	0.401
17:0.....g									
18:0.....g	4.800	0.220	37		1		0.653	10.464	0.216
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.700		0		1		5.399	86.546	1.787
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.035	32		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	39.300	0.659	38		1		5.345	85.674	1.769
20:1.....g	0.200	0.047	11		1		0.027	0.436	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	41.700		0		1		5.671	90.906	1.877
18:2 undifferentiated.....g	41.300	0.677	38		1		5.617	90.034	1.859
18:3 undifferentiated.....g	0.300	0.058	23		1		0.041	0.654	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	865		0		1		118	1886	39
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04058

Oil, sesame, salad or cooking

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04536

Oil, sheanut

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Fatty acids, total saturated.....g	46.600		0		1		6.338	101.588	2.097
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.200		1		1		0.027	0.436	0.009
10:0.....g	0.200		1		1		0.027	0.436	0.009
12:0.....g	1.300		1		1		0.177	2.834	0.059
13:0.....g									
14:0.....g	0.100		2		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	4.400	0.456	4		1		0.598	9.592	0.198
17:0.....g									
18:0.....g	38.800	1.591	4		1		5.277	84.584	1.746
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.000		0		1		5.984	95.920	1.980
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.014	0.218	0.005
17:1.....g									
18:1 undifferentiated.....g	43.500	1.375	4		1		5.916	94.830	1.958
20:1.....g	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.200		0		1		0.707	11.336	0.234
18:2 undifferentiated.....g	4.900	0.547	4		1		0.666	10.682	0.221
18:3 undifferentiated.....g	0.300		2		1		0.041	0.654	0.014
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	357		0		4		49	778	16
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04536

Oil, sheanut

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04531
Oil, soybean lecithin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	15.005		0		1	2.041	32.711	0.675
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.101		4		1	0.014	0.220	0.005
15:0.....g								
16:0.....g	11.984		4		1	1.630	26.125	0.539
17:0.....g								
18:0.....g	2.920		4		1	0.397	6.366	0.131
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.977		0		1	1.493	23.930	0.494
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.403		4		1	0.055	0.879	0.018
17:1.....g								
18:1 undifferentiated.....g	10.574		4		1	1.438	23.051	0.476
20:1.....g	0.000		4		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	45.318		0		1	6.163	98.793	2.039
18:2 undifferentiated.....g	40.182		4		1	5.465	87.597	1.808
18:3 undifferentiated.....g	5.136		4		1	0.698	11.196	0.231
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 7.63

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04044

Oil, soybean, salad or cooking (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	0.00	0.000	4	JO	11		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00	0.000	3		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00	0.000	3	JO	11		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0	0.021	3		1		0	0	0
Iron, Fe.....mg	0.05		1	A	1		0.01	0.11	0.00
Magnesium, Mg.....mg	0	0.023	3		1		0	0	0
Phosphorus, P.....mg	0	0.055	10		1		0	1	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.01		1	A	1		0.00	0.02	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.2		0	AS	1		0.0	0.4	0.0
Betaine.....mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.18	0.819	10	A	1		1.11	17.83	0.37
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.90	0.020	10	A	1		0.12	1.97	0.04
Tocopherol, gamma.....mg	64.26	2.144	10	A	1		8.74	140.08	2.89
Tocopherol, delta.....mg	21.30	1.122	10	A	1		2.90	46.44	0.96
Tocotrienol, alpha.....mg	0.04	0.000	4	A	1		0.01	0.08	0.00
Tocotrienol, beta.....mg	0.03	0.000	4	A	1		0.00	0.07	0.00
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.01	0.000	4	A	1		0.00	0.02	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	183.9	20.585	35	A	1		25.0	401.0	8.3

NDB No. 04044

Oil, soybean, salad or cooking (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
Dihydrophyloquinone.....µg	0.0	0.003	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	15.650		0	NC	4		2.128	34.118	0.704
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	10.455	0.094	3	A	1		1.422	22.792	0.470
17:0.....g	0.034	0.034	3	A	1		0.005	0.073	0.002
18:0.....g	4.435	0.113	3	A	1		0.603	9.667	0.200
20:0.....g	0.361	0.007	3	A	1		0.049	0.788	0.016
22:0.....g	0.366	0.015	3	A	1		0.050	0.798	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	22.783		0	NC	4		3.099	49.667	1.025
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	22.550	0.175	3	AS	1		3.067	49.159	1.015
18:1 c.....g	22.550	0.175	3	A	1		3.067	49.159	1.015
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.233	0.014	3	A	1		0.032	0.509	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	57.740		0	NC	4		7.853	125.873	2.598
18:2 undifferentiated.....g	50.952	0.190	3	AS	1		6.929	111.074	2.293
18:2 n-6 c,c.....g	50.418	0.335	3	A	1		6.857	109.912	2.269
18:2 CLAs.....g									
18:2 t,t.....g	0.533	0.144	3	A	1		0.073	1.163	0.024
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.789		69	JA	6		0.923	14.800	0.306
18:3 n-3 c,c,c (ALA).....g	6.789		3	A	1		0.923	14.800	0.306
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.533		0	NC	4		0.073	1.163	0.024
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.533		0	NC	4		0.073	1.163	0.024
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	59	3.671	3	A	1		8	129	3
Campesterol.....mg	62	3.223	3	A	1		8	135	3
Beta-sitosterol.....mg	172	5.573	3	A	1		23	374	8
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04044

Oil, soybean, salad or cooking (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Threonine.....g	0.000		0		4	0.000	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytosterols identified include: beta-sitosterol (4.483) and delta-5 avenasterol (8.733)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	14.900		0		1		2.026	32.482	0.671
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.030	13		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	9.800	0.171	40		1		1.333	21.364	0.441
17:0.....g									
18:0.....g	5.000	0.352	40		1		0.680	10.900	0.225
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	43.000		0		1		5.848	93.740	1.935
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400	0.143	8		1		0.054	0.872	0.018
17:1.....g									
18:1 undifferentiated.....g	42.500	0.645	43		1		5.780	92.650	1.913
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.600		0		1		5.114	81.968	1.692
18:2 undifferentiated.....g	34.900	0.704	43		1		4.746	76.082	1.571
18:3 undifferentiated.....g	2.600	0.158	39		1		0.354	5.668	0.117
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	132		0		1		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	18.000		0		1		2.448	39.240	0.810
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.300	0.059	8		1		0.041	0.654	0.014
15:0.....g									
16:0.....g	14.000	0.644	11		1		1.904	30.520	0.630
17:0.....g									
18:0.....g	3.700	0.262	11		1		0.503	8.066	0.167
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	29.500		0		1		4.012	64.310	1.328
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.046	7		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	29.300	1.206	16		1		3.985	63.874	1.319
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	48.100		0		1		6.542	104.858	2.165
18:2 undifferentiated.....g	45.300	0.888	16		1		6.161	98.754	2.039
18:3 undifferentiated.....g	2.800	0.398	16		1		0.381	6.104	0.126
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	152		0		4		21	331	7
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04584
Oil, sunflower, high oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
Fatty acids, total saturated.....g	9.859		0	NC	4	1.380	21.492	0.444
4:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.057		0	BFZN	4	0.008	0.123	0.003
15:0.....g	0.800		1		1	0.112	1.744	0.036
16:0.....g	3.682		7		1	0.515	8.027	0.166
17:0.....g								
18:0.....g	4.320		7		1	0.605	9.418	0.194
20:0.....g								
22:0.....g	1.000		1		1	0.140	2.180	0.045
24:0.....g								
Fatty acids, total monounsaturated.....g	83.689		0	NC	4	11.716	182.441	3.766
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.095		0	BFZN	4	0.013	0.206	0.004
17:1.....g								
18:1 undifferentiated.....g	82.630		7		1	11.568	180.133	3.718
20:1.....g	0.964		6		1	0.135	2.102	0.043
22:1 undifferentiated.....g	0.000		0	BFZN	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.798		0	NC	4	0.532	8.280	0.171
18:2 undifferentiated.....g	3.606		7		1	0.505	7.861	0.162
18:3 undifferentiated.....g	0.192		6		1	0.027	0.419	0.009
18:4.....g	0.000		0	BFZN	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFZN	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFZN	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04060

Oil, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	10.100		0		1		1.374	22.018	0.455
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	5.400	0.082	45		1		0.734	11.772	0.243
17:0.....g									
18:0.....g	3.500	0.093	45		1		0.476	7.630	0.158
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	45.400		0		1		6.174	98.972	2.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.016	27		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	45.300	0.777	45		1		6.161	98.754	2.039
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.100		0		1		5.454	87.418	1.805
18:2 undifferentiated.....g	39.800	0.751	45		1		5.413	86.764	1.791
18:3 undifferentiated.....g	0.200	0.024	20		1		0.027	0.436	0.009
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04060

Oil, sunflower, linoleic (less than 60%)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.300		0		1		1.401	22.454	0.464
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	5.900	0.049	177		1		0.802	12.862	0.266
17:0.....g									
18:0.....g	4.500	0.102	177		1		0.612	9.810	0.203
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.500		0		1		2.652	42.510	0.878
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.500	0.425	177		1		2.652	42.510	0.878
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	65.700		0		1		8.935	143.226	2.957
18:2 undifferentiated.....g	65.700	0.456	177		1		8.935	143.226	2.957
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04506

Oil, sunflower, linoleic, (approx. 65%)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04545

Oil, sunflower, linoleic, (partially hydrogenated)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	1.69		2	A	1		0.23	3.68	0.08
Tocopherol, gamma.....mg	9.09		2	A	1		1.24	19.82	0.41
Tocopherol, delta.....mg	2.04		2	A	1		0.28	4.44	0.09
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.4	1.922	21	A	1		0.7	11.8	0.2

NDB No. 04545

Oil, sunflower, linoleic, (partially hydrogenated)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04516

Oil, teaseed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Fatty acids, total saturated.....g	21.100		0		1		2.870	45.998	0.950
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.100		1		1		0.014	0.218	0.005
13:0.....g									
14:0.....g	0.100	0.033	3		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	17.500	0.794	3		1		2.380	38.150	0.788
17:0.....g									
18:0.....g	3.100	0.197	3		1		0.422	6.758	0.140
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	51.500		0		1		7.004	112.270	2.318
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.196	3		1		0.068	1.090	0.023
17:1.....g									
18:1 undifferentiated.....g	49.900	1.547	3		1		6.786	108.782	2.246
20:1.....g	1.000		2		1		0.136	2.180	0.045
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.000		0		1		3.128	50.140	1.035
18:2 undifferentiated.....g	22.200	1.993	3		1		3.019	48.396	0.999
18:3 undifferentiated.....g	0.700		1		1		0.095	1.526	0.032
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	102		0		4		14	222	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04516

Oil, teaseed

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04515
Oil, tomatoseed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.80		0		1		0.52	8.28	0.17
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04515
Oil, tomatoseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	19.700		0		1	2.679	42.946	0.887	
4:0.....g	0.000		0		4	0.000	0.000	0.000	
6:0.....g	0.000		0		4	0.000	0.000	0.000	
8:0.....g	0.000		0		4	0.000	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	0.000	
12:0.....g	0.000		0		4	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.200	0.039	4		1	0.027	0.436	0.009	
15:0.....g									
16:0.....g	15.000	1.325	5		1	2.040	32.700	0.675	
17:0.....g									
18:0.....g	4.400	0.393	5		1	0.598	9.592	0.198	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.800		0		1	3.101	49.704	1.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.090	4		1	0.068	1.090	0.023	
17:1.....g									
18:1 undifferentiated.....g	21.900	2.867	5		1	2.978	47.742	0.986	
20:1.....g	0.000		0		4	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	53.100		0		1	7.222	115.758	2.390	
18:2 undifferentiated.....g	50.800	3.818	5		1	6.909	110.744	2.286	
18:3 undifferentiated.....g	2.300	0.237	4		1	0.313	5.014	0.104	
18:4.....g	0.000		0		4	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0	0	
Phytosterols.....mg	100		0		4	14	218	5	
Amino Acids:									
Tryptophan.....g	0.000		0		4	0.000	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

NDB No. 04515
Oil, tomatoseed

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04573
Oil, ucuhuba butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kJ	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.60		0		4		0.08	1.31	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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04573
Oil, ucuhuba 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	85.200		0		1		11.587	185.736	3.834
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	12.200		1		1		1.659	26.596	0.549
13:0.....g									
14:0.....g	63.400		1		1		8.622	138.212	2.853
15:0.....g									
16:0.....g	8.600		1		1		1.170	18.748	0.387
17:0.....g									
18:0.....g	1.000		1		1		0.136	2.180	0.045
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.700		0		1		0.911	14.606	0.302
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	6.700		1		1		0.911	14.606	0.302
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.900		0		1		0.394	6.322	0.131
18:2 undifferentiated.....g	2.900		1		1		0.394	6.322	0.131
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 04573
Oil, ucuhuba butter

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Dow AgroSciences, LLC

trans free high stability low saturated fat non-hydrogenated canola 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	0.00		0	Z	7		0.00		
Energy.....kcal	884		0	NC	4		124		
Energy.....kJ	3699		0	NC	4		518		
Protein.....g	0.00		0	MC	9		0.00		
Total lipid (fat).....g	100.00		1	A	1		14.00		
Ash.....g	0.00		0	Z	7		0.00		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	0		0	MC	9		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.000		0	MC	9		0.000		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.000		0	MC	9		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	21.80		1	A	1		3.05		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg	21.80		1	A	1		3.05		
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.511		0	NC	4		0.912		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points	Code					
13:0.....g										
14:0.....g	0.047		1	A	1			0.007		
15:0.....g										
16:0.....g	3.437		1	A	1			0.481		
17:0.....g										
18:0.....g	1.918		1	A	1			0.269		
20:0.....g	0.674		1	A	1			0.094		
22:0.....g	0.290		1	A	1			0.041		
24:0.....g	0.145		1	A	1			0.020		
Fatty acids, total monounsaturated.....g	71.991		0	NC	4			10.079		
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.286		0	AS	1			0.040		
16:1 c.....g	0.286		1	A	1			0.040		
16:1 t.....g										
17:1.....g										
18:1 undifferentiated.....g	69.970		0	AS	1			9.796		
18:1 c.....g	69.893		175	A	1			9.785		
18:1 t.....g	0.077		1	A	1			0.011		
18:1-11 t (18:1t n-7).....g										
20:1.....g	1.348		1	A	1			0.189		
22:1 undifferentiated.....g	0.241		1	A	1			0.034		
24:1 c.....g	0.145		1	A	1			0.020		
Fatty acids, total polyunsaturated.....g	17.098		0	NC	4			2.394		
18:2 undifferentiated.....g	14.501		0	AS	1			2.030		
18:2 n-6 c,c.....g	14.339		175	A	1			2.007		
18:2 CLAs.....g										
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.163		1	A	1			0.023		
18:3 undifferentiated.....g	2.597		0	AS	1			0.364		
18:3 n-3 c,c,c (ALA).....g	2.070		175	A	1			0.290		
18:3 n-6 c,c,c.....g										
18:3i.....g	0.527		1	A	1			0.074		
18:4.....g										
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g										
20:4 n-6.....g										
20:5 n-3 (EPA).....g										
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g										
22:6 n-3 (DHA).....g										
Fatty acids, total trans.....g	0.767		0	NC	4			0.107		
Fatty acids, total trans-monoenoic.....g	0.077		0	NC	4			0.011		
Fatty acids, total trans-polyenoic.....g	0.690		0	NC	4			0.097		
Cholesterol.....mg	0		0	MC	9			0		
Phytosterols.....mg										
Stigmasterol.....mg										
Campesterol.....mg	202		1	A	1			28		
Beta-sitosterol.....mg	426		1	A	1			60		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	9.100		0		1		1.238	19.838	0.410
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	7.000	0.286	33		1		0.952	15.260	0.315
17:0.....g									
18:0.....g	2.000	0.136	34		1		0.272	4.360	0.090
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.800		0		1		3.101	49.704	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.027	11		1		0.014	0.218	0.005
17:1.....g									
18:1 undifferentiated.....g	22.200	1.264	34		1		3.019	48.396	0.999
20:1.....g	0.400	0.268	6		1		0.054	0.872	0.018
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	63.300		0		1		8.609	137.994	2.849
18:2 undifferentiated.....g	52.900	1.208	34		1		7.194	115.322	2.381
18:3 undifferentiated.....g	10.400	0.576	32		1		1.414	22.672	0.468
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	176		0		1		24	384	8
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04528

Oil, walnut

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	18.800		0		1		0.846	2.557	40.984
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.041	7		1		0.005	0.014	0.218
15:0.....g									
16:0.....g	16.600	0.307	13		1		0.747	2.258	36.188
17:0.....g									
18:0.....g	0.500	0.047	12		1		0.023	0.068	1.090
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.100		0		1		0.680	2.054	32.918
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.087	13		1		0.023	0.068	1.090
17:1.....g									
18:1 undifferentiated.....g	14.600	0.467	13		1		0.657	1.986	31.828
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	61.700		0		1		2.777	8.391	134.506
18:2 undifferentiated.....g	54.800	0.322	13		1		2.466	7.453	119.464
18:3 undifferentiated.....g	6.900	0.360	13		1		0.311	0.938	15.042
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	553		0		1		25	75	1206
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04038
 Oil, wheat germ

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

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

Common Measures:

- Measure 1 = 4.5g: 1 tsp
- Measure 2 = 13.6g: 1 tablespoon
- Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42230

Salad Dressing, coleslaw dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.980		0		4		0.507	8.016	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0		4		0.003	0.054	
15:0.....g									
16:0.....g	1.960		0		4		0.333	5.272	
17:0.....g									
18:0.....g	1.000		0		4		0.170	2.690	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.600		0		4		1.462	23.134	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		4		0.014	0.215	
17:1.....g									
18:1 undifferentiated.....g	8.500		0		4		1.445	22.865	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.520		0		4		1.278	20.229	
18:2 undifferentiated.....g	6.980		0		4		1.187	18.776	
18:3 undifferentiated.....g	0.520		0		4		0.088	1.399	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0		4		4	67	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 269g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

Smart Balance Foods

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.44		2	A	1		7.34		
Energy.....kcal	333		1	LC	8		47		
Energy.....kJ	1393		1	LC	8		195		
Protein.....g	1.53		2	A	1		0.21		
Total lipid (fat).....g	34.18		2	A	1		4.79		
Ash.....g	2.46		2	A	1		0.34		
Carbohydrate, by difference.....g	9.39		0	NC	4		1.32		
Fiber, total dietary.....g	0.2		2	A	1		0.0		
Sugars, total.....g	5.38		2	A	1		0.75		
Sucrose.....g	4.12		2	A	1		0.58		
Glucose (dextrose).....g	0.54		2	A	1		0.08		
Fructose.....g	0.42		2	A	1		0.06		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.29		2	A	1		0.04		
Starch.....g	4.70		2	A	1		0.66		
Minerals:									
Calcium, Ca.....mg	13		2	A	1		2		
Iron, Fe.....mg	0.31		2	A	1		0.04		
Magnesium, Mg.....mg	2		2	A	1		0		
Phosphorus, P.....mg	27		2	A	1		4		
Potassium, K.....mg	63		2	A	1		9		
Sodium, Na.....mg	848		2	A	1		119		
Zinc, Zn.....mg	0.20		2	A	1		0.03		
Copper, Cu.....mg	0.016		2	A	1		0.002		
Manganese, Mn.....mg	0.013		2	A	1		0.002		
Selenium, Se.....µg	4.4		2	A	1		0.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.015		2	A	1		0.002		
Riboflavin.....mg	0.030		2	A	1		0.004		
Niacin.....mg	0.028		1	A	1		0.004		
Pantothenic acid.....mg	0.270		2	A	1		0.038		
Vitamin B-6.....mg	0.015		2	A	1		0.002		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.17		2	A	1		0.02		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	10.41		2	A	1		1.46		
Tocopherol, beta.....mg	0.07		2	A	1		0.01		
Tocopherol, gamma.....mg	11.14		2	A	1		1.56		
Tocopherol, delta.....mg	2.11		2	A	1		0.30		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	65.8		2	A	1		9.2		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	3.288		0	NC	4		0.460		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.022		2	A	1		0.003		
15:0.....g	0.011		2	A	1		0.002		
16:0.....g	2.044		2	A	1		0.286		
17:0.....g	0.034		2	A	1		0.005		
18:0.....g	0.863		2	A	1		0.121		
20:0.....g	0.167		2	A	1		0.023		
22:0.....g	0.102		2	A	1		0.014		
24:0.....g	0.043		2	A	1		0.006		
Fatty acids, total monounsaturated.....g	16.662		0	NC	4		2.333		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.081		0	AS	1		0.011		
16:1 c.....g	0.081		2	A	1		0.011		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.043		2	A	1		0.006		
18:1 undifferentiated.....g	15.970		0	AS	1		2.236		
18:1 c.....g	15.923		2	A	1		2.229		
18:1 t.....g	0.047		2	A	1		0.007		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.533		2	A	1		0.075		
22:1 undifferentiated.....g	0.034		0	AS	1		0.005		
22:1 c.....g	0.034		2	A	1		0.005		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	11.776		0	NC	4		1.649		
18:2 undifferentiated.....g	8.511		0	AS	1		1.192		
18:2 n-6 c,c.....g	8.381		2	A	1		1.173		
18:2 CLAs.....g	0.028		2	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.102		2	A	1		0.014		
18:3 undifferentiated.....g	3.188		0	AS	1		0.446		
18:3 n-3 c,c,c (ALA).....g	3.188		2	A	1		0.446		
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	0.024		2	A	1		0.003		
20:3 undifferentiated.....g	0.020		0	AS	1		0.003		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.020		2	A	1		0.003		
20:4 undifferentiated.....g	0.022		2	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.010		2	A	1		0.001		
Fatty acids, total trans.....g	0.149		0	NC	4		0.021		
Fatty acids, total trans-monoenoic.....g	0.047		0	NC	4		0.007		
Fatty acids, total trans-polyenoic.....g	0.102		0	NC	4		0.014		
Cholesterol.....mg	33		1	LC	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

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

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

food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42193

Salad Dressing, mayonnaise-like, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.096	1.536	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.025		0	FLM	4		0.004	0.063	
10:0.....g	0.027		0	FLM	4		0.004	0.069	
12:0.....g	0.250		0	FLM	4		0.040	0.641	
13:0.....g									
14:0.....g	0.110		0	FLM	4		0.018	0.283	
15:0.....g									
16:0.....g	0.069		0	FLM	4		0.011	0.178	
17:0.....g									
18:0.....g	0.117		0	FLM	4		0.019	0.299	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.887		0	FLM	4		0.302	4.831	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.887		0	FLM	4		0.302	4.831	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.063		0	FLM	4		0.010	0.161	
18:2 undifferentiated.....g	0.043		0	FLM	4		0.007	0.111	
18:3 undifferentiated.....g	0.019		0	FLM	4		0.003	0.049	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		1	23	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

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Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

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

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes:

- 1 Contains other proximate components.
- 2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, KRAFT Mayo Fat Free Mayonnaise 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
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 = 16g: 1 tbsp

Footnotes:

2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

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

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Footnotes:

- 1 Contains other proximate components.
- 2 Added nutrient

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43331
Salad dressing, bacon 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	5.435		0		4		0.815	13.044	
4:0.....g	0.013		0		4		0.002	0.031	
6:0.....g	0.008		0		4		0.001	0.019	
8:0.....g	0.004		0		4		0.001	0.010	
10:0.....g	0.012		0		4		0.002	0.029	
12:0.....g	0.013		0		4		0.002	0.031	
13:0.....g									
14:0.....g	0.086		0		4		0.013	0.206	
15:0.....g									
16:0.....g	3.786		0		4		0.568	9.086	
17:0.....g									
18:0.....g	1.439		0		4		0.216	3.454	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.415		0		4		1.262	20.196	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111		0		4		0.017	0.266	
17:1.....g									
18:1 undifferentiated.....g	8.197		0		4		1.230	19.673	
20:1.....g	0.067		0		4		0.010	0.161	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.584		0		4		2.938	47.002	
18:2 undifferentiated.....g	17.244		0		4		2.587	41.386	
18:3 undifferentiated.....g	2.304		0		4		0.346	5.530	
18:4.....g	0.003		0		4		0.000	0.007	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		4		1	10	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.71		0	FLM	4		5.96	97.30	
Energy.....kcal	484		0	NC	4		73	1187	
Energy.....kJ	2027		0	NC	4		304	4966	
Protein.....g	1.37		2	MC	9		0.20	3.34	
Total lipid (fat).....g	51.10		2	MC	9		7.67	125.20	
Ash.....g	3.20		1		1		0.48	7.84	
Carbohydrate, by difference.....g	4.77		0	FLM	4		0.72	11.68	
Fiber, total dietary.....g	0.4		2	MC	9		0.1	0.9	
Sugars, total.....g	3.48		2	MC	9		0.52	8.53	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		2	MC	9		6	91	
Iron, Fe.....mg	0.09		2	MC	9		0.01	0.22	
Magnesium, Mg.....mg	8		0	FLM	4		1	19	
Phosphorus, P.....mg	74		0		1		11	181	
Potassium, K.....mg	88		0	FLM	4		13	215	
Sodium, Na.....mg	642		0	O	4		96	1573	
Zinc, Zn.....mg	0.21		0	FLM	4		0.03	0.51	
Copper, Cu.....mg	0.009		0	FLM	4		0.001	0.022	
Manganese, Mn.....mg	0.006		0	FLM	4		0.001	0.016	
Selenium, Se.....µg	1.0		2	A	1		0.2	2.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		2	MC	9		0.1	1.8	
Thiamin.....mg	0.010		0		1		0.002	0.025	
Riboflavin.....mg	0.100		0		1		0.015	0.245	
Niacin.....mg	0.100		0		1		0.015	0.245	
Pantothenic acid.....mg	0.388		0		4		0.058	0.951	
Vitamin B-6.....mg	0.037		0		4		0.006	0.091	
Folate, total.....µg	5		0	FLM	4		1	12	
Folic acid.....µg	0		0	FLM	4		0	0	
Folate, food.....µg	5		0	FLM	4		1	12	
Folate, DFE.....µg	5		0	NC	4		1	12	
Choline, total.....mg	17.9		0	AS	1		2.7	43.9	
Betaine.....mg	2.5		1	A	1		0.4	6.1	
Vitamin B-12.....µg	0.27		0		4		0.04	0.67	
Vitamin B-12, added.....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....µg	14		0	FLM	4		2	34	
Retinol.....µg	14		0	FLM	4		2	33	
Carotene, beta.....µg	4		0	FLM	4		1	9	
Carotene, alpha.....µg	1		0	FLM	4		0	2	
Cryptoxanthin, beta.....µg	1		0	FLM	4		0	2	
Vitamin A, IU.....IU	73		2	MC	9		11	180	
Lycopene.....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....µg	26		0	FLM	4		4	63	
Vitamin E (alpha-tocopherol).....mg	4.28		0	FLM	4		0.64	10.47	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	NR	4		0.0	0.2	
Vitamin D.....IU	3		0	FLM	4		0	6	
Vitamin K (phylloquinone).....µg	85.9		0	FLM	4		12.9	210.6	
Dihydrophylloquinone.....µg	0.0		0	FLM	4		0.0	0.0	
Menaquinone-4.....µg	0.0		0	FLM	4		0.0	0.0	

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	8.275		2	MC	9		1.241	20.274	
4:0.....g	0.017		0	FLM	4		0.002	0.041	
6:0.....g	0.008		0	FLM	4		0.001	0.020	
8:0.....g	0.006		0	FLM	4		0.001	0.015	
10:0.....g	0.014		0	FLM	4		0.002	0.034	
12:0.....g	0.013		0	FLM	4		0.002	0.031	
13:0.....g									
14:0.....g	0.084		0	FLM	4		0.013	0.206	
15:0.....g									
16:0.....g	5.319		0	FLM	4		0.798	13.031	
17:0.....g									
18:0.....g	2.437		0	FLM	4		0.366	5.971	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.279		0	FLM	4		1.992	32.534	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0	FLM	4		0.007	0.111	
17:1.....g									
18:1 undifferentiated.....g	13.112		0	FLM	4		1.967	32.124	
20:1.....g	0.113		0	FLM	4		0.017	0.276	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.545		0	FLM	4		4.132	67.485	
18:2 undifferentiated.....g	24.317		0	FLM	4		3.648	59.576	
18:3 undifferentiated.....g	3.196		0	FLM	4		0.479	7.830	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	FLM	4		0.002	0.026	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	FLM	4		0.000	0.007	
Fatty acids, total trans.....g	1.340		0	FLM	4		0.201	3.283	
Cholesterol.....mg	31		0	FLM	4		5	76	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

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Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, blue or roquefort cheese dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.450		0	FLM	4		0.077	1.193	
4:0.....g	0.015		0	FLM	4		0.003	0.041	
6:0.....g	0.007		0	FLM	4		0.001	0.019	
8:0.....g	0.005		0	FLM	4		0.001	0.013	
10:0.....g	0.012		0	FLM	4		0.002	0.032	
12:0.....g	0.010		0	FLM	4		0.002	0.026	
13:0.....g									
14:0.....g	0.067		0	FLM	4		0.011	0.176	
15:0.....g									
16:0.....g	0.220		0	FLM	4		0.037	0.584	
17:0.....g									
18:0.....g	0.096		0	FLM	4		0.016	0.253	
20:0.....g	0.001		0	FLM	4		0.000	0.002	
22:0.....g	0.001		0	FLM	4		0.000	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.441		0	FLM	4		0.075	1.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLM	4		0.004	0.062	
17:1.....g									
18:1 undifferentiated.....g	0.404		0	FLM	4		0.069	1.071	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.069		0	FLM	4		0.012	0.182	
18:2 undifferentiated.....g	0.053		0	FLM	4		0.009	0.140	
18:3 undifferentiated.....g	0.008		0	FLM	4		0.001	0.021	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g	0.096		0	FLM	4		0.016	0.253	
Cholesterol.....mg	2		0	FLM	4		0	5	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 265g: 1 cup

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

NDB No. 42153

Salad dressing, blue or roquefort cheese dressing, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.628		0		1		0.100	1.564	
4:0.....g	0.014		0		4		0.002	0.035	
6:0.....g	0.008		0		4		0.001	0.020	
8:0.....g	0.005		0		4		0.001	0.012	
10:0.....g	0.011		0		4		0.002	0.027	
12:0.....g	0.012		0		4		0.002	0.030	
13:0.....g									
14:0.....g	0.051		0		4		0.008	0.127	
15:0.....g									
16:0.....g	0.350		0		4		0.056	0.872	
17:0.....g									
18:0.....g	0.167		0		4		0.027	0.416	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.092		0		1		0.175	2.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.003	0.050	
17:1.....g									
18:1 undifferentiated.....g	1.063		0		4		0.170	2.647	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.855		0		1		0.137	2.129	
18:2 undifferentiated.....g	0.789		0		4		0.126	1.965	
18:3 undifferentiated.....g	0.064		0		4		0.010	0.159	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		2	25	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 249g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.575		0		4		0.386	6.309	
4:0.....g	0.069		0		4		0.010	0.169	
6:0.....g	0.038		0		4		0.006	0.093	
8:0.....g	0.026		0		4		0.004	0.064	
10:0.....g	0.062		0		4		0.009	0.152	
12:0.....g	0.051		0		4		0.008	0.125	
13:0.....g									
14:0.....g	0.352		0		4		0.053	0.862	
15:0.....g									
16:0.....g	1.414		0		4		0.212	3.464	
17:0.....g									
18:0.....g	0.496		0		4		0.074	1.215	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.783		0		4		0.267	4.368	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		4		0.015	0.243	
17:1.....g									
18:1 undifferentiated.....g	1.645		0		4		0.247	4.030	
20:1.....g	0.003		0		4		0.000	0.007	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.422		0		4		0.363	5.934	
18:2 undifferentiated.....g	2.117		0		4		0.318	5.187	
18:3 undifferentiated.....g	0.301		0		4		0.045	0.737	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.000	0.005	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0		4		0.000	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		1		0	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	34.8		2	A	1		5.2	10.4	
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.250		0	NC	4		0.187	0.375	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.013		2	A	1		0.002	0.004	
15:0.....g									
16:0.....g	0.793		2	A	1		0.119	0.238	
17:0.....g	0.004		2	A	1		0.001	0.001	
18:0.....g	0.377		2	A	1		0.057	0.113	
20:0.....g	0.034		2	A	1		0.005	0.010	
22:0.....g	0.028		2	A	1		0.004	0.009	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.794		0	NC	4		0.419	0.838	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.013		0	AS	1		0.002	0.004	
16:1 c.....g	0.013		2	A	1		0.002	0.004	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	2.725		0	AS	1		0.409	0.817	
18:1 c.....g	2.725		2	A	1		0.409	0.817	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.057		2	A	1		0.008	0.017	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.213		0	NC	4		0.632	1.264	
18:2 undifferentiated.....g	3.685		0	AS	1		0.553	1.106	
18:2 n-6 c,c.....g	3.626		2	A	1		0.544	1.088	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.059		2	A	1		0.009	0.018	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.527		0	AS	1		0.079	0.158	
18:3 n-3 c,c,c (ALA).....g	0.527		2	A	1		0.079	0.158	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.059		0	NC	4		0.009	0.018	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.009	0.018	
Cholesterol.....mg	16	8.444	5	JA	6		2	5	

NDB No. 43215
 Salad dressing, buttermilk, lite

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Phytosterols.....mg								
Stigmasterol.....mg	9		2	A	1	1	3	
Campesterol.....mg	20		2	A	1	3	6	
Beta-sitosterol.....mg	38		2	A	1	6	11	
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 = 15.0g: 1 tablespoon
 Measure 2 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43015

Salad dressing, caesar dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	8.789		0		4		1.292	20.654	2.637
4:0.....g	0.015		0	FLM	4		0.002	0.035	0.005
6:0.....g	0.006		0	FLM	4		0.001	0.013	0.002
8:0.....g	0.001		0	FLM	4		0.000	0.002	0.000
10:0.....g	0.005		0	FLM	4		0.001	0.013	0.002
12:0.....g	0.008		0	FLM	4		0.001	0.019	0.002
13:0.....g									
14:0.....g	0.032		0	FLM	4		0.005	0.076	0.010
15:0.....g	0.003		0	FLM	4		0.000	0.008	0.001
16:0.....g	5.838		0	FLM	4		0.858	13.719	1.751
17:0.....g									
18:0.....g	2.466		0	FLM	4		0.363	5.795	0.740
20:0.....g	0.195		0	FLM	4		0.029	0.459	0.059
22:0.....g	0.198		0	FLM	4		0.029	0.465	0.059
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	13.504		0	FLM	4		1.985	31.734	4.051
14:1.....g	0.003		0	FLM	4		0.001	0.008	0.001
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLM	4		0.004	0.071	0.009
17:1.....g									
18:1 undifferentiated.....g	13.328		0	FLM	4		1.959	31.320	3.998
20:1.....g	0.138		0	FLM	4		0.020	0.325	0.041
22:1 undifferentiated.....g	0.002		0	FLM	4		0.000	0.005	0.001
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	32.857		0	FLM	4		4.830	77.214	9.857
18:2 undifferentiated.....g	28.970		0	FLM	4		4.259	68.079	8.691
18:3 undifferentiated.....g	3.853		0	FLM	4		0.566	9.054	1.156
18:4.....g	0.001		0	FLM	4		0.000	0.002	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.001	0.000
20:4 undifferentiated.....g	0.009		0	FLM	4		0.001	0.021	0.003
20:5 n-3 (EPA).....g	0.008		0	FLM	4		0.001	0.019	0.002
21:5.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.001	0.000
22:6 n-3 (DHA).....g	0.016		0	FLM	4		0.002	0.037	0.005
Fatty acids, total trans.....g									
Cholesterol.....mg	39		1	MC	9		6	91	12
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0

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

Common Measures:

- Measure 1 = 14.7g: 1 tbsp
- Measure 2 = 235g: 1 cup
- Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04705
Salad dressing, caesar, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.096		0	FLC	4		0.032		
4:0.....g	0.005		0	FLC	4		0.002		
6:0.....g	0.003		0	FLC	4		0.001		
8:0.....g	0.002		0	FLC	4		0.001		
10:0.....g	0.004		0	FLC	4		0.001		
12:0.....g	0.004		0	FLC	4		0.001		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.015		0	FLC	4		0.005		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.041		0	FLC	4		0.014		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.020		0	FLC	4		0.007		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.001		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.045		0	FLC	4		0.015		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.003		0	FLC	4		0.001		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.039		0	FLC	4		0.013		
20:1.....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.010		0	FLC	4		0.003		
18:2 undifferentiated.....g	0.007		0	FLC	4		0.002		
18:3 undifferentiated.....g	0.002		0	FLC	4		0.001		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 34g: 2 tbsp (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43021

Salad dressing, caesar, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.703		0		4		0.105	1.687	
4:0.....g	0.008		0		4		0.001	0.019	
6:0.....g	0.003		0		4		0.000	0.007	
8:0.....g	0.002		0		4		0.000	0.005	
10:0.....g	0.004		0		4		0.001	0.010	
12:0.....g	0.006		0		4		0.001	0.014	
13:0.....g									
14:0.....g	0.025		0		4		0.004	0.060	
15:0.....g									
16:0.....g	0.469		0		4		0.070	1.126	
17:0.....g									
18:0.....g	0.171		0		4		0.026	0.410	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.124		0		4		0.169	2.698	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.002	0.034	
17:1.....g									
18:1 undifferentiated.....g	1.009		0		4		0.151	2.422	
20:1.....g	0.024		0		4		0.004	0.058	
22:1 undifferentiated.....g	0.066		0		4		0.010	0.158	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.368		0		4		0.355	5.683	
18:2 undifferentiated.....g	2.060		0		4		0.309	4.944	
18:3 undifferentiated.....g	0.291		0		4		0.044	0.698	
18:4.....g	0.001		0		4		0.000	0.002	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.005		0		4		0.001	0.012	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.008		0		4		0.001	0.019	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		0	5	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43016
Salad dressing, 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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Lipids:							
Fatty acids, total saturated.....g	4.900		1	1	0.784	12.250	
4:0.....g	0.000		0	4	0.000	0.000	
6:0.....g	0.000		0	4	0.000	0.000	
8:0.....g	0.000		0	4	0.000	0.000	
10:0.....g	0.000		0	4	0.000	0.000	
12:0.....g	0.100		0	4	0.016	0.250	
13:0.....g							
14:0.....g	0.000		0	4	0.000	0.000	
15:0.....g							
16:0.....g	3.500		0	4	0.560	8.750	
17:0.....g							
18:0.....g	1.400		0	4	0.224	3.500	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	9.000		1	1	1.440	22.500	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0	4	0.000	0.000	
17:1.....g							
18:1 undifferentiated.....g	9.000		0	4	1.440	22.500	
20:1.....g	0.000		0	4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	4	0.000	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	18.000		1	1	2.880	45.000	
18:2 undifferentiated.....g	16.000		0	4	2.560	40.000	
18:3 undifferentiated.....g	2.000		0	4	0.320	5.000	
18:4.....g	0.000		0	4	0.000	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	4	0.000	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	4	0.000	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	26		1	1	4	65	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		1	1	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 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	121.4		1	A	1	19.4	303.5		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	5.648		0	NC	4	0.904	14.119		
4:0.....g	0.000		2	A	1	0.000	0.000		
6:0.....g	0.000		2	A	1	0.000	0.000		
8:0.....g	0.000		2	A	1	0.000	0.000		
10:0.....g	0.000		2	A	1	0.000	0.000		
12:0.....g	0.000		2	A	1	0.000	0.000		
13:0.....g									
14:0.....g	0.000		2	A	1	0.000	0.000		
15:0.....g									
16:0.....g	4.937		2	A	1	0.790	12.343		
17:0.....g	0.000		2	A	1	0.000	0.000		
18:0.....g	0.420		2	A	1	0.067	1.050		
20:0.....g	0.133		2	A	1	0.021	0.333		
22:0.....g	0.158		2	A	1	0.025	0.394		
24:0.....g	0.000		2	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	8.433		0	NC	4	1.349	21.081		
14:1.....g	0.000		2	A	1	0.000	0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000		
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1	1.325	20.710		
20:1.....g	0.149		2	A	1	0.024	0.371		
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4	3.365	52.571		
18:2 undifferentiated.....g	18.292		2	A	1	2.927	45.730		
18:3 undifferentiated.....g	2.737		2	A	1	0.438	6.841		
18:4.....g	0.000		2	A	1	0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.007		0	FLA	4	0.001	0.018		
Threonine.....g	0.016		0	FLA	4	0.003	0.039		
Isoleucine.....g	0.022		0	FLA	4	0.003	0.054		
Leucine.....g	0.034		0	FLA	4	0.005	0.086		
Lysine.....g	0.019		0	FLA	4	0.003	0.048		
Methionine.....g	0.011		0	FLA	4	0.002	0.028		
Cystine.....g	0.006		0	FLA	4	0.001	0.014		
Phenylalanine.....g	0.016		0	FLA	4	0.003	0.040		
Tyrosine.....g	0.007		0	FLA	4	0.001	0.018		
Valine.....g	0.024		0	FLA	4	0.004	0.060		
Arginine.....g	0.056		0	FLA	4	0.009	0.140		
Histidine.....g	0.010		0	FLA	4	0.002	0.026		
Alanine.....g	0.012		0	FLA	4	0.002	0.029		
Aspartic acid.....g	0.043		0	FLA	4	0.007	0.108		
Glutamic acid.....g	0.071		0	FLA	4	0.011	0.178		

NDB No. 04120

Salad dressing, french dressing, commercial, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.018		0	FLA	4		0.003	0.044	
Proline.....g	0.009		0	FLA	4		0.001	0.022	
Serine.....g	0.017		0	FLA	4		0.003	0.042	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04141

Salad dressing, french dressing, commercial, regular, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	121.4		1	A	1		18.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.648		0	NC	4		0.847		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g									
16:0.....g	4.937		2	A	1		0.741		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.420		2	A	1		0.063		
20:0.....g	0.133		2	A	1		0.020		
22:0.....g	0.158		2	A	1		0.024		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	8.433		0	NC	4		1.265		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1		1.243		
20:1.....g	0.149		2	A	1		0.022		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4		3.154		
18:2 undifferentiated.....g	18.292		2	A	1		2.744		
18:3 undifferentiated.....g	2.737		2	A	1		0.410		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		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 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04367

Salad dressing, french dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	FLA	4		0.0	0.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.006	0.095	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		1	A	1		0.000	0.006	
13:0.....g									
14:0.....g	0.002		1	A	1		0.000	0.006	
15:0.....g									
16:0.....g	0.018		1	A	1		0.003	0.047	
17:0.....g									
18:0.....g	0.012		1	A	1		0.002	0.030	
20:0.....g									
22:0.....g									
24:0.....g	0.002		1	A	1		0.000	0.006	
Fatty acids, total monounsaturated.....g	0.141		0	NC	4		0.023	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1	A	1		0.000	0.006	
17:1.....g	0.009		1	A	1		0.001	0.024	
18:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
20:1.....g	0.032		1	A	1		0.005	0.083	
22:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.010	0.160	
18:2 undifferentiated.....g	0.042		1	A	1		0.007	0.106	
18:3 undifferentiated.....g	0.018		1	A	1		0.003	0.047	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.006	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	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 = 16g: 1 tablespoon

Measure 2 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 04367

Salad dressing, french dressing, fat-free

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42171

Salad dressing, french dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	1.872		0		4		0.300	4.867	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.013		0		4		0.002	0.034	
15:0.....g									
16:0.....g	1.339		0		4		0.214	3.481	
17:0.....g									
18:0.....g	0.494		0		4		0.079	1.284	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.029		0		4		0.485	7.875	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		4		0.004	0.068	
17:1.....g									
18:1 undifferentiated.....g	2.964		0		4		0.474	7.706	
20:1.....g	0.026		0		4		0.004	0.068	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.527		0		4		1.204	19.570	
18:2 undifferentiated.....g	6.630		0		4		1.061	17.238	
18:3 undifferentiated.....g	0.884		0		4		0.141	2.298	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	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 = 16g: 1 tbsp

Measure 2 = 260g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04020

Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	17.8		0	FLA	4		2.8	46.2	5.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.842		0	NC	4		0.135	2.189	0.253
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.611		1	A	1		0.098	1.589	0.183
17:0.....g									
18:0.....g	0.231		1	A	1		0.037	0.599	0.069
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.518		0	NC	4		0.723	11.747	1.355
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.407		1	A	1		0.705	11.458	1.322
20:1.....g	0.111		1	A	1		0.018	0.289	0.033
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.852		0	NC	4		0.616	10.016	1.156
18:2 undifferentiated.....g	2.956		1	A	1		0.473	7.686	0.887
18:3 undifferentiated.....g	0.896		1	A	1		0.143	2.330	0.269
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0	1	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	FLA	4		0.001	0.009	0.001
Threonine.....g	0.014		0	FLA	4		0.002	0.036	0.004
Isoleucine.....g	0.010		0	FLA	4		0.002	0.025	0.003
Leucine.....g	0.015		0	FLA	4		0.002	0.039	0.005
Lysine.....g	0.017		0	FLA	4		0.003	0.043	0.005
Methionine.....g	0.002		0	FLA	4		0.000	0.006	0.001
Cystine.....g	0.003		0	FLA	4		0.000	0.007	0.001
Phenylalanine.....g	0.016		0	FLA	4		0.003	0.042	0.005
Tyrosine.....g	0.007		0	FLA	4		0.001	0.018	0.002
Valine.....g	0.010		0	FLA	4		0.002	0.027	0.003
Arginine.....g	0.011		0	FLA	4		0.002	0.027	0.003
Histidine.....g	0.008		0	FLA	4		0.001	0.020	0.002
Alanine.....g	0.026		0	FLA	4		0.004	0.068	0.008
Aspartic acid.....g	0.093		0	FLA	4		0.015	0.243	0.028
Glutamic acid.....g	0.254		0	FLA	4		0.041	0.659	0.076
Glycine.....g	0.008		0	FLA	4		0.001	0.021	0.002

NDB No. 04020

Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.011		0	FLA	4		0.002	0.028	0.003
Serine.....g	0.015		0	FLA	4		0.002	0.038	0.004
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04142

Salad dressing, french dressing, reduced fat, w without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Vitamin D.....µg								
Vitamin K (phylloquinone).....µg	4.8		0	FLA	4	0.8	12.6	
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	1.099		0	NC	4	0.176	2.857	
4:0.....g	0.000		0	Z	7	0.000	0.000	
6:0.....g	0.000		0	Z	7	0.000	0.000	
8:0.....g	0.000		0	Z	7	0.000	0.000	
10:0.....g	0.000		0	Z	7	0.000	0.000	
12:0.....g	0.000		0	Z	7	0.000	0.000	
13:0.....g								
14:0.....g	0.000		0	Z	7	0.000	0.000	
15:0.....g								
16:0.....g	0.798		1	A	1	0.128	2.075	
17:0.....g								
18:0.....g	0.301		1	A	1	0.048	0.783	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.898		0	NC	4	0.944	15.335	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	5.753		1	A	1	0.920	14.958	
20:1.....g	0.145		1	A	1	0.023	0.377	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4	0.805	13.075	
18:2 undifferentiated.....g	3.859		1	A	1	0.617	10.033	
18:3 undifferentiated.....g	1.170		1	A	1	0.187	3.042	
18:4.....g	0.000		0	Z	7	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	Z	7	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		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	

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Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

NDB No. 04142

Salad dressing, french dressing, reduced fat, without salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04146

Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04133

Salad dressing, french, home recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.20		0		1		3.39	53.24	
Energy.....kcal	631		0	NC	4		88	1388	
Energy.....kJ	2640		0		4		370	5807	
Protein (N x 6.25).....g	0.10		0		1		0.01	0.22	
Total lipid (fat).....g	70.20		0		1		9.83	154.44	
Ash.....g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference.....g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0		1		1	13	
Iron, Fe.....mg	0.20		0		1		0.03	0.44	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	3		0		1		0	6	
Potassium, K.....mg	24		0		1		3	52	
Sodium, Na.....mg	658		0		1		92	1448	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.1	1.3	
Thiamin.....mg	0.010		0		1		0.001	0.022	
Riboflavin.....mg	0.020		0		1		0.003	0.044	
Niacin.....mg	0.130		0		1		0.018	0.286	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	26		0		1		4	57	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	514		0		1		72	1131	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	8.00		0		4		1.12	17.60	
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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	12.600		0		1	1.764	27.720
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.200		0		1	0.028	0.440
15:0.....g							
16:0.....g	9.800		0		1	1.372	21.560
17:0.....g							
18:0.....g	2.600		0		1	0.364	5.720
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	20.700		0		1	2.898	45.540
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.200		0		1	0.028	0.440
17:1.....g							
18:1 undifferentiated.....g	20.500		0		1	2.870	45.100
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	33.700		0		1	4.718	74.140
18:2 undifferentiated.....g	31.700		0		1	4.438	69.740
18:3 undifferentiated.....g	1.900		0		1	0.266	4.180
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg	176		0		4	25	387
Amino Acids:							
Tryptophan.....g	0.000		0		4	0.000	0.000
Threonine.....g	0.000		0		4	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000
Hydroxyproline.....g							

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NDB No. 04133

Salad dressing, french, home recipe

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43017

Salad dressing, green goddess, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Lipids:							
Fatty acids, total saturated.....g	5.978		0	NC	4	0.897	14.647
4:0.....g	0.016		0		4	0.002	0.038
6:0.....g	0.009		0		4	0.001	0.022
8:0.....g	0.006		0		4	0.001	0.014
10:0.....g	0.012		0		4	0.002	0.030
12:0.....g	0.013		0		4	0.002	0.032
13:0.....g							
14:0.....g	0.089		0		4	0.013	0.218
15:0.....g							
16:0.....g	4.254		0		4	0.638	10.422
17:0.....g							
18:0.....g	1.580		0		4	0.237	3.870
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	9.423		0	NC	4	1.413	23.086
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.091		0		4	0.014	0.222
17:1.....g							
18:1 undifferentiated.....g	9.252		0		4	1.388	22.668
20:1.....g	0.080		0		4	0.012	0.196
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	23.165		0	NC	4	3.475	56.755
18:2 undifferentiated.....g	20.436		0		4	3.065	50.067
18:3 undifferentiated.....g	2.730		0		4	0.409	6.688
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	40		0		1	6	98
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	9.100		0		1	1.456	22.750
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.200		0		1	0.032	0.500
15:0.....g							
16:0.....g	7.000		0		1	1.120	17.500
17:0.....g							
18:0.....g	1.900		0		1	0.304	4.750
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	14.800		0		1	2.368	37.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.100		0		1	0.016	0.250
17:1.....g							
18:1 undifferentiated.....g	14.700		0		1	2.352	36.750
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	24.100		0		1	3.856	60.250
18:2 undifferentiated.....g	22.700		0		1	3.632	56.750
18:3 undifferentiated.....g	1.400		0		1	0.224	3.500
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg	66		0		4	11	165
Amino Acids:							
Tryptophan.....g	0.000		0		4	0.000	0.000
Threonine.....g	0.000		0		4	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

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

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

Measure 2 = 250g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, honey mustard dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.833		2	LC	8		0.250		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.001		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLC	4		0.001		
15:0.....g									
16:0.....g	0.490		0	FLC	4		0.147		
17:0.....g									
18:0.....g	0.208		0	FLC	4		0.063		
20:0.....g	0.005		0	FLC	4		0.001		
22:0.....g	0.004		0	FLC	4		0.001		
24:0.....g	0.002		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	5.573		0	FLC	4		1.672		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLC	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	4.999		0	FLC	4		1.500		
20:1.....g	0.207		0	FLC	4		0.062		
22:1 undifferentiated.....g	0.300		0	FLC	4		0.090		
24:1 c.....g	0.017		0	FLC	4		0.005		
Fatty acids, total polyunsaturated.....g	3.152		0	FLC	4		0.946		
18:2 undifferentiated.....g	2.220		0	FLC	4		0.666		
18:3 undifferentiated.....g	0.916		0	FLC	4		0.275		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.002		0	FLC	4		0.001		
20:3 undifferentiated.....g	0.006		0	FLC	4		0.002		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.003		0	FLC	4		0.001		
Cholesterol.....mg	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 30g: 2 tbsp (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04703

Salad dressing, honey mustard, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.64		0	FLC	4		9.79		
Energy.....kcal	464		0	NC	4		139		
Energy.....kJ	1943		0	NC	4		583		
Protein.....g	0.87		0	FLC	4		0.26		
Total lipid (fat).....g	40.83		0	FLC	4		12.25		
Ash.....g	2.32		0	O	4		0.70		
Carbohydrate, by difference.....g	23.33		0	FLC	4		7.00		
Fiber, total dietary.....g	0.4		0	FLC	4		0.1		
Sugars, total.....g	15.84		0	FLC	4		4.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	FLC	4		4		
Iron, Fe.....mg	0.29		0	FLC	4		0.09		
Magnesium, Mg.....mg	5		0	FLC	4		2		
Phosphorus, P.....mg	22		0	FLC	4		7		
Potassium, K.....mg	20		0	FLC	4		6		
Sodium, Na.....mg	512		0	O	4		154		
Zinc, Zn.....mg	0.14		0	FLC	4		0.04		
Copper, Cu.....mg	0.018		0	FLC	4		0.006		
Manganese, Mn.....mg	0.066		0	FLC	4		0.020		
Selenium, Se.....µg	5.0		0	FLC	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4		0.0		
Thiamin.....mg	0.039		0	FLC	4		0.012		
Riboflavin.....mg	0.023		0	FLC	4		0.007		
Niacin.....mg	0.061		0	FLC	4		0.018		
Pantothenic acid.....mg	0.115		0	FLC	4		0.034		
Vitamin B-6.....mg	0.017		0	FLC	4		0.005		
Folate, total.....µg	5		0	FLC	4		1		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	5		0	FLC	4		1		
Folate, DFE.....µg	5		0	NC	4		1		
Choline, total.....mg	20.7		0	FLC	4		6.2		
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLC	4		0.02		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	12		0	FLC	4		4		
Retinol.....µg	10		0	FLC	4		3		
Carotene, beta.....µg	18		0	FLC	4		6		
Carotene, alpha.....µg	1		0	FLC	4		0		
Cryptoxanthin, beta.....µg	7		0	FLC	4		2		
Vitamin A, IU.....IU	70		0	FLC	4		21		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	41		0	FLC	4		12		
Vitamin E (alpha-tocopherol).....mg	3.53		0	FLC	4		1.06		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.34		0	FLC	4		0.10		
Tocopherol, gamma.....mg	24.06		0	FLC	4		7.22		
Tocopherol, delta.....mg	7.90		0	FLC	4		2.37		
Tocotrienol, alpha.....mg	0.02		0	FLC	4		0.01		
Tocotrienol, beta.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	6		0	FLC	4		2		
Vitamin K (phylloquinone).....µg	70.0		0	FLC	4		21.0		

NDB No. 04703

Salad dressing, honey mustard, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.000		0	FLC	4		1.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLC	4		0.001		
15:0.....g									
16:0.....g	3.391		0	FLC	4		1.017		
17:0.....g									
18:0.....g	1.368		0	FLC	4		0.410		
20:0.....g	0.115		0	FLC	4		0.034		
22:0.....g	0.110		0	FLC	4		0.033		
24:0.....g	0.001		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	11.458		0	FLC	4		3.437		
14:1.....g	0.001		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.062		0	FLC	4		0.019		
17:1.....g	0.004		0	FLC	4		0.001		
18:1 undifferentiated.....g	11.115		0	FLC	4		3.335		
20:1.....g	0.137		0	FLC	4		0.041		
22:1 undifferentiated.....g	0.131		0	FLC	4		0.039		
24:1 c.....g	0.009		0	FLC	4		0.003		
Fatty acids, total polyunsaturated.....g	22.839		0	FLC	4		6.852		
18:2 undifferentiated.....g	20.121		0	FLC	4		6.036		
18:3 undifferentiated.....g	2.697		0	FLC	4		0.809		
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	0.003		0	FLC	4		0.001		
20:4 undifferentiated.....g	0.012		0	FLC	4		0.004		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.003		0	FLC	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLC	4		9		
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 = 30g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04021

Salad dressing, italian dressing, commercial, reduced fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.11	0.076	10	A	1		12.02	192.26	
Energy.....kcal	102		0	NC	4		15	244	
Energy.....kJ	425		0	NC	4		64	1020	
Protein.....g	0.39	0.017	10	A	1		0.06	0.93	
Total lipid (fat).....g	6.68	0.075	10	A	1		1.00	16.03	
Ash.....g	2.83	0.044	10	A	1		0.42	6.79	
Carbohydrate, by difference.....g	9.99		0	NC	4		1.50	23.99	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	9.16	0.046	6	A	1		1.37	21.98	
Sucrose.....g	0.57	0.075	6	A	1		0.08	1.36	
Glucose (dextrose).....g	3.54	0.046	6	A	1		0.53	8.50	
Fructose.....g	5.05	0.072	6	A	1		0.76	12.12	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	15	0.138	10	A	1		2	37	
Iron, Fe.....mg	0.25	0.005	10	A	1		0.04	0.59	
Magnesium, Mg.....mg	4	0.037	10	A	1		1	11	
Phosphorus, P.....mg	12	0.139	10	A	1		2	29	
Potassium, K.....mg	90	3.024	10	A	1		13	216	
Sodium, Na.....mg	891		0	O	4		134	2138	
Zinc, Zn.....mg	0.06	0.001	10	A	1		0.01	0.14	
Copper, Cu.....mg	0.019	0.000	10	A	1		0.003	0.044	
Manganese, Mn.....mg	0.029	0.000	10	A	1		0.004	0.070	
Selenium, Se.....µg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.012	0.002	6	A	1		0.002	0.028	
Riboflavin.....mg	0.008	0.001	6	A	1		0.001	0.019	
Niacin.....mg	0.094	0.002	6	A	1		0.014	0.226	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.055	0.002	6	A	1		0.008	0.133	
Folate, total.....µg	3		0	FLA	4		0	6	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	3		0	FLA	4		0	6	
Folate, DFE.....µg	3		0	NC	4		0	6	
Choline, total.....mg	3.3		0	O	4		0.5	7.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	1	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	7	7.333	3	A	1		1	18	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU.....IU	12		0	NC	4		2	29	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	4.28	0.049	6	A	1		0.64	10.28	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.07	0.003	6	A	1		0.01	0.16	
Tocopherol, gamma.....mg	4.61	0.047	6	A	1		0.69	11.06	
Tocopherol, delta.....mg	1.18	0.014	6	A	1		0.18	2.84	
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	

Salad dressing, italian dressing, commercial, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	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	0.0		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	12.5		0	FLA	4		1.9	30.1	
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.833		0	NC	4		0.125	1.998	
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	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.005	0.000	6	A	1		0.001	0.012	
15:0.....g	0.003	0.000	6	A	1		0.000	0.006	
16:0.....g	0.559	0.003	6	A	1		0.084	1.342	
17:0.....g	0.005	0.000	6	A	1		0.001	0.012	
18:0.....g	0.215	0.001	6	A	1		0.032	0.516	
20:0.....g	0.021	0.000	6	A	1		0.003	0.050	
22:0.....g	0.018	0.001	6	A	1		0.003	0.044	
24:0.....g	0.007	0.000	6	A	1		0.001	0.016	
Fatty acids, total monounsaturated.....g	1.725		0	NC	4		0.259	4.141	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.007	0.000	6	AS	1		0.001	0.018	
16:1 c.....g	0.007	0.000	6	A	1		0.001	0.018	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.003	0.000	6	A	1		0.001	0.008	
18:1 undifferentiated.....g	1.680	0.046	6	AS	1		0.252	4.032	
18:1 c.....g	1.678	0.046	6	A	1		0.252	4.028	
18:1 t.....g	0.002	0.001	6	A	1		0.000	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034	0.001	6	A	1		0.005	0.082	
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.000	0.001	
22:1 c.....g	0.001	0.001	6	A	1		0.000	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	3.236		0	NC	4		0.485	7.768	
18:2 undifferentiated.....g	2.775	0.016	6	AS	1		0.416	6.660	
18:2 n-6 c,c.....g	2.758	0.017	6	A	1		0.414	6.619	
18:2 CLAs.....g	0.002	0.000	6	A	1		0.000	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.015	0.001	6	A	1		0.002	0.036	
18:3 undifferentiated.....g	0.458	0.007	6	AS	1		0.069	1.099	
18:3 n-3 c,c,c (ALA).....g	0.441	0.007	6	A	1		0.066	1.058	
18:3 n-6 c,c,c.....g	0.017	0.000	6	A	1		0.003	0.041	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.000	0.005	
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	6	A	1		0.000	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 04021

Salad dressing, italian dressing, commercial, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.017		0	NC	4		0.003	0.041	
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.000	0.004	
Fatty acids, total trans-polyenoic.....g	0.015		0	NC	4		0.002	0.036	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg	17		0	FLA	4		3	42	
Amino Acids:									
Tryptophan.....g	0.006		0	FLA	4		0.001	0.014	
Threonine.....g	0.012		0	FLA	4		0.002	0.028	
Isoleucine.....g	0.016		0	FLA	4		0.002	0.040	
Leucine.....g	0.024		0	FLA	4		0.004	0.058	
Lysine.....g	0.018		0	FLA	4		0.003	0.043	
Methionine.....g	0.008		0	FLA	4		0.001	0.018	
Cystine.....g	0.006		0	FLA	4		0.001	0.014	
Phenylalanine.....g	0.013		0	FLA	4		0.002	0.031	
Tyrosine.....g	0.008		0	FLA	4		0.001	0.018	
Valine.....g	0.017		0	FLA	4		0.003	0.040	
Arginine.....g	0.051		0	FLA	4		0.008	0.123	
Histidine.....g	0.008		0	FLA	4		0.001	0.019	
Alanine.....g	0.010		0	FLA	4		0.001	0.024	
Aspartic acid.....g	0.032		0	FLA	4		0.005	0.076	
Glutamic acid.....g	0.068		0	FLA	4		0.010	0.163	
Glycine.....g	0.015		0	FLA	4		0.002	0.036	
Proline.....g	0.011		0	FLA	4		0.002	0.027	
Serine.....g	0.013		0	FLA	4		0.002	0.031	
Hydroxyproline.....g									
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 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.40	0.125	12	A	1		9.32	148.99	
Energy.....kcal	240		0	NC	4		35	565	
Energy.....kJ	1005		0	NC	4		148	2362	
Protein.....g	0.41	0.010	12	A	1		0.06	0.97	
Total lipid (fat).....g	21.12	0.148	12	A	1		3.10	49.64	
Ash.....g	2.95	0.033	12	A	1		0.43	6.93	
Carbohydrate, by difference.....g	12.12		0	NC	4		1.78	28.48	
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	
Sugars, total.....g	10.77	0.096	6	A	1		1.58	25.32	
Sucrose.....g	0.53	0.161	6	A	1		0.08	1.23	
Glucose (dextrose).....g	4.43	0.090	6	A	1		0.65	10.40	
Fructose.....g	5.82	0.156	6	A	1		0.86	13.68	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	13	0.149	12	A	1		2	31	
Iron, Fe.....mg	0.26	0.012	12	A	1		0.04	0.60	
Magnesium, Mg.....mg	5	0.031	12	A	1		1	11	
Phosphorus, P.....mg	15	0.094	12	A	1		2	35	
Potassium, K.....mg	84	2.509	12	A	1		12	198	
Sodium, Na.....mg	993	6.054	12	A	1		146	2332	
Zinc, Zn.....mg	0.07	0.003	12	A	1		0.01	0.18	
Copper, Cu.....mg	0.019	0.000	12	A	1		0.003	0.045	
Manganese, Mn.....mg	0.031	0.001	12	A	1		0.005	0.073	
Selenium, Se.....µg	2.0	2.000	3	A	1		0.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	1.0	
Thiamin.....mg	0.020	0.002	6	A	1		0.003	0.047	
Riboflavin.....mg	0.000	0.000	6	A	1		0.000	0.000	
Niacin.....mg	0.131	0.003	6	A	1		0.019	0.308	
Pantothenic acid.....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6.....mg	0.064	0.001	6	A	1		0.009	0.151	
Folate, total.....µg	0		0	FLA	4		0	0	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	0		0	FLA	4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	2.6		0	AS	1		0.4	6.2	
Betaine.....mg	0.0		1	A	1		0.0	0.0	
Vitamin B-12.....µg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		0	4	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	21	7.719	6	A	1		3	48	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	2	1.833	6	A	1		0	4	
Vitamin A, IU.....IU	36		0	NC	4		5	84	
Lycopene.....µg	16	10.172	6	A	1		2	38	
Lutein + zeaxanthin.....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	2.19	0.072	6	A	1		0.32	5.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.20	0.010	6	A	1		0.03	0.46	
Tocopherol, gamma.....mg	14.11	0.243	6	A	1		2.07	33.16	
Tocopherol, delta.....mg	3.92	0.030	6	A	1		0.58	9.21	
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	

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	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	0.0		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	56.0		0	FLA	4		8.2	131.6	
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.948		0	NC	4		0.433	6.929	
4:0.....g	0.000	0.000	6	A	1		0.000	0.001	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.102	0.001	6	A	1		0.015	0.239	
10:0.....g	0.093	0.002	6	A	1		0.014	0.218	
12:0.....g	0.001	0.001	6	A	1		0.000	0.002	
13:0.....g									
14:0.....g	0.013	0.000	6	A	1		0.002	0.031	
15:0.....g	0.003	0.000	6	A	1		0.001	0.008	
16:0.....g	1.849	0.008	6	A	1		0.272	4.345	
17:0.....g	0.016	0.001	6	A	1		0.002	0.039	
18:0.....g	0.720	0.005	6	A	1		0.106	1.692	
20:0.....g	0.068	0.001	6	A	1		0.010	0.159	
22:0.....g	0.061	0.001	6	A	1		0.009	0.143	
24:0.....g	0.022	0.001	6	A	1		0.003	0.051	
Fatty acids, total monounsaturated.....g	5.638		0	NC	4		0.829	13.250	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.022	0.001	6	AS	1		0.003	0.051	
16:1 c.....g	0.022	0.001	6	A	1		0.003	0.051	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.010	0.000	6	A	1		0.001	0.023	
18:1 undifferentiated.....g	5.484	0.044	6	AS	1		0.806	12.888	
18:1 c.....g	5.476	0.044	6	A	1		0.805	12.870	
18:1 t.....g	0.008	0.001	6	A	1		0.001	0.018	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.113	0.002	6	A	1		0.017	0.267	
22:1 undifferentiated.....g	0.009	0.002	6	AS	1		0.001	0.021	
22:1 c.....g	0.004	0.001	6	A	1		0.001	0.010	
22:1 t.....g	0.005	0.000	6	A	1		0.001	0.011	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.748		0	NC	4		1.580	25.258	
18:2 undifferentiated.....g	9.243	0.045	6	AS	1		1.359	21.720	
18:2 n-6 c,c.....g	9.177	0.046	6	A	1		1.349	21.566	
18:2 CLAs.....g	0.011	0.001	6	A	1		0.002	0.027	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.055	0.002	6	A	1		0.008	0.128	
18:3 undifferentiated.....g	1.489	0.009	6	AS	1		0.219	3.499	
18:3 n-3 c,c,c (ALA).....g	1.434	0.011	6	A	1		0.211	3.370	
18:3 n-6 c,c,c.....g	0.055	0.002	6	A	1		0.008	0.130	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.009	0.000	6	A	1		0.001	0.021	
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.007	0.000	6	A	1		0.001	0.016	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.067		0	NC	4		0.010	0.158	
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.002	0.029	
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4		0.008	0.128	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg	71		0	FLA	4		10	167	
Amino Acids:									
Tryptophan.....g	0.005		0	FLA	4		0.001	0.011	
Threonine.....g	0.011		0	FLA	4		0.002	0.025	
Isoleucine.....g	0.015		0	FLA	4		0.002	0.034	
Leucine.....g	0.023		0	FLA	4		0.003	0.054	
Lysine.....g	0.013		0	FLA	4		0.002	0.031	
Methionine.....g	0.008		0	FLA	4		0.001	0.018	
Cystine.....g	0.004		0	FLA	4		0.001	0.009	
Phenylalanine.....g	0.011		0	FLA	4		0.002	0.026	
Tyrosine.....g	0.005		0	FLA	4		0.001	0.012	
Valine.....g	0.016		0	FLA	4		0.002	0.038	
Arginine.....g	0.038		0	FLA	4		0.006	0.090	
Histidine.....g	0.007		0	FLA	4		0.001	0.016	
Alanine.....g	0.008		0	FLA	4		0.001	0.019	
Aspartic acid.....g	0.029		0	FLA	4		0.004	0.069	
Glutamic acid.....g	0.049		0	FLA	4		0.007	0.114	
Glycine.....g	0.012		0	FLA	4		0.002	0.028	
Proline.....g	0.006		0	FLA	4		0.001	0.014	
Serine.....g	0.011		0	FLA	4		0.002	0.027	
Hydroxyproline.....g									
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 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	56.0		0	FLA	4		8.2	131.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.474		0	NC	4		0.658	10.514	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g									
16:0.....g	3.298	0.144	3	A	1		0.485	7.750	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		0.140	2.240	
20:0.....g	0.073	0.036	3	A	1		0.011	0.171	
22:0.....g	0.150	0.019	3	A	1		0.022	0.353	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		0.928	14.841	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		0.928	14.841	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		0.208	3.321	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		10	157	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04636

Salad dressing, italian dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	1.6		0	FLA	4	0.2	3.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.295		0	NC	4	0.041	0.681		
4:0.....g	0.000		0	Z	7	0.000	0.000		
6:0.....g	0.000		0	Z	7	0.000	0.000		
8:0.....g	0.000		0	Z	7	0.000	0.000		
10:0.....g	0.003		2	A	1	0.000	0.006		
12:0.....g	0.010		2	A	1	0.001	0.022		
13:0.....g	0.001		1	A	1	0.000	0.002		
14:0.....g	0.038		2	A	1	0.005	0.088		
15:0.....g	0.005		2	A	1	0.001	0.012		
16:0.....g	0.151		2	A	1	0.021	0.348		
17:0.....g	0.004		2	A	1	0.001	0.009		
18:0.....g	0.071		2	A	1	0.010	0.164		
20:0.....g	0.011		1	A	1	0.002	0.025		
22:0.....g	0.003		2	A	1	0.000	0.006		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.235		0	NC	4	0.033	0.543		
14:1.....g	0.005		2	A	1	0.001	0.010		
15:1.....g									
16:1 undifferentiated.....g	0.009		2	A	1	0.001	0.020		
17:1.....g	0.009		2	A	1	0.001	0.021		
18:1 undifferentiated.....g	0.210		2	A	1	0.029	0.485		
20:1.....g	0.000		0	Z	7	0.000	0.000		
22:1 undifferentiated.....g	0.003		2	A	1	0.000	0.007		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.192		0	NC	4	0.027	0.444		
18:2 undifferentiated.....g	0.163		2	A	1	0.023	0.377		
18:3 undifferentiated.....g	0.027		2	A	1	0.004	0.062		
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1	0.000	0.005		
20:4 undifferentiated.....g	0.000		0	Z	7	0.000	0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7	0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1	0	4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 231g: 1 cup

NDB No. 04636

Salad dressing, italian dressing, fat-free

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42140

Salad dressing, italian dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	2.880		0		4	0.403	6.221
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.020		0		4	0.003	0.043
15:0.....g							
16:0.....g	2.060		0		4	0.288	4.450
17:0.....g							
18:0.....g	0.760		0		4	0.106	1.642
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.660		0		4	0.652	10.066
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.040		0		4	0.006	0.086
17:1.....g							
18:1 undifferentiated.....g	4.560		0		4	0.638	9.850
20:1.....g	0.040		0		4	0.006	0.086
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	11.580		0		8	1.621	25.013
18:2 undifferentiated.....g	10.200		0		4	1.428	22.032
18:3 undifferentiated.....g	1.360		0		4	0.190	2.938
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	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 = 14.0g: 1 tbsp

Measure 2 = 216g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....µg									
Vitamin K (phylloquinone).....µg	12.5		0	FLA	4		1.9	30.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.451		0	NC	4		0.068	1.082	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.318		2	A	1		0.048	0.763	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.020	0.319	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		0.328	5.255	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		0.328	5.255	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated.....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated.....g	0.366		2	A	1		0.055	0.878	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		1	14	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	2.962		0		4	0.429	6.872	
4:0.....g	0.000		0		4	0.000	0.000	
6:0.....g	0.000		0		4	0.000	0.000	
8:0.....g	0.000		0		4	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	
12:0.....g	0.000		0		4	0.000	0.000	
13:0.....g								
14:0.....g	0.022		0		4	0.003	0.051	
15:0.....g								
16:0.....g	2.120		0		4	0.307	4.918	
17:0.....g								
18:0.....g	0.777		0		4	0.113	1.803	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.628		0		4	0.671	10.737	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.076		0		4	0.011	0.176	
17:1.....g								
18:1 undifferentiated.....g	4.494		0		4	0.652	10.426	
20:1.....g	0.039		0		4	0.006	0.090	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	10.396		0		4	1.507	24.119	
18:2 undifferentiated.....g	9.151		0		4	1.327	21.230	
18:3 undifferentiated.....g	1.203		0		4	0.174	2.791	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.019		0		4	0.003	0.044	
20:5 n-3 (EPA).....g	0.001		0		4	0.000	0.002	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0		4	0.001	0.012	
Fatty acids, total trans.....g								
Cholesterol.....mg	26		1		1	4	60	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

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

Common Measures:

Measure 1 = 14.5g: 1 tbsp

Measure 2 = 232g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.22	0.189	6	A	1		9.00	143.86	
Energy.....kcal	250		0	NC	4		37	587	
Energy.....kJ	1046		0	NC	4		154	2458	
Protein (N x 6.25).....g	0.65	0.062	6	A	1		0.09	1.52	
Total lipid (fat).....g	21.60	0.165	6	A	1		3.18	50.76	
Ash.....g	1.76	0.019	6	A	1		0.26	4.13	
Carbohydrate, by difference.....g	14.78		0	NC	4		2.17	34.73	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	10.02	0.080	3	A	1		1.47	23.56	
Sucrose.....g	0.69	0.386	3	A	1		0.10	1.62	
Glucose (dextrose).....g	4.60	0.231	3	A	1		0.68	10.81	
Fructose.....g	4.50	0.231	3	A	1		0.66	10.57	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.23	0.033	3	A	1		0.03	0.55	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	4.40		2	A	1		0.65	10.34	
Minerals:									
Calcium, Ca.....mg	5	0.089	6	A	1		1	11	
Iron, Fe.....mg	0.12	0.003	6	A	1		0.02	0.28	
Magnesium, Mg.....mg	2	0.025	6	A	1		0	6	
Phosphorus, P.....mg	13	0.172	6	A	1		2	31	
Potassium, K.....mg	36	0.644	6	A	1		5	84	
Sodium, Na.....mg	653	5.338	6	A	1		96	1534	
Zinc, Zn.....mg	0.07	0.003	6	A	1		0.01	0.17	
Copper, Cu.....mg	0.015	0.000	6	A	1		0.002	0.035	
Manganese, Mn.....mg	0.015	0.000	6	A	1		0.002	0.035	
Selenium, Se.....µg	0.4	0.000	3	A	1		0.1	1.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.010	0.000	3	A	1		0.001	0.023	
Riboflavin.....mg	0.030	0.000	3	A	1		0.004	0.070	
Niacin.....mg	0.004	0.000	3	A	1		0.001	0.010	
Pantothenic acid.....mg	0.085		2	A	1		0.012	0.200	
Vitamin B-6.....mg	0.009	0.000	3	A	1		0.001	0.020	
Folate, total.....µg	6		2	A	1		1	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0	NR	4		1	14	
Folate, DFE.....µg	6		0	NC	4		1	14	
Choline, total.....mg	14.6		0	AS	1		2.1	34.3	
Betaine.....mg	0.3		1	A	1		0.1	0.8	
Vitamin B-12.....µg	0.04	0.000	3	A	1		0.01	0.10	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	5		0	AS	1		1	12	
Retinol.....µg	5		2	A	1		1	11	
Carotene, beta.....µg	6		2	A	1		1	15	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	4		2	A	1		1	9	
Vitamin A, IU.....IU	29		0	AS	1		4	68	
Lycopene.....µg	0		2	A	1		0	0	
Lutein + zeaxanthin.....µg	28		2	A	1		4	65	
Vitamin E (alpha-tocopherol).....mg	1.55	0.046	3	A	1		0.23	3.64	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.72	0.031	3	A	1		0.11	1.68	
Tocopherol, gamma.....mg	11.12	0.278	3	A	1		1.63	26.12	
Tocopherol, delta.....mg	4.74	0.362	3	A	1		0.70	11.13	
Tocotrienol, alpha.....mg	0.09	0.034	3	A	1		0.01	0.21	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		3	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D.....IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone).....µg	42.2		2	A	1		6.2	99.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.396		0	NC	4		0.499	7.980	
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	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.018	0.000	6	A	1		0.003	0.042	
15:0.....g	0.004	0.000	6	A	1		0.001	0.009	
16:0.....g	2.202	0.018	6	A	1		0.324	5.174	
17:0.....g	0.020	0.000	6	A	1		0.003	0.046	
18:0.....g	0.986	0.011	6	A	1		0.145	2.318	
20:0.....g	0.072	0.001	6	A	1		0.011	0.169	
22:0.....g	0.069	0.001	6	A	1		0.010	0.162	
24:0.....g	0.026	0.000	6	A	1		0.004	0.060	
Fatty acids, total monounsaturated.....g	5.053		0	NC	4		0.743	11.875	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.025	0.000	6	AS	1		0.004	0.058	
16:1 c.....g	0.025	0.000	6	A	1		0.004	0.058	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.011	0.000	6	A	1		0.002	0.025	
18:1 undifferentiated.....g	4.917	0.055	6	AS	1		0.723	11.555	
18:1 c.....g	4.910	0.055	6	A	1		0.722	11.538	
18:1 t.....g	0.007	0.000	6	A	1		0.001	0.018	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.067	0.001	6	A	1		0.010	0.158	
22:1 undifferentiated.....g	0.033	0.000	6	AS	1		0.005	0.079	
22:1 c.....g	0.033	0.000	6	A	1		0.005	0.079	
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	12.187		0	NC	4		1.792	28.640	
18:2 undifferentiated.....g	10.739	0.099	6	AS	1		1.579	25.237	
18:2 n-6 c,c.....g	10.653	0.100	6	A	1		1.566	25.036	
18:2 CLAs.....g	0.015	0.000	6	A	1		0.002	0.036	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.070	0.003	6	A	1		0.010	0.166	
18:3 undifferentiated.....g	1.422	0.016	6	AS	1		0.209	3.343	
18:3 n-3 c,c,c (ALA).....g	1.358	0.017	6	A	1		0.200	3.192	
18:3 n-6 c,c,c.....g	0.064	0.002	6	A	1		0.009	0.151	
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	0.008	0.000	6	A	1		0.001	0.019	
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.018	0.000	6	A	1		0.003	0.041	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000		
Fatty acids, total trans.....g	0.078		0	NC	4		0.011	0.183		
Fatty acids, total trans-monoenoic.....g	0.007		0	NC	4		0.001	0.018		
Fatty acids, total trans-polyenoic.....g	0.070		0	NC	4		0.010	0.166		
Cholesterol.....mg	19	0.252	3	A	1		3	44		
Phytosterols.....mg	97		2		1		14	228		
Amino Acids:										
Tryptophan.....g	0.010		0	A	1		0.002	0.024		
Threonine.....g	0.029		0	A	1		0.004	0.067		
Isoleucine.....g	0.033		0	A	1		0.005	0.077		
Leucine.....g	0.056		0	A	1		0.008	0.131		
Lysine.....g	0.045		0	A	1		0.007	0.106		
Methionine.....g	0.020		0	A	1		0.003	0.047		
Cystine.....g	0.014		0	A	1		0.002	0.034		
Phenylalanine.....g	0.034		0	A	1		0.005	0.080		
Tyrosine.....g	0.027		0	A	1		0.004	0.063		
Valine.....g	0.040		0	A	1		0.006	0.095		
Arginine.....g	0.041		0	A	1		0.006	0.097		
Histidine.....g	0.016		0	A	1		0.002	0.038		
Alanine.....g	0.036		0	A	1		0.005	0.085		
Aspartic acid.....g	0.068		0	A	1		0.010	0.159		
Glutamic acid.....g	0.086		0	A	1		0.013	0.202		
Glycine.....g	0.022		0	A	1		0.003	0.051		
Proline.....g	0.025		0	A	1		0.004	0.058		
Serine.....g	0.051		0	A	1		0.007	0.119		
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0		
Caffeine.....mg	0		0	Z	7		0	0		
Theobromine.....mg	0		0	Z	7		0	0		

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

Common Measures:

Measure 1 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.60		1		1		11.94	191.04	
Energy.....kcal	97		0	NC	4		14	232	
Energy.....kJ	404		0		4		61	970	
Protein (N x 6.25).....g	2.10		1		1		0.32	5.04	
Total lipid (fat).....g	5.10		1		1		0.77	12.24	
Ash.....g	2.10		1		1		0.32	5.04	
Carbohydrate, by difference.....g	11.10		0	NC	4		1.67	26.64	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		0		4		11	173	
Iron, Fe.....mg	0.50		0		4		0.08	1.20	
Magnesium, Mg.....mg	7		0		4		1	17	
Phosphorus, P.....mg	57		0		4		9	137	
Potassium, K.....mg	97		0		4		15	233	
Sodium, Na.....mg	504		1		1		76	1210	
Zinc, Zn.....mg	0.25		0		4		0.04	0.60	
Copper, Cu.....mg	0.010		0	A	1		0.002	0.024	
Manganese, Mn.....mg	0.001		0	RA	4		0.000	0.002	
Selenium, Se.....µg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.1	0.8	
Thiamin.....mg	0.024		0		4		0.004	0.058	
Riboflavin.....mg	0.097		0		4		0.015	0.233	
Niacin.....mg	0.054		0		4		0.008	0.130	
Pantothenic acid.....mg	0.194		0		4		0.029	0.466	
Vitamin B-6.....mg	0.021		0		4		0.003	0.050	
Folate, total.....µg	3		0		4		0	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0		4		0	7	
Folate, DFE.....µg	3		0	NC	4		0	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.23		0		4		0.04	0.56	
Vitamin A, RAE.....µg	4		0	NC	4		1	9	
Retinol.....µg	4		0	NC	4		1	9	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		4		2	31	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.40		0		4		0.06	0.96	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....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. 04028

Salad dressing, mayonnaise, imitation, milk cream

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.800		0		1		0.420	6.720	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.100		2		1		0.015	0.240	
13:0.....g									
14:0.....g	0.400		2		1		0.060	0.960	
15:0.....g									
16:0.....g	1.200		2		1		0.180	2.880	
17:0.....g									
18:0.....g	1.000		2		1		0.150	2.400	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.700		0		1		0.255	4.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.700		2		1		0.255	4.080	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.045	0.720	
18:2 undifferentiated.....g	0.200		2		1		0.030	0.480	
18:3 undifferentiated.....g	0.100		2		1		0.015	0.240	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1		1		6	103	
Phytosterols.....mg	6		0		4		1	14	
Amino Acids:									
Tryptophan.....g	0.030		0		4		0.005	0.072	
Threonine.....g	0.095		0		4		0.014	0.228	
Isoleucine.....g	0.127		0		4		0.019	0.305	
Leucine.....g	0.206		0		4		0.031	0.494	
Lysine.....g	0.166		0		4		0.025	0.398	
Methionine.....g	0.053		0		4		0.008	0.127	
Cystine.....g	0.019		0		4		0.003	0.046	
Phenylalanine.....g	0.101		0		4		0.015	0.242	
Tyrosine.....g	0.101		0		4		0.015	0.242	
Valine.....g	0.141		0		4		0.021	0.338	
Arginine.....g	0.076		0		4		0.011	0.182	
Histidine.....g	0.057		0		4		0.009	0.137	
Alanine.....g	0.072		0		4		0.011	0.173	
Aspartic acid.....g	0.159		0		4		0.024	0.382	
Glutamic acid.....g	0.439		0		4		0.066	1.054	
Glycine.....g	0.049		0		4		0.007	0.118	
Proline.....g	0.203		0		4		0.030	0.487	
Serine.....g	0.114		0		4		0.017	0.274	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

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

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.300		0		1		0.495	7.920	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	2.400	0.651	3		1		0.360	5.760	
17:0.....g									
18:0.....g	0.900	0.252	3		1		0.135	2.160	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.500		0		1		0.675	10.800	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500	1.146	3		1		0.675	10.800	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600		0		1		1.590	25.440	
18:2 undifferentiated.....g	9.000	2.351	3		1		1.350	21.600	
18:3 undifferentiated.....g	1.600	0.414	3		1		0.240	3.840	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		2		1		4	58	
Phytosterols.....mg	62		2		1		9	149	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	

NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

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

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, mayonnaise, imitation, soybean w without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.500		0		1		1.058	16.875	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	5.500	0.533	3		1		0.776	12.375	
17:0.....g									
18:0.....g	2.000	0.191	3		1		0.282	4.500	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.500		0		1		1.481	23.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	10.500	0.594	3		1		1.481	23.625	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.600		0		1		3.892	62.100	
18:2 undifferentiated.....g	23.000	1.560	3		1		3.243	51.750	
18:3 undifferentiated.....g	4.600	0.362	3		1		0.649	10.350	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	216		2		1		30	486	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean w without cholesterol

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

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

Common Measures:

Measure 1 = 14.1g: 1 tablespoon

Measure 2 = 225g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04641

Salad dressing, mayonnaise, light

lite 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	66.13	0.260	12	A	1		9.92		
Energy.....kcal	238		0	NC	4		36		
Energy.....kJ	997		0	NC	4		150		
Protein.....g	0.37	0.019	12	A	1		0.05		
Total lipid (fat).....g	22.22	0.304	12	A	1		3.33		
Ash.....g	2.05	0.032	12	A	1		0.31		
Carbohydrate, by difference.....g	9.23		0	NC	4		1.38		
Fiber, total dietary.....g	0.0		0	FLA	4		0.0		
Sugars, total.....g	3.56	0.045	5	A	1		0.53		
Sucrose.....g	1.28	0.343	6	A	1		0.19		
Glucose (dextrose).....g	1.07	0.173	6	A	1		0.16		
Fructose.....g	1.22	0.196	6	A	1		0.18		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.00	0.000	5	A	1		0.00		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	3.16	0.013	4	A	1		0.47		
Minerals:									
Calcium, Ca.....mg	6	0.030	12	A	1		1		
Iron, Fe.....mg	0.14	0.003	12	A	1		0.02		
Magnesium, Mg.....mg	2	0.014	12	A	1		0		
Phosphorus, P.....mg	15	0.151	12	A	1		2		
Potassium, K.....mg	31	3.502	12	A	1		5		
Sodium, Na.....mg	827		0	O	4		124		
Zinc, Zn.....mg	0.07	0.003	12	A	1		0.01		
Copper, Cu.....mg	0.019	0.000	12	A	1		0.003		
Manganese, Mn.....mg	0.007	0.000	12	A	1		0.001		
Selenium, Se.....µg	2.6		2	A	1		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.008	0.000	6	A	1		0.001		
Riboflavin.....mg	0.000	0.000	6	A	1		0.000		
Niacin.....mg	0.010	0.001	6	A	1		0.001		
Pantothenic acid.....mg	0.058	0.013	4	A	1		0.009		
Vitamin B-6.....mg	0.002	0.000	6	A	1		0.000		
Folate, total.....µg	4		0	FLA	4		1		
Folic acid.....µg	0		2	A	1		0		
Folate, food.....µg	4		0	FLA	4		1		
Folate, DFE.....µg	4		0	NC	4		1		
Choline, total.....mg	9.0		0	AS	1		1.4		
Betaine.....mg	0.0		2	A	1		0.0		
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	8		0	AS	1		1		
Retinol.....µg	5	0.267	4	A	1		1		
Carotene, beta.....µg	30	0.648	6	A	1		4		
Carotene, alpha.....µg	0	0.020	6	A	1		0		
Cryptoxanthin, beta.....µg	3	0.113	6	A	1		0		
Vitamin A, IU.....IU	70		0	AS	1		10		
Lycopene.....µg	0	0.000	6	A	1		0		
Lutein + zeaxanthin.....µg	27	1.948	6	A	1		4		
Vitamin E (alpha-tocopherol).....mg	2.19	0.115	6	A	1		0.33		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.27	0.025	6	A	1		0.04		
Tocopherol, gamma.....mg	19.47	0.600	6	A	1		2.92		
Tocopherol, delta.....mg	4.84	0.166	6	A	1		0.73		
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

NDB No. 04641
Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....µg	53.7	1.215	4	A	1		8.1		
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.446		0	NC	4		0.517		
4:0.....g	0.000	0.000	12	A	1		0.000		
6:0.....g	0.000	0.000	12	A	1		0.000		
8:0.....g	0.000	0.000	12	A	1		0.000		
10:0.....g	0.000	0.000	12	A	1		0.000		
12:0.....g	0.000	0.000	12	A	1		0.000		
13:0.....g									
14:0.....g	0.016	0.001	12	A	1		0.002		
15:0.....g	0.005	0.000	12	A	1		0.001		
16:0.....g	2.336	0.026	12	A	1		0.350		
17:0.....g	0.020	0.000	12	A	1		0.003		
18:0.....g	0.911	0.012	12	A	1		0.137		
20:0.....g	0.065	0.001	12	A	1		0.010		
22:0.....g	0.069	0.001	12	A	1		0.010		
24:0.....g	0.024	0.000	12	A	1		0.004		
Fatty acids, total monounsaturated.....g	5.010		0	NC	4		0.752		
14:1.....g	0.000	0.000	12	A	1		0.000		
15:1.....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated.....g	0.027	0.000	12	AS	1		0.004		
16:1 c.....g	0.027	0.000	12	A	1		0.004		
16:1 t.....g	0.000	0.000	12	A	1		0.000		
17:1.....g	0.011	0.000	12	A	1		0.002		
18:1 undifferentiated.....g	4.881	0.050	12	AS	1		0.732		
18:1 c.....g	4.871	0.050	12	A	1		0.731		
18:1 t.....g	0.010	0.000	12	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.076	0.003	12	A	1		0.011		
22:1 undifferentiated.....g	0.015	0.001	12	AS	1		0.002		
22:1 c.....g	0.013	0.001	12	A	1		0.002		
22:1 t.....g	0.002	0.001	12	A	1		0.000		
24:1 c.....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total polyunsaturated.....g	12.993		0	NC	4		1.949		
18:2 undifferentiated.....g	11.409	0.126	12	AS	1		1.711		
18:2 n-6 c,c.....g	11.351	0.125	12	A	1		1.703		
18:2 CLAs.....g	0.014	0.001	12	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.044	0.001	12	A	1		0.007		
18:3 undifferentiated.....g	1.554	0.024	12	AS	1		0.233		
18:3 n-3 c,c,c (ALA).....g	1.518	0.023	12	A	1		0.228		
18:3 n-6 c,c,c.....g	0.036	0.001	12	A	1		0.005		
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.000		
20:2 n-6 c,c.....g	0.010	0.001	12	A	1		0.002		
20:3 undifferentiated.....g	0.000	0.000	12	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	12	A	1		0.000		
20:3 n-6.....g	0.000	0.000	12	A	1		0.000		
20:4 undifferentiated.....g	0.017	0.000	12	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	12	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000		

NDB No. 04641
Salad dressing, mayonnaise, light

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.002	0.001	12	A	1		0.000		
Fatty acids, total trans.....g	0.056		0	NC	4		0.008		
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.007		
Cholesterol.....mg	16	0.354	12	A	1		2		
Phytosterols.....mg									
Stigmasterol.....mg	21	1.237	3	A	1		3		
Campesterol.....mg	19	1.885	3	A	1		3		
Beta-sitosterol.....mg	48	3.036	3	A	1		7		
<u>Amino Acids:</u>									
Tryptophan.....g	0.005		0	A	1		0.001		
Threonine.....g	0.016		0	A	1		0.002		
Isoleucine.....g	0.020		0	A	1		0.003		
Leucine.....g	0.032		0	A	1		0.005		
Lysine.....g	0.027		0	A	1		0.004		
Methionine.....g	0.011		0	A	1		0.002		
Cystine.....g	0.008		0	A	1		0.001		
Phenylalanine.....g	0.020		0	A	1		0.003		
Tyrosine.....g	0.015		0	A	1		0.002		
Valine.....g	0.025		0	A	1		0.004		
Arginine.....g	0.024		0	A	1		0.004		
Histidine.....g	0.009		0	A	1		0.001		
Alanine.....g	0.022		0	A	1		0.003		
Aspartic acid.....g	0.039		0	A	1		0.006		
Glutamic acid.....g	0.049		0	A	1		0.007		
Glycine.....g	0.013		0	A	1		0.002		
Proline.....g	0.015		0	A	1		0.002		
Serine.....g	0.028		0	A	1		0.004		
Hydroxyproline.....g									
<u>Others:</u>									
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 = 15.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04025

Salad dressing, mayonnaise, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.65	0.301	12	A	1		2.99	47.62	2.16
Energy.....kcal	680		0	NC	4		94	1495	68
Energy.....kJ	2844		0	NC	4		392	6257	284
Protein.....g	0.96	0.064	12	A	1		0.13	2.10	0.10
Total lipid (fat).....g	74.85	0.131	12	A	1		10.33	164.67	7.48
Ash.....g	1.98	0.044	12	A	1		0.27	4.35	0.20
Carbohydrate, by difference.....g	0.57		0	NC	4		0.08	1.26	0.06
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.57		0	NR	4		0.08	1.26	0.06
Sucrose.....g	0.48	0.165	6	A	1		0.07	1.06	0.05
Glucose (dextrose).....g	0.04	0.032	6	A	1		0.01	0.10	0.00
Fructose.....g	0.05	0.025	6	A	1		0.01	0.10	0.00
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.083	12	A	1		1	17	1
Iron, Fe.....mg	0.21	0.005	12	A	1		0.03	0.46	0.02
Magnesium, Mg.....mg	1	0.011	12	A	1		0	2	0
Phosphorus, P.....mg	21	0.232	12	A	1		3	47	2
Potassium, K.....mg	20	2.892	12	A	1		3	45	2
Sodium, Na.....mg	635	7.927	12	A	1		88	1398	64
Zinc, Zn.....mg	0.15	0.007	12	A	1		0.02	0.33	0.02
Copper, Cu.....mg	0.019	0.000	12	A	1		0.003	0.041	0.002
Manganese, Mn.....mg	0.007	0.000	12	A	1		0.001	0.016	0.001
Selenium, Se.....µg	2.3	0.086	3	A	1		0.3	5.1	0.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.010	0.000	6	A	1		0.001	0.022	0.001
Riboflavin.....mg	0.019	0.001	6	A	1		0.003	0.041	0.002
Niacin.....mg	0.000	0.000	6	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	0.172	0.019	4	A	1		0.024	0.379	0.017
Vitamin B-6.....mg	0.008	0.001	6	A	1		0.001	0.018	0.001
Folate, total.....µg	5	0.404	3	A	1		1	12	1
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	5		0	NR	4		1	12	1
Folate, DFE.....µg	5		0	NC	4		1	12	1
Choline, total.....mg	34.2		0	AS	1		4.7	75.3	3.4
Betaine.....mg	0.0		2	A	1		0.0	0.0	0.0
Vitamin B-12.....µg	0.12		2	A	1		0.02	0.26	0.01
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	16		0	AS	1		2	35	2
Retinol.....µg	15	0.564	4	A	1		2	34	2
Carotene, beta.....µg	6	0.311	6	A	1		1	13	1
Carotene, alpha.....µg	0	0.042	6	A	1		0	1	0
Cryptoxanthin, beta.....µg	4	0.149	6	A	1		1	9	0
Vitamin A, IU.....IU	65		0	AS	1		9	142	6
Lycopene.....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....µg	12	2.079	6	A	1		2	26	1
Vitamin E (alpha-tocopherol).....mg	3.28	0.170	6	A	1		0.45	7.21	0.33
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.74	0.063	6	A	1		0.10	1.63	0.07
Tocopherol, gamma.....mg	35.54	1.262	6	A	1		4.90	78.18	3.55
Tocopherol, delta.....mg	10.16	0.446	6	A	1		1.40	22.35	1.02
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

NDB No. 04025

Salad dressing, mayonnaise, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.2		0	FLA	4		0.0	0.4	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	7		0	FLA	4		1	15	1
Vitamin K (phylloquinone).....µg	163.0	13.418	4	A	1		22.5	358.6	16.3
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0	0.1	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.703		0	NC	4		1.615	25.748	1.170
4:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.055	0.001	12	A	1		0.008	0.121	0.006
15:0.....g	0.013	0.000	12	A	1		0.002	0.029	0.001
16:0.....g	7.909	0.028	12	A	1		1.091	17.399	0.791
17:0.....g	0.071	0.000	12	A	1		0.010	0.155	0.007
18:0.....g	3.099	0.023	12	A	1		0.428	6.818	0.310
20:0.....g	0.232	0.001	12	A	1		0.032	0.511	0.023
22:0.....g	0.240	0.003	12	A	1		0.033	0.528	0.024
24:0.....g	0.084	0.001	12	A	1		0.012	0.186	0.008
Fatty acids, total monounsaturated.....g	16.843		0	NC	4		2.324	37.054	1.684
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.088	0.001	12	AS	1		0.012	0.193	0.009
16:1 c.....g	0.085	0.001	12	A	1		0.012	0.187	0.009
16:1 t.....g	0.003	0.000	12	A	1		0.000	0.006	0.000
17:1.....g	0.041	0.000	12	A	1		0.006	0.089	0.004
18:1 undifferentiated.....g	16.455	0.073	12	AS	1		2.271	36.200	1.645
18:1 c.....g	16.428	0.073	12	A	1		2.267	36.142	1.643
18:1 t.....g	0.026	0.001	12	A	1		0.004	0.058	0.003
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.238	0.011	12	A	1		0.033	0.524	0.024
22:1 undifferentiated.....g	0.022	0.001	12	AS	1		0.003	0.048	0.002
22:1 c.....g	0.012	0.000	12	A	1		0.002	0.027	0.001
22:1 t.....g	0.009	0.000	12	A	1		0.001	0.021	0.001
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	44.690		0	NC	4		6.167	98.318	4.469
18:2 undifferentiated.....g	39.146	0.139	12	AS	1		5.402	86.122	3.915
18:2 n-6 c,c.....g	38.942	0.138	12	A	1		5.374	85.673	3.894
18:2 CLAs.....g	0.056	0.004	12	A	1		0.008	0.122	0.006
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.149	0.003	12	A	1		0.021	0.327	0.015
18:3 undifferentiated.....g	5.456	0.009	12	AS	1		0.753	12.004	0.546
18:3 n-3 c,c,c (ALA).....g	5.331	0.010	12	A	1		0.736	11.728	0.533
18:3 n-6 c,c,c.....g	0.125	0.003	12	A	1		0.017	0.276	0.013
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.030	0.000	12	A	1		0.004	0.066	0.003
20:3 undifferentiated.....g	0.002	0.001	12	AS	1		0.000	0.005	0.000
20:3 n-3.....g	0.002	0.001	12	A	1		0.000	0.005	0.000
20:3 n-6.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.050	0.001	12	A	1		0.007	0.110	0.005
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000

NDB No. 04025

Salad dressing, mayonnaise, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.005	0.001	12	A	1		0.001	0.011	0.001
Fatty acids, total trans.....g	0.187		0	NC	4		0.026	0.412	0.019
Fatty acids, total trans-monoenoic.....g	0.038		0	NC	4		0.005	0.085	0.004
Fatty acids, total trans-polyenoic.....g	0.149		0	NC	4		0.021	0.327	0.015
Cholesterol.....mg	42	0.302	12	A	1		6	93	4
Phytosterols.....mg									
Stigmasterol.....mg	39	1.600	3	A	1		5	85	4
Campesterol.....mg	39	4.671	3	A	1		5	86	4
Beta-sitosterol.....mg	102	6.657	3	A	1		14	225	10
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.002	0.037	0.002
Threonine.....g	0.055		0		1		0.008	0.121	0.006
Isoleucine.....g	0.065		0		1		0.009	0.143	0.007
Leucine.....g	0.095		0		1		0.013	0.209	0.010
Lysine.....g	0.072		0		1		0.010	0.158	0.007
Methionine.....g	0.035		0		1		0.005	0.077	0.004
Cystine.....g	0.023		0		1		0.003	0.051	0.002
Phenylalanine.....g	0.057		0		1		0.008	0.125	0.006
Tyrosine.....g	0.046		0		1		0.006	0.101	0.005
Valine.....g	0.074		0		1		0.010	0.163	0.007
Arginine.....g	0.072		0		1		0.010	0.158	0.007
Histidine.....g	0.026		0		1		0.004	0.057	0.003
Alanine.....g	0.061		0		1		0.008	0.134	0.006
Aspartic acid.....g	0.094		0		1		0.013	0.207	0.009
Glutamic acid.....g	0.143		0		1		0.020	0.315	0.014
Glycine.....g	0.037		0		1		0.005	0.081	0.004
Proline.....g	0.044		0		1		0.006	0.097	0.004
Serine.....g	0.088		0		1		0.012	0.194	0.009
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

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

Common Measures:

- Measure 1 = 13.8g: 1 tbsp
- Measure 2 = 220g: 1 cup
- Measure 3 = 10.0g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.30	0.400	25		1		2.11	33.66	
Energy.....kcal	717		0	NC	4		99	1577	
Energy.....kJ	2999		0		4		414	6598	
Protein (N x 6.25).....g	1.10	0.000	25		1		0.15	2.42	
Total lipid (fat).....g	79.40	0.000	678		1		10.96	174.68	
Ash.....g	1.50	0.100	25		1		0.21	3.30	
Carbohydrate, by difference.....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.48		0	O	4		0.07	1.06	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		2	40	
Iron, Fe.....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg.....mg	1		0		4		0	2	
Phosphorus, P.....mg	28		0		1		4	62	
Potassium, K.....mg	34		0		1		5	75	
Sodium, Na.....mg	568	2.420	408		1		78	1250	
Zinc, Zn.....mg	0.12		1		4		0.02	0.26	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.005		0		4		0.001	0.011	
Pantothenic acid.....mg	0.297		0		4		0.041	0.653	
Vitamin B-6.....mg	0.577		0		4		0.080	1.269	
Folate, total.....µg	8		0		4		1	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		0		4		1	17	
Folate, DFE.....µg	8		0	NC	4		1	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.26		0		4		0.04	0.56	
Vitamin A, RAE.....µg	84		0		1		12	185	
Retinol.....µg	84		0	NR	4		12	185	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	280		0		1		39	616	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	22.00		0		4		3.04	48.40	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	24.7	5.831	69	JO	11		3.4	54.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	8.600		0	1	1.187	18.920	
4:0.....g	0.000		0	4	0.000	0.000	
6:0.....g	0.000		0	4	0.000	0.000	
8:0.....g	0.000		0	4	0.000	0.000	
10:0.....g	0.000		0	4	0.000	0.000	
12:0.....g	0.000		2	1	0.000	0.000	
13:0.....g							
14:0.....g	0.100		2	1	0.014	0.220	
15:0.....g							
16:0.....g	6.100		2	1	0.842	13.420	
17:0.....g							
18:0.....g	2.400		2	1	0.331	5.280	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	13.000		0	1	1.794	28.600	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0	4	0.000	0.000	
17:1.....g							
18:1 undifferentiated.....g	13.000		2	1	1.794	28.600	
20:1.....g	0.000		0	4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	4	0.000	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	55.000		0	1	7.590	121.000	
18:2 undifferentiated.....g	52.000		2	1	7.176	114.400	
18:3 undifferentiated.....g	3.000		2	1	0.414	6.600	
18:4.....g	0.000		0	4	0.000	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	4	0.000	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	4	0.000	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	59		0	4	8	130	
Phytosterols.....mg	347		0	4	48	763	
Amino Acids:							
Tryptophan.....g	0.017		0	1	0.002	0.037	
Threonine.....g	0.055		0	1	0.008	0.121	
Isoleucine.....g	0.065		0	1	0.009	0.143	
Leucine.....g	0.095		0	1	0.013	0.209	
Lysine.....g	0.072		0	1	0.010	0.158	
Methionine.....g	0.035		0	1	0.005	0.077	
Cystine.....g	0.023		0	1	0.003	0.051	
Phenylalanine.....g	0.057		0	1	0.008	0.125	
Tyrosine.....g	0.046		0	1	0.006	0.101	
Valine.....g	0.074		0	1	0.010	0.163	
Arginine.....g	0.072		0	1	0.010	0.158	
Histidine.....g	0.026		0	1	0.004	0.057	
Alanine.....g	0.061		0	1	0.008	0.134	
Aspartic acid.....g	0.094		0	1	0.013	0.207	
Glutamic acid.....g	0.143		0	1	0.020	0.315	
Glycine.....g	0.037		0	1	0.005	0.081	
Proline.....g	0.044		0	1	0.006	0.097	
Serine.....g	0.088		0	1	0.012	0.194	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

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

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

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.70		0		4		2.30	36.74	
Energy.....kcal	717		0	NC	4		99	1577	
Energy.....kJ	2999		0		4		414	6598	
Protein (N x 6.25).....g	1.10		0		1		0.15	2.42	
Total lipid (fat).....g	79.40		0		1		10.96	174.68	
Ash.....g	0.10		0		4		0.01	0.22	
Carbohydrate, by difference.....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		2	40	
Iron, Fe.....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	28		0		1		4	62	
Potassium, K.....mg	34		0		1		5	75	
Sodium, Na.....mg	30		0		1		4	66	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
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	84		0		1		12	185	
Vitamin A, IU.....IU	280		0		1		39	616	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.800		0		1		1.628	25.960	
Fatty acids, total monounsaturated.....g	22.700		0		1		3.133	49.940	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.014	0.220	
17:1.....g									
18:1 undifferentiated.....g	22.500		0		1				

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	22.500				1		3.105	49.500	
20:1.....g	0.100		0		1		0.014	0.220	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.100		0		1		5.120	81.620	
18:2 undifferentiated.....g	37.100		0		1		5.120	81.620	
18:3 undifferentiated.....g	4.200		0		1		0.580	9.240	
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	59		0		1		8	130	
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 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04709

Salad dressing, mayonnaise-type, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	1.484		0	NC					4
4:0.....g	0.000		0	BFFN					4
6:0.....g	0.000		0	BFFN					4
8:0.....g	0.000		0	BFFN					4
10:0.....g	0.000		0	BFFN					4
12:0.....g	0.000		0	BFFN					4
13:0.....g									
14:0.....g	0.008		0	BFFN					4
15:0.....g									
16:0.....g	1.019		0	BFFN					4
17:0.....g									
18:0.....g	0.457		0	BFFN					4
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.335		0	NC					4
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	BFFN					4
17:1.....g									
18:1 undifferentiated.....g	2.276		0	BFFN					4
20:1.....g	0.031		0	BFFN					4
22:1 undifferentiated.....g	0.015		0	BFFN					4
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.638		0	NC					4
18:2 undifferentiated.....g	4.972		0	BFFN					4
18:3 undifferentiated.....g	0.659		0	BFFN					4
18:4.....g	0.000		0	BFFN					4
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	BFFN					4
20:5 n-3 (EPA).....g	0.000		0	BFFN					4
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN					4
22:6 n-3 (DHA).....g	0.000		0	BFFN					4
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0						8
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN					4
Caffeine.....mg	0		0	BFFN					4
Theobromine.....mg	0		0	BFFN					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: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	10.527		1		1		1.411	2.737	
4:0.....g	0.128		0		4		0.017	0.033	
6:0.....g	0.048		0		4		0.006	0.012	
8:0.....g	0.026		0		4		0.003	0.007	
10:0.....g	0.064		0		4		0.009	0.017	
12:0.....g	0.087		0		4		0.012	0.023	
13:0.....g									
14:0.....g	0.352		0		4		0.047	0.092	
15:0.....g									
16:0.....g	7.062		0		4		0.946	1.836	
17:0.....g									
18:0.....g	2.570		0		4		0.344	0.668	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.840		1		1		1.989	3.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.229		0		4		0.031	0.060	
17:1.....g									
18:1 undifferentiated.....g	14.386		0		4		1.928	3.740	
20:1.....g	0.120		0		4		0.016	0.031	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.972		1		1		4.418	8.573	
18:2 undifferentiated.....g	29.006		0		4		3.887	7.542	
18:3 undifferentiated.....g	3.861		0		4		0.517	1.004	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0		4		0.005	0.010	
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.010		0		4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	49		1		1		7	13	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04704

Salad dressing, poppyseed, creamy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	6.061		0	FLC	4		2.000		
4:0.....g	0.156		0	FLC	4		0.051		
6:0.....g	0.093		0	FLC	4		0.031		
8:0.....g	0.046		0	FLC	4		0.015		
10:0.....g	0.102		0	FLC	4		0.034		
12:0.....g	0.119		0	FLC	4		0.039		
13:0.....g									
14:0.....g	0.400		0	FLC	4		0.132		
15:0.....g									
16:0.....g	3.449		0	FLC	4		1.138		
17:0.....g									
18:0.....g	1.465		0	FLC	4		0.483		
20:0.....g	0.084		0	FLC	4		0.028		
22:0.....g	0.079		0	FLC	4		0.026		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	8.207		0	FLC	4		2.708		
14:1.....g	0.044		0	FLC	4		0.014		
15:1.....g									
16:1 undifferentiated.....g	0.092		0	FLC	4		0.030		
17:1.....g									
18:1 undifferentiated.....g	7.980		0	FLC	4		2.634		
20:1.....g	0.078		0	FLC	4		0.026		
22:1 undifferentiated.....g	0.001		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	17.326		0	FLC	4		5.718		
18:2 undifferentiated.....g	15.297		0	FLC	4		5.048		
18:3 undifferentiated.....g	1.989		0	FLC	4		0.656		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.010		0	FLC	4		0.003		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.144		0	FLC	4		0.048		
Cholesterol.....mg	15		1	LC	8		5		
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 = 33g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04638

Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	34.8		2	A	1		5.2	10.4	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.250		0	NC	4		0.187	0.375	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.013		2	A	1		0.002	0.004	
15:0.....g									
16:0.....g	0.793		2	A	1		0.119	0.238	
17:0.....g	0.004		2	A	1		0.001	0.001	
18:0.....g	0.377		2	A	1		0.057	0.113	
20:0.....g	0.034		2	A	1		0.005	0.010	
22:0.....g	0.028		2	A	1		0.004	0.009	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.794		0	NC	4		0.419	0.838	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.013		0	AS	1		0.002	0.004	
16:1 c.....g	0.013		2	A	1		0.002	0.004	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	2.725		0	AS	1		0.409	0.817	
18:1 c.....g	2.725		2	A	1		0.409	0.817	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.057		2	A	1		0.008	0.017	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.213		0	NC	4		0.632	1.264	
18:2 undifferentiated.....g	3.685		0	AS	1		0.553	1.106	
18:2 n-6 c,c.....g	3.626		2	A	1		0.544	1.088	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.059		2	A	1		0.009	0.018	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.527		0	AS	1		0.079	0.158	
18:3 n-3 c,c,c (ALA).....g	0.527		2	A	1		0.079	0.158	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.059		0	NC	4		0.009	0.018	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.009	0.018	
Cholesterol.....mg	16	8.444	5	JA	6		2	5	

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

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

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04639

Salad dressing, ranch dressing, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.68	0.120	18	A	1		6.85	13.71	
Energy.....kcal	430		0	NC	4		64	129	
Energy.....kJ	1798		0	NC	4		270	539	
Protein.....g	1.32	0.073	18	A	1		0.20	0.40	
Total lipid (fat).....g	44.54	0.302	18	A	1		6.68	13.36	
Ash.....g	2.55	0.023	18	A	1		0.38	0.77	
Carbohydrate, by difference.....g	5.90		0	NC	4		0.89	1.77	
Fiber, total dietary.....g	0.0		3	A	1		0.0	0.0	
Sugars, total.....g	4.69	0.066	6	A	1		0.70	1.41	
Sucrose.....g	1.86	0.309	6	A	1		0.28	0.56	
Glucose (dextrose).....g	0.78	0.210	6	A	1		0.12	0.23	
Fructose.....g	0.68	0.206	6	A	1		0.10	0.20	
Lactose.....g	1.35	0.053	6	A	1		0.20	0.40	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.57	0.090	6	A	1		0.08	0.17	
Minerals:									
Calcium, Ca.....mg	28	1.564	18	A	1		4	8	
Iron, Fe.....mg	0.30	0.016	18	A	1		0.05	0.09	
Magnesium, Mg.....mg	5	0.150	18	A	1		1	1	
Phosphorus, P.....mg	186	7.522	18	A	1		28	56	
Potassium, K.....mg	64	2.911	18	A	1		10	19	
Sodium, Na.....mg	901	6.873	18	A	1		135	270	
Zinc, Zn.....mg	0.17	0.007	18	A	1		0.03	0.05	
Copper, Cu.....mg	0.019	0.000	18	A	1		0.003	0.006	
Manganese, Mn.....mg	0.033	0.001	18	A	1		0.005	0.010	
Selenium, Se.....µg	3.5		3	A	1		0.5	1.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		3	A	1		0.0	0.0	
Thiamin.....mg	0.015	0.001	9	A	1		0.002	0.005	
Riboflavin.....mg	0.087	0.004	9	A	1		0.013	0.026	
Niacin.....mg	0.054	0.003	9	A	1		0.008	0.016	
Pantothenic acid.....mg	0.272	0.011	6	A	1		0.041	0.082	
Vitamin B-6.....mg	0.030	0.002	9	A	1		0.004	0.009	
Folate, total.....µg	4		3	A	1		1	1	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	4		0	NR	4		1	1	
Folate, DFE.....µg	4		0	NC	4		1	1	
Choline, total.....mg	32.8		0	AS	1		4.9	9.8	
Betaine.....mg	0.4		1	A	1		0.1	0.1	
Vitamin B-12.....µg	0.17	0.011	9	A	1		0.03	0.05	
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....µg	15		0	AS	1		2	4	
Retinol.....µg	13		3	A	1		2	4	
Carotene, beta.....µg	14	8.835	9	A	1		2	4	
Carotene, alpha.....µg	0	0.071	9	A	1		0	0	
Cryptoxanthin, beta.....µg	1	0.039	9	A	1		0	0	
Vitamin A, IU.....IU	69		0	AS	1		10	21	
Lycopene.....µg	0	0.279	9	A	1		0	0	
Lutein + zeaxanthin.....µg	21	1.811	9	A	1		3	6	
Vitamin E (alpha-tocopherol).....mg	2.22	0.079	9	A	1		0.33	0.67	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.37	0.027	9	A	1		0.06	0.11	
Tocopherol, gamma.....mg	30.31	1.397	9	A	1		4.55	9.09	
Tocopherol, delta.....mg	8.80	0.735	9	A	1		1.32	2.64	
Tocotrienol, alpha.....mg	0.00	0.000	9	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	

Salad dressing, ranch dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	9	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	0.1		2	A	1		0.0	0.0	
Vitamin D.....IU	3		2	A	1		0	1	
Vitamin K (phylloquinone).....µg	134.3		3	A	1		20.1	40.3	
Dihydrophyloquinone.....µg	0.0		3	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.964		0	NC	4		1.045	2.089	
4:0.....g	0.006	0.005	9	A	1		0.001	0.002	
6:0.....g	0.004	0.004	9	A	1		0.001	0.001	
8:0.....g	0.037	0.003	9	A	1		0.006	0.011	
10:0.....g	0.036	0.006	9	A	1		0.005	0.011	
12:0.....g	0.013	0.007	9	A	1		0.002	0.004	
13:0.....g									
14:0.....g	0.067	0.022	9	A	1		0.010	0.020	
15:0.....g	0.013	0.002	9	A	1		0.002	0.004	
16:0.....g	4.619	0.050	9	A	1		0.693	1.386	
17:0.....g	0.050	0.002	9	A	1		0.007	0.015	
18:0.....g	1.836	0.047	9	A	1		0.275	0.551	
20:0.....g	0.135	0.003	9	A	1		0.020	0.041	
22:0.....g	0.133	0.002	9	A	1		0.020	0.040	
24:0.....g	0.049	0.001	9	A	1		0.007	0.015	
Fatty acids, total monounsaturated.....g	9.202		0	NC	4		1.380	2.760	
14:1.....g									
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.056	0.004	9	AS	1		0.008	0.017	
16:1 c.....g	0.054	0.004	9	A	1		0.008	0.016	
16:1 t.....g	0.002	0.001	9	A	1		0.000	0.001	
17:1.....g	0.026	0.000	9	A	1		0.004	0.008	
18:1 undifferentiated.....g	8.949	0.112	9	AS	1		1.342	2.685	
18:1 c.....g	8.925	0.111	9	A	1		1.339	2.677	
18:1 t.....g	0.025	0.004	9	A	1		0.004	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.123	0.009	9	A	1		0.018	0.037	
22:1 undifferentiated.....g	0.048	0.001	9	AS	1		0.007	0.014	
22:1 c.....g	0.036	0.001	9	A	1		0.005	0.011	
22:1 t.....g	0.012	0.001	9	A	1		0.002	0.004	
24:1 c.....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	25.796		0	NC	4		3.869	7.739	
18:2 undifferentiated.....g	22.324	0.167	9	AS	1		3.349	6.697	
18:2 n-6 c,c.....g	22.153	0.157	9	A	1		3.323	6.646	
18:2 CLAs.....g	0.028	0.002	9	A	1		0.004	0.008	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.143	0.015	9	A	1		0.021	0.043	
18:3 undifferentiated.....g	3.415	0.046	9	AS	1		0.512	1.024	
18:3 n-3 c,c,c (ALA).....g	3.276	0.035	9	A	1		0.491	0.983	
18:3 n-6 c,c,c.....g	0.139	0.018	9	A	1		0.021	0.042	
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.019	0.000	9	A	1		0.003	0.006	
20:3 undifferentiated.....g	0.004	0.001	9	AS	1		0.001	0.001	
20:3 n-3.....g	0.001	0.000	9	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	9	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.030	0.001	9	A	1		0.005	0.009	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000	0.000	

NDB No. 04639

Salad dressing, ranch dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
22:6 n-3 (DHA).....g	0.004	0.001	9	A	1		0.001	0.001	
Fatty acids, total trans.....g	0.182		0	NC	4		0.027	0.055	
Fatty acids, total trans-monoenoic.....g	0.039		0	NC	4		0.006	0.012	
Fatty acids, total trans-polyenoic.....g	0.143		0	NC	4		0.021	0.043	
Cholesterol.....mg	26	0.594	9	A	1		4	8	
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	0.000		3	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 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04015
Salad dressing, russian dressing

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	2.390		1	MC	9		0.359	5.856	0.717
4:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0.....g	0.002		0	FLC	4		0.000	0.005	0.001
13:0.....g									
14:0.....g	0.021		0	FLC	4		0.003	0.052	0.006
15:0.....g									
16:0.....g	1.731		0	FLC	4		0.260	4.240	0.519
17:0.....g									
18:0.....g	0.636		0	FLC	4		0.095	1.559	0.191
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.928		0	FLC	4		0.889	14.524	1.778
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0	FLC	4		0.008	0.129	0.016
17:1.....g									
18:1 undifferentiated.....g	5.824		0	FLC	4		0.874	14.270	1.747
20:1.....g	0.051		0	FLC	4		0.008	0.125	0.015
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.830		0	FLC	4		2.225	36.334	4.449
18:2 undifferentiated.....g	13.089		0	FLC	4		1.963	32.067	3.927
18:3 undifferentiated.....g	1.741		0	FLC	4		0.261	4.266	0.522
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.170		1	MC	9		0.026	0.417	0.051
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

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

Common Measures:

- Measure 1 = 15g: 1 tbsp
- Measure 2 = 245g: 1 cup
- Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 3.4

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.600		0		1		0.096	1.560	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.400		0		1		0.064	1.040	
17:0.....g									
18:0.....g	0.200		0		1		0.032	0.520	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.900		0		1		0.144	2.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.900		0		1		0.144	2.340	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		0.368	5.980	
18:2 undifferentiated.....g	2.000		0		1		0.320	5.200	
18:3 undifferentiated.....g	0.300		0		1		0.048	0.780	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.324	3		1		1	16	
Phytosterols.....mg	10		0		4		2	26	
Amino Acids:									
Tryptophan.....g	0.007		0		4		0.001	0.018	
Threonine.....g	0.027		0		4		0.004	0.070	
Isoleucine.....g	0.029		0		4		0.005	0.075	
Leucine.....g	0.043		0		4		0.007	0.112	
Lysine.....g	0.034		0		4		0.005	0.088	
Methionine.....g	0.013		0		4		0.002	0.034	
Cystine.....g	0.009		0		4		0.001	0.023	
Phenylalanine.....g	0.022		0		4		0.004	0.057	
Tyrosine.....g	0.022		0		4		0.004	0.057	
Valine.....g	0.030		0		4		0.005	0.078	
Arginine.....g	0.035		0		4		0.006	0.091	
Histidine.....g	0.012		0		4		0.002	0.031	
Alanine.....g	0.025		0		4		0.004	0.065	
Aspartic acid.....g	0.042		0		4		0.007	0.109	
Glutamic acid.....g	0.061		0		4		0.010	0.159	
Glycine.....g	0.015		0		4		0.002	0.039	
Proline.....g	0.021		0		4		0.003	0.055	
Serine.....g	0.041		0		4		0.007	0.107	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 04022

Salad dressing, russian dressing, low calorie

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

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04016

Salad dressing, sesame seed dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	6.200		0		1		0.930	15.190	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	4.200	0.466	6		1		0.630	10.290	
17:0.....g									
18:0.....g	1.900	0.230	6		1		0.285	4.655	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.900		0		1		1.785	29.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.900	1.343	6		1		1.785	29.155	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		3.765	61.495	
18:2 undifferentiated.....g	23.200	2.518	6		1		3.480	56.840	
18:3 undifferentiated.....g	2.000	0.312	6		1		0.300	4.900	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	6		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		4		0.007	0.115	
Threonine.....g	0.049		0		4		0.007	0.120	
Isoleucine.....g	0.047		0		4		0.007	0.115	
Leucine.....g	0.082		0		4		0.012	0.201	
Lysine.....g	0.142		0		4		0.021	0.348	
Methionine.....g	0.029		0		4		0.004	0.071	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.086		0		4		0.013	0.211	
Tyrosine.....g	0.102		0		4		0.015	0.250	
Valine.....g	0.068		0		4		0.010	0.167	
Arginine.....g	0.399		0		4		0.060	0.978	
Histidine.....g	0.031		0		4		0.005	0.076	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.461		0		4		0.069	1.129	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	

NDB No. 04016

Salad dressing, sesame seed dressing, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	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 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04688

Salad dressing, spray-style dressing, assorted flavors

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

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

Common Measures:

Measure 1 = 8.0g: 1 serving (approximately 10 sprays)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43019
Salad dressing, sweet and sour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	39.6		0	FLA	4		6.3	99.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 250g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 43019
Salad dressing, sweet and sour

Food Group: 04 Fats and Oils
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.7		2	A	1		0.6	9.5	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.198		0	NC	4		0.032	0.507	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.001		1	A	1		0.000	0.003	
13:0.....g									
14:0.....g	0.002		1	A	1		0.000	0.005	
15:0.....g									
16:0.....g	0.129		1	A	1		0.021	0.330	
17:0.....g	0.002		1	A	1		0.000	0.005	
18:0.....g	0.052		1	A	1		0.008	0.133	
20:0.....g	0.006		1	A	1		0.001	0.015	
22:0.....g	0.004		1	A	1		0.001	0.010	
24:0.....g	0.002		1	A	1		0.000	0.005	
Fatty acids, total monounsaturated.....g	0.342		0	NC	4		0.055	0.876	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		1	A	1		0.001	0.018	
17:1.....g	0.009		1	A	1		0.001	0.023	
18:1 undifferentiated.....g	0.285		1	A	1		0.046	0.730	
20:1.....g	0.018		1	A	1		0.003	0.046	
22:1 undifferentiated.....g	0.023		1	A	1		0.004	0.059	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4		0.101	1.613	
18:2 undifferentiated.....g	0.538		1	A	1		0.086	1.377	
18:3 undifferentiated.....g	0.088		1	A	1		0.014	0.225	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.004		1	A	1		0.001	0.010	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		1	12	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

Calories Factors:

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....µg	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	27.6		0	FLA	4		4.1	67.6	4.1
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.746		0	NC	4		0.112	1.828	0.112
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.524		2	A	1		0.079	1.283	0.079
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.223		2	A	1		0.033	0.545	0.033
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	6.468		0	NC	4		0.970	15.845	0.970
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	6.285		2	A	1		0.943	15.398	0.943
20:1.....g	0.183		2	A	1		0.027	0.447	0.027
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.692		0	NC	4		0.404	6.594	0.404
18:2 undifferentiated.....g	1.955		2	A	1		0.293	4.789	0.293
18:3 undifferentiated.....g	0.737		2	A	1		0.111	1.806	0.111
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	11		2	JA	6		2	26	2
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	JA	6		0.000	0.000	0.000
Threonine.....g	0.000		0	JA	6		0.000	0.000	0.000
Isoleucine.....g	0.000		0	JA	6		0.000	0.000	0.000
Leucine.....g	0.000		0	JA	6		0.000	0.000	0.000
Lysine.....g	0.000		0	JA	6		0.000	0.000	0.000
Methionine.....g	0.000		0	JA	6		0.000	0.000	0.000
Cystine.....g	0.000		0	JA	6		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	JA	6		0.000	0.000	0.000
Tyrosine.....g	0.000		0	JA	6		0.000	0.000	0.000
Valine.....g	0.000		0	JA	6		0.000	0.000	0.000
Arginine.....g	0.000		0	JA	6		0.000	0.000	0.000
Histidine.....g	0.000		0	JA	6		0.000	0.000	0.000
Alanine.....g	0.000		0	JA	6		0.000	0.000	0.000

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.000		0	JA	6		0.000	0.000	0.000
Glutamic acid.....g	0.135		0	JA	6		0.020	0.332	0.020
Glycine.....g	0.000		0	JA	6		0.000	0.000	0.000
Proline.....g	0.000		0	JA	6		0.000	0.000	0.000
Serine.....g	0.000		0	JA	6		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
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 = 15g: 1 tablespoon
- Measure 2 = 245g: 1 cup
- Measure 3 = 15g: 1 serving (2 tbsp)

Calories Factors: Protein 3.9

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04017

Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D.....IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone).....µg	69.1		1	A	1	11.1	172.7	20.7	
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.092		0	NC	4	0.815	12.729	1.527	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:0.....g									
16:0.....g	3.516	0.087	4	A	1	0.562	8.789	1.055	
17:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:0.....g	1.341	0.029	4	A	1	0.214	3.351	0.402	
20:0.....g	0.122	0.004	4	A	1	0.019	0.304	0.036	
22:0.....g	0.114	0.002	4	A	1	0.018	0.285	0.034	
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	7.881		0	NC	4	1.261	19.703	2.364	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
17:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	7.727	0.344	4	A	1	1.236	19.318	2.318	
20:1.....g	0.154	0.004	4	A	1	0.025	0.385	0.046	
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.220		0	NC	4	2.915	45.549	5.466	
18:2 undifferentiated.....g	15.869	0.348	4	A	1	2.539	39.672	4.761	
18:3 undifferentiated.....g	2.351	0.063	4	A	1	0.376	5.877	0.705	
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2	A	1	4	65	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1	0.000	0.000	0.000	
Threonine.....g	0.000		0	A	1	0.000	0.000	0.000	
Isoleucine.....g	0.000		0	A	1	0.000	0.000	0.000	
Leucine.....g	0.000		0	A	1	0.000	0.000	0.000	
Lysine.....g	0.000		0	A	1	0.000	0.000	0.000	
Methionine.....g	0.000		0	A	1	0.000	0.000	0.000	
Cystine.....g	0.000		0	A	1	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0	A	1	0.000	0.000	0.000	
Tyrosine.....g	0.000		0	A	1	0.000	0.000	0.000	
Valine.....g	0.000		0	A	1	0.000	0.000	0.000	
Arginine.....g	0.000		0	A	1	0.000	0.000	0.000	
Histidine.....g	0.000		0	A	1	0.000	0.000	0.000	
Alanine.....g	0.000		0	A	1	0.000	0.000	0.000	
Aspartic acid.....g	0.110		0	A	1	0.018	0.275	0.033	
Glutamic acid.....g	0.250		0	A	1	0.040	0.626	0.075	
Glycine.....g	0.000		0	A	1	0.000	0.000	0.000	

NDB No. 04017

Salad dressing, thousand island, commercial, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	0.000		0	A	1	0.000	0.000	0.000
Serine.....g	0.000		0	A	1	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

Common Measures:

- Measure 1 = 16g: 1 tbsp
- Measure 2 = 250g: 1 cup
- Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.100		0		1		0.765	12.495	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	3.900	0.202	8		1		0.585	9.555	
17:0.....g									
18:0.....g	1.200	0.080	8		1		0.180	2.940	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.400		0		1		1.110	18.130	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.400	0.364	8		1		1.110	18.130	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.000		0		1		3.000	49.000	
18:2 undifferentiated.....g	18.100	0.848	8		1		2.715	44.345	
18:3 undifferentiated.....g	1.900	0.188	8		1		0.285	4.655	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	5.857	7		1		11	186	
Phytosterols.....mg	75		0		4		11	184	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.002	0.032	
Threonine.....g	0.049		0		4		0.007	0.120	
Isoleucine.....g	0.052		0		4		0.008	0.127	
Leucine.....g	0.077		0		4		0.012	0.189	
Lysine.....g	0.061		0		4		0.009	0.149	
Methionine.....g	0.023		0		4		0.003	0.056	
Cystine.....g	0.016		0		4		0.002	0.039	
Phenylalanine.....g	0.039		0		4		0.006	0.096	
Tyrosine.....g	0.039		0		4		0.006	0.096	
Valine.....g	0.055		0		4		0.008	0.135	
Arginine.....g	0.062		0		4		0.009	0.152	
Histidine.....g	0.022		0		4		0.003	0.054	
Alanine.....g	0.045		0		4		0.007	0.110	
Aspartic acid.....g	0.075		0		4		0.011	0.184	
Glutamic acid.....g	0.110		0		4		0.017	0.270	
Glycine.....g	0.027		0		4		0.004	0.066	
Proline.....g	0.037		0		4		0.006	0.091	
Serine.....g	0.075		0		4		0.011	0.184	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

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

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.92

Fat 8.84

Carbohydrate3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

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

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 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	27.200		0		1		3.482	55.760	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.100		1		1		0.013	0.205	
13:0.....g									
14:0.....g	0.400		1		1		0.051	0.820	
15:0.....g									
16:0.....g	18.000	1.629	3		1		2.304	36.900	
17:0.....g									
18:0.....g	8.800	2.903	3		1		1.126	18.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	54.200		0		1		6.938	111.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	54.200	1.609	3		1		6.938	111.110	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.100		0		1		1.805	28.905	
18:2 undifferentiated.....g	13.100	1.124	3		1		1.677	26.855	
18:3 undifferentiated.....g	1.100		1		1		0.141	2.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	91.300		0		1		11.686	187.165	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	4.300	0.625	3		1		0.550	8.815	
10:0.....g	4.300	0.634	3		1		0.550	8.815	
12:0.....g	35.800	3.295	3		1		4.582	73.390	
13:0.....g									
14:0.....g	14.400	1.421	3		1		1.843	29.520	
15:0.....g									
16:0.....g	10.700	0.599	3		1		1.370	21.935	
17:0.....g									
18:0.....g	21.900	5.376	3		1		2.803	44.895	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.200		0		1		0.282	4.510	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.200	0.316	3		1		0.282	4.510	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		0.128	2.050	
18:2 undifferentiated.....g	1.000		1		1		0.128	2.050	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	86		0		4		11	176	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	
Energy.....kcal	900		0	NC	4		115	1845	
Energy.....kJ	3766				4		482	7719	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		12.80	205.00	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	4.00		0		4		0.51	8.20	
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	44.900		0		1		5.747	92.045	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	3.400		1		1		0.435	6.970	
15:0.....g									
16:0.....g	24.500		1		1		3.136	50.225	
17:0.....g									
18:0.....g	17.000		1		1		2.176	34.850	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	38.500		0		1		4.928	78.925	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.300		1		1		0.550	8.815	
17:1.....g									
18:1 undifferentiated.....g	34.200		1		1		4.378	70.110	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.800		0		1		1.126	18.040	
18:2 undifferentiated.....g	8.300		1		1		1.062	17.015	
18:3 undifferentiated.....g	0.500		1		1		0.064	1.025	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		4		13	205	
Phytosterols.....mg	32		0		4		4	66	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	
Energy.....kcal	884		0	NC	4		113	1812	
Energy.....kJ	3699				4		473	7582	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		12.80	205.00	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	19.00		0		4		2.43	38.95	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....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:									

Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	47.500		0		1	6.080	97.375
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		4	0.000	0.000
15:0.....g							
16:0.....g	40.600	1.813	4		1	5.197	83.230
17:0.....g							
18:0.....g	6.900	0.767	4		1	0.883	14.145
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	40.600		0		1	5.197	83.230
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	40.600	1.714	4		1	5.197	83.230
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	7.500		0		1	0.960	15.375
18:2 undifferentiated.....g	7.500	2.186	4		1	0.960	15.375
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg	49		0		4	6	100
Amino Acids:							
Tryptophan.....g	0.000		0		4	0.000	0.000
Threonine.....g	0.000		0		4	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 04556

Shortening frying (heavy duty), palm (hydrogenated)

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	21.100		0		1		2.701	43.255	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	10.900		1		1		1.395	22.345	
17:0.....g									
18:0.....g	10.200		1		1		1.306	20.910	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	73.700		0		1		9.434	151.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	73.700		1		1		9.434	151.085	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.051	0.820	
18:2 undifferentiated.....g	0.300		1		1		0.038	0.615	
18:3 undifferentiated.....g	0.100		1		1		0.013	0.205	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	181		0		4		23	371	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	
Energy.....kcal	884		0	NC	4		113	1812	
Energy.....kJ	3699				4		473	7582	
Protein (N x 0).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	100.00		1		1		12.80	205.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	25.020		0		1		3.203	51.291	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.100		1		1		0.013	0.205	
10:0.....g	0.100		1		1		0.013	0.205	
12:0.....g	0.400	0.262	3		1		0.051	0.820	
13:0.....g									
14:0.....g	0.240		2		1		0.031	0.492	
15:0.....g									
16:0.....g	14.040		2		1		1.797	28.782	
17:0.....g									
18:0.....g	10.740		2		1		1.375	22.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	42.510		0		1		5.441	87.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.013	0.205	
17:1.....g									
18:1 undifferentiated.....g	42.220		2		1		5.404	86.551	
20:1.....g	0.190		2		1		0.024	0.390	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.640		0		1		3.410	54.612	
18:2 undifferentiated.....g	25.160		2		1		3.220	51.578	
18:3 undifferentiated.....g	1.480		2		1		0.189	3.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	148		1		1		19	303	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 04559

Shortening household soybean (hydrogenated) and palm

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04549

Shortening industrial, lard and 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	0.00		0		1		0.00	0.00	
Energy.....kcal	900		0	NC	4		115	1845	
Energy.....kJ	3766				4		482	7719	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		12.80	205.00	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.00		0		4		0.13	2.05	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Shortening industrial, lard and 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
Fatty acids, total saturated.....g	35.700		0		1		4.570	73.185	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.200		2		1		0.026	0.410	
13:0.....g									
14:0.....g	1.200		2		1		0.154	2.460	
15:0.....g									
16:0.....g	19.200	1.198	3		1		2.458	39.360	
17:0.....g									
18:0.....g	14.600	0.240	3		1		1.869	29.930	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	40.700		0		1		5.210	83.435	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		2		1		0.179	2.870	
17:1.....g									
18:1 undifferentiated.....g	38.000	1.934	3		1		4.864	77.900	
20:1.....g	0.600		2		1		0.077	1.230	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.200		0		1		2.458	39.360	
18:2 undifferentiated.....g	18.100	0.683	3		1		2.317	37.105	
18:3 undifferentiated.....g	1.000		2		1		0.128	2.050	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		7	115	
Phytosterols.....mg	13		0		4		2	27	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 04549

Shortening industrial, lard and vegetable oil

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	25.600		0		1		3.277	52.480	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.500	0.158	6		1		0.064	1.025	
15:0.....g									
16:0.....g	13.000	0.401	22		1		1.664	26.650	
17:0.....g									
18:0.....g	12.100	0.445	22		1		1.549	24.805	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	58.000		0		1		7.424	118.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.000	1.046	22		1		7.424	118.900	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.000		0		1		1.536	24.600	
18:2 undifferentiated.....g	11.400	1.028	22		1		1.459	23.370	
18:3 undifferentiated.....g	0.600	0.171	10		1		0.077	1.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04570

Shortening, confectionery, fractionated palm

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	
Energy.....kcal	884		0	NC	4		120	1927	
Energy.....kJ	3699				4		503	8063	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		13.60	218.00	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	19.00		0		4		2.58	41.42	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04570

Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	65.500		0		1	8.908	142.790
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	1.100		1		1	0.150	2.398
13:0.....g							
14:0.....g	0.900		1		1	0.122	1.962
15:0.....g							
16:0.....g	36.000		1		1	4.896	78.480
17:0.....g							
18:0.....g	26.200		1		1	3.563	57.116
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	29.600		0		1	4.026	64.528
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	29.300		1		1	3.985	63.874
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.500		0		1	0.068	1.090
18:2 undifferentiated.....g	0.500		1		1	0.068	1.090
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg	49		0		4	7	107
Amino Acids:							
Tryptophan.....g	0.000		0		4	0.000	0.000
Threonine.....g	0.000		0		4	0.000	0.000
Isoleucine.....g	0.000		0		4	0.000	0.000
Leucine.....g	0.000		0		4	0.000	0.000
Lysine.....g	0.000		0		4	0.000	0.000
Methionine.....g	0.000		0		4	0.000	0.000
Cystine.....g	0.000		0		4	0.000	0.000
Phenylalanine.....g	0.000		0		4	0.000	0.000
Tyrosine.....g	0.000		0		4	0.000	0.000
Valine.....g	0.000		0		4	0.000	0.000
Arginine.....g	0.000		0		4	0.000	0.000
Histidine.....g	0.000		0		4	0.000	0.000
Alanine.....g	0.000		0		4	0.000	0.000
Aspartic acid.....g	0.000		0		4	0.000	0.000
Glutamic acid.....g	0.000		0		4	0.000	0.000
Glycine.....g	0.000		0		4	0.000	0.000
Proline.....g	0.000		0		4	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 04570

Shortening, confectionery, fractionated palm

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening, household, lard and 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
Lipids:									
Fatty acids, total saturated.....g	40.300		0		1		5.158	82.615	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.100		7		1		0.013	0.205	
12:0.....g	0.100		10		1		0.013	0.205	
13:0.....g									
14:0.....g	1.600	0.132	13		1		0.205	3.280	
15:0.....g									
16:0.....g	23.000	0.247	20		1		2.944	47.150	
17:0.....g									
18:0.....g	15.200	0.746	20		1		1.946	31.160	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.400		0		1		5.683	91.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.100	0.226	14		1		0.397	6.355	
17:1.....g									
18:1 undifferentiated.....g	40.900	0.793	20		1		5.235	83.845	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.900		0		1		1.395	22.345	
18:2 undifferentiated.....g	9.700	0.476	20		1		1.242	19.885	
18:3 undifferentiated.....g	1.100	0.131	12		1		0.141	2.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		7	115	
Phytosterols.....mg	13		0		4		2	27	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	

NDB No. 04544

Shortening, household, lard and vegetable oil

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	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 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	25.000		0		1		3.200	51.250	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.400		11		1		0.051	0.820	
15:0.....g									
16:0.....g	14.100	0.470	19		1		1.805	28.905	
17:0.....g									
18:0.....g	10.600	0.359	19		1		1.357	21.730	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.500		0		1		5.696	91.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	44.500	1.002	19		1		5.696	91.225	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.100		0		1		3.341	53.505	
18:2 undifferentiated.....g	24.500	1.106	19		1		3.136	50.225	
18:3 undifferentiated.....g	1.600	0.189	17		1		0.205	3.280	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 04031

Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.416		0	NC	4		2.229	35.703	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.075		1	A	1		0.010	0.154	
15:0.....g	0.037		1	A	1		0.005	0.076	
16:0.....g	10.439		1	A	1		1.336	21.399	
17:0.....g	0.095		1	A	1		0.012	0.195	
18:0.....g	6.090		1	A	1		0.779	12.484	
20:0.....g	0.392		1	A	1		0.050	0.804	
22:0.....g	0.288		1	A	1		0.037	0.591	
24:0.....g									
Fatty acids, total monounsaturated.....g	40.824		0	NC	4		5.225	83.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0	AS	1		0.017	0.272	
16:1 c.....g	0.133		1	A	1		0.017	0.272	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	40.490		0	AS	1		5.183	83.004	
18:1 c.....g	30.744		1	A	1		3.935	63.024	
18:1 t.....g	9.746		1	A	1		1.248	19.980	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.201		1	A	1		0.026	0.413	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.038		0	NC	4		4.613	73.877	
18:2 undifferentiated.....g	33.715		0	AS	1		4.316	69.116	
18:2 n-6 c,c.....g	30.372		1	A	1		3.888	62.263	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	3.343		1	A	1		0.428	6.853	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.323		0	AS	1		0.297	4.762	
18:3 n-3 c,c,c (ALA).....g	1.628		1	A	1		0.208	3.337	
18:3 n-6 c,c,c.....g									
18:3i.....g	0.695		1	A	1		0.089	1.425	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	13.784		0	NC	4		1.764	28.257	
Fatty acids, total trans-monoenoic.....g	9.746		0	NC	4		1.248	19.980	
Fatty acids, total trans-polyenoic.....g	4.038		0	NC	4		0.517	8.277	
Cholesterol.....mg	0		0	BFZN	4		0	0	
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.

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	18.788		0	NC	4		2.405	38.516	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.094		1	A	1		0.012	0.193	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	10.638		1	A	1		1.362	21.807	
17:0.....g	0.114		1	A	1		0.015	0.234	
18:0.....g	7.281		1	A	1		0.932	14.926	
20:0.....g	0.316		1	A	1		0.040	0.647	
22:0.....g	0.346		1	A	1		0.044	0.709	
24:0.....g									
Fatty acids, total monounsaturated.....g	71.023		0	NC	4		9.091	145.598	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	AS	1		0.007	0.116	
16:1 c.....g	0.057		1	A	1		0.007	0.116	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	70.967		0	AS	1		9.084	145.481	
18:1 c.....g	30.848		1	A	1		3.949	63.239	
18:1 t.....g	40.118		1	A	1		5.135	82.242	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.400		0	NC	4		0.691	11.070	
18:2 undifferentiated.....g	5.000		0	AS	1		0.640	10.250	
18:2 n-6 c,c.....g	2.667		1	A	1		0.341	5.467	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.333		1	A	1		0.299	4.783	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g									
18:3i.....g	0.400		1	A	1		0.051	0.820	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	42.851		0	NC	4		5.485	87.845	
Fatty acids, total trans-monoenoic.....g	40.118		0	NC	4		5.135	82.242	
Fatty acids, total trans-polyenoic.....g	2.733		0	NC	4		0.350	5.603	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	
Valine.....g	0.000		0	BFZN	4		0.000	0.000	
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	
Proline.....g	0.000		0	BFZN	4		0.000	0.000	
Serine.....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline.....g									
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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	18.358		0	NC	4		2.497	40.021	0.826
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.085		1	A	1		0.012	0.185	0.004
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	10.714		1	A	1		1.457	23.355	0.482
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	6.709		1	A	1		0.912	14.626	0.302
20:0.....g	0.354		1	A	1		0.048	0.772	0.016
22:0.....g	0.355		1	A	1		0.048	0.775	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	38.870		0	NC	4		5.286	84.737	1.749
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	38.603		0	AS	1		5.250	84.155	1.737
18:1 c.....g	29.315		1	A	1		3.987	63.906	1.319
18:1 t.....g	9.289		1	A	1		1.263	20.250	0.418
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.163		1	A	1		0.022	0.355	0.007
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	38.009		0	NC	4		5.169	82.859	1.710
18:2 undifferentiated.....g	34.829		0	AS	1		4.737	75.928	1.567
18:2 n-6 c,c.....g	32.239		1	A	1		4.384	70.280	1.451
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	2.591		1	A	1		0.352	5.647	0.117
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.485		0	AS	1		0.338	5.417	0.112
18:3 n-3 c,c,c (ALA).....g	2.485		1	A	1		0.338	5.417	0.112
18:3 n-6 c,c,c.....g									
18:3i.....g	0.695		1	A	1		0.095	1.515	0.031
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		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	12.574		0	NC	4		1.710	27.412	0.566
Fatty acids, total trans-monoenoic.....g	9.289		0	NC	4		1.263	20.250	0.418
Fatty acids, total trans-polyenoic.....g	3.285		0	NC	4		0.447	7.162	0.148
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	
Energy.....kcal	884		0	NC	4		113	1812	
Energy.....kJ	3699				4		473	7582	
Protein (N x 0).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	100.00		1		1		12.80	205.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	30.423		0		1		3.894	62.367	
4:0.....g									
6:0.....g									
8:0.....g	0.101		1		1		0.013	0.207	
10:0.....g	0.101		1		1		0.013	0.207	
12:0.....g	0.403		1		1		0.052	0.826	
13:0.....g									
14:0.....g	0.403		1		1		0.052	0.826	
15:0.....g									
16:0.....g	19.442		1		1		2.489	39.856	
17:0.....g									
18:0.....g	9.973		1		1		1.277	20.445	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	50.973		0		1		6.525	104.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	50.973		1		1		6.525	104.495	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.204		0		1		1.818	29.118	
18:2 undifferentiated.....g	13.600		1		1		1.741	27.880	
18:3 undifferentiated.....g	0.604		1		1		0.077	1.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	28.843		0		1	3.692	59.128
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.450		1		1	0.058	0.923
15:0.....g							
16:0.....g	23.392		1		1	2.994	47.954
17:0.....g							
18:0.....g	5.001		1		1	0.640	10.252
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	29.583		0		1	3.787	60.645
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.230		1		1	0.029	0.472
17:1.....g							
18:1 undifferentiated.....g	29.353		1		1	3.757	60.174
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	37.174		0		1	4.758	76.207
18:2 undifferentiated.....g	33.984		1		1	4.350	69.667
18:3 undifferentiated.....g	3.190		1		1	0.408	6.540
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	20.001		0		1	2.560	41.002
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	9.666		1		1	1.237	19.815
17:0.....g							
18:0.....g	10.335		1		1	1.323	21.187
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	36.555		0		1	4.679	74.938
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	36.555		1		1	4.679	74.938
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	37.991		0		1	4.863	77.882
18:2 undifferentiated.....g	35.790		1		1	4.581	73.370
18:3 undifferentiated.....g	2.201		1		1	0.282	4.512
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Shortening, vegetable, household, composite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Lipids:										
Fatty acids, total saturated.....g	24.980		0	NC	4			3.197	51.209	
4:0.....g	0.000	0.000	7	A	1			0.000	0.000	
6:0.....g	0.000	0.000	7	A	1			0.000	0.000	
8:0.....g	0.000	0.000	7	A	1			0.000	0.000	
10:0.....g	0.000	0.000	7	A	1			0.000	0.000	
12:0.....g	0.000	0.000	7	A	1			0.000	0.000	
13:0.....g										
14:0.....g	0.167	0.007	7	A	1			0.021	0.342	
15:0.....g										
16:0.....g	12.460	0.341	7	A	1			1.595	25.543	
17:0.....g	0.095	0.026	7	A	1			0.012	0.196	
18:0.....g	11.412	0.149	7	A	1			1.461	23.394	
20:0.....g	0.428	0.005	7	A	1			0.055	0.878	
22:0.....g	0.367	0.011	7	A	1			0.047	0.752	
24:0.....g	0.052	0.018	7	A	1			0.007	0.106	
Fatty acids, total monounsaturated.....g	41.186		0	NC	4			5.272	84.431	
14:1.....g	0.000	0.000	7	A	1			0.000	0.000	
15:1.....g										
16:1 undifferentiated.....g	0.021	0.011	7	JA	6			0.003	0.044	
17:1.....g										
18:1 undifferentiated.....g	41.076		0	AS	1			5.258	84.206	
18:1 c.....g	30.309	0.703	7	A	1			3.880	62.133	
18:1 t.....g	10.767	1.005	7	A	1			1.378	22.073	
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.088	0.038	7	A	1			0.011	0.181	
22:1 undifferentiated.....g	0.000	0.000	7	JA	6			0.000	0.000	
24:1 c.....g	0.000	0.000	7	A	1			0.000	0.000	
Fatty acids, total polyunsaturated.....g	28.097		0	NC	4			3.596	57.598	
18:2 undifferentiated.....g	26.213		0	AS	1			3.355	53.737	
18:2 n-6 c,c.....g	23.760	1.182	7	A	1			3.041	48.708	
18:2 CLAs.....g	0.057	0.027	6	A	1			0.007	0.116	
18:2 t,t.....g										
18:2 i.....g	2.397	0.218	7	A	1			0.307	4.913	
18:2 t not further defined.....g										
18:3 undifferentiated.....g	1.883		0	AS	1			0.241	3.861	
18:3 n-3 c,c,c (ALA).....g	1.883	0.207	7	A	1			0.241	3.861	
18:3 n-6 c,c,c.....g										
18:3i.....g										
18:4.....g	0.000	0.000	7	A	1			0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.000	0.000	7	A	1			0.000	0.000	
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.000	0.000	7	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	7	A	1			0.000	0.000	
Fatty acids, total trans.....g	13.164		0	NC	4			1.685	26.986	
Fatty acids, total trans-monoenoic.....g	10.767		0	NC	4			1.378	22.073	
Fatty acids, total trans-polyenoic.....g	2.397		0	NC	4			0.307	4.913	
Cholesterol.....mg	0	0.000	6	A	1			0	0	
Phytosterols.....mg										
Stigmasterol.....mg	51	5.653	6	A	1			7	105	
Campesterol.....mg	50	3.624	6	A	1			6	103	
Beta-sitosterol.....mg	138	14.003	6	A	1			18	282	
Others:										
Alcohol, ethyl.....g	0.0		0	Z	7			0.0	0.0	
Caffeine.....mg	0		0	BFZN	4			0	0	
Theobromine.....mg	0		0	BFZN	4			0	0	

NDB No. 04615

Shortening, vegetable, household, composite

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

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04670

USDA Commodity Food, oil, vegetable, low saturated fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	1927	40
Energy.....kJ	3699		0	BFZN	4		503	8063	166
Protein (N x 0).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	1	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....µg	0		0	BFZN	4		0	0	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	0		0	BFZN	4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	0
Retinol.....µg	0		0	BFZN	4		0	0	0
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	0		0	BFZN	4		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.21		0	BFZN	4		1.25	20.09	0.41
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	197.6		0	BFZN	4		26.9	430.7	8.9
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
Fatty acids, total saturated.....g	7.429		0	NC	4	1.010	16.196	0.334
4:0.....g	0.000		1	A	1	0.000	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000	0.000
10:0.....g	0.000		1	A	1	0.000	0.000	0.000
12:0.....g	0.000		1	A	1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		1	A	1	0.000	0.000	0.000
15:0.....g								
16:0.....g	4.172		1	A	1	0.567	9.094	0.188
17:0.....g	0.000		1	A	1	0.000	0.000	0.000
18:0.....g	3.183		1	A	1	0.433	6.939	0.143
20:0.....g	0.037		1	A	1	0.005	0.081	0.002
22:0.....g	0.037		1	A	1	0.005	0.081	0.002
24:0.....g								
Fatty acids, total monounsaturated.....g	22.730		0	NC	4	3.091	49.552	1.023
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
16:1 c.....g	0.000		1	A	1	0.000	0.000	0.000
16:1 t.....g								
17:1.....g								
18:1 undifferentiated.....g	22.730		0	AS	1	3.091	49.552	1.023
18:1 c.....g	22.730		1	A	1	3.091	49.552	1.023
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		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	65.138		0	NC	4	8.859	142.001	2.931
18:2 undifferentiated.....g	57.733		0	AS	1	7.852	125.857	2.598
18:2 n-6 c,c.....g	56.601		1	A	1	7.698	123.390	2.547
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g	1.131		1	A	1	0.154	2.466	0.051
18:2 t not further defined.....g								
18:3 undifferentiated.....g	7.406		0	A	1	1.007	16.144	0.333
18:3 n-3 c,c,c (ALA).....g	5.960		1	A	1	0.810	12.992	0.268
18:3 n-6 c,c,c.....g								
18:3i.....g	1.446		1	A	1	0.197	3.152	0.065
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		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	2.577		0	NC	4	0.351	5.619	0.116
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	2.577		0	NC	4	0.351	5.619	0.116
Cholesterol.....mg	0		0	BFZN	4	0	0	0
Phytosterols.....mg	250		0	BFZN	4	34	545	11
Amino Acids:								
Tryptophan.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000

NDB No. 04670

USDA Commodity Food, oil, vegetable, low saturated fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04669
 USDA Commodity Food, oil, vegetable, soybean, refined

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	1927	40
Energy.....kJ	3699		0	BFZN	4		503	8063	166
Protein (N x 0).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00	0.000	3	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	1	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....µg	0		0	BFZN	4		0	0	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	0		0	BFZN	4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	0
Retinol.....µg	0		0	BFZN	4		0	0	0
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	0		0	BFZN	4		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.18		0	BFZN	4		1.11	17.83	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	183.9		0	BFZN	4		25.0	400.9	8.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	15.251		0	NC	4				
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.041	0.025	3	A	1	0.006	0.089	0.002	
15:0.....g									
16:0.....g	10.657	0.095	3	A	1	1.449	23.231	0.480	
17:0.....g	0.047	0.031	3	A	1	0.006	0.103	0.002	
18:0.....g	4.003	0.161	3	A	1	0.544	8.726	0.180	
20:0.....g	0.242	0.103	3	A	1	0.033	0.528	0.011	
22:0.....g	0.262	0.113	3	A	1	0.036	0.571	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	22.727		0	NC	4	3.091	49.544	1.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0	AS	1	0.003	0.054	0.001	
16:1 c.....g	0.025	0.012	3	A	1	0.003	0.054	0.001	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	22.571		0	AS	1	3.070	49.206	1.016	
18:1 c.....g	22.571	0.484	3	A	1	3.070	49.206	1.016	
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.131	0.047	3	A	1	0.018	0.285	0.006	
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	57.333		0	NC	4	7.797	124.987	2.580	
18:2 undifferentiated.....g	50.299		0	AS	1	6.841	109.652	2.263	
18:2 n-6 c,c.....g	50.118	0.539	3	A	1	6.816	109.258	2.255	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.181	0.143	3	A	1	0.025	0.394	0.008	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	7.034		0	A	1	0.957	15.335	0.317	
18:3 n-3 c,c,c (ALA).....g	6.537	0.314	3	A	1	0.889	14.251	0.294	
18:3 n-6 c,c,c.....g									
18:3i.....g	0.497	0.209	3	A	1	0.068	1.084	0.022	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.678		0	NC	4	0.092	1.478	0.031	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.678		0	NC	4	0.092	1.478	0.031	
Cholesterol.....mg	0		0	BFZN	4	0	0	0	
Phytosterols.....mg	250		0	BFZN	4	34	545	11	
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
Threonine.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
Leucine.....g	0.000		0	BFZN	4	0.000	0.000	0.000	
Lysine.....g	0.000		0	BFZN	4	0.000	0.000	0.000	

NDB No. 04669

USDA Commodity Food, oil, vegetable, soybean, refined

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Methionine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	4	0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	81.500		0		1		11.084	177.670	22.005
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.200		14		1		0.027	0.436	0.054
8:0.....g	3.300		14		1		0.449	7.194	0.891
10:0.....g	3.700		14		1		0.503	8.066	0.999
12:0.....g	47.000		14		1		6.392	102.460	12.690
13:0.....g									
14:0.....g	16.400		14		1		2.230	35.752	4.428
15:0.....g									
16:0.....g	8.100		14		1		1.102	17.658	2.187
17:0.....g									
18:0.....g	2.800		14		1		0.381	6.104	0.756
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.400		0		1		1.550	24.852	3.078
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400		14		1		1.550	24.852	3.078
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		0.218	3.488	0.432
18:2 undifferentiated.....g	1.600		14		1		0.218	3.488	0.432
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	95	0.000	14		1		13	207	26
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 04513
Vegetable oil, palm kernel

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 27g: 2 tbsp (1/8 cup)

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42151

Vegetable oil-butter spread, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.880		0		4		2.324	37.012	
4:0.....g	0.710		0		4		0.092	1.470	
6:0.....g	0.460		0		4		0.060	0.952	
8:0.....g	0.300		0		4		0.039	0.621	
10:0.....g	0.660		0		4		0.086	1.366	
12:0.....g	0.760		0		4		0.099	1.573	
13:0.....g									
14:0.....g	2.130		0		4		0.277	4.409	
15:0.....g									
16:0.....g	9.020		0		4		1.173	18.671	
17:0.....g									
18:0.....g	4.000		0		4		0.520	8.280	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.770		0		4		2.700	42.994	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		4		0.053	0.849	
17:1.....g									
18:1 undifferentiated.....g	20.160		0		4		2.621	41.731	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.150		0		4		1.450	23.081	
18:2 undifferentiated.....g	10.690		0		4		1.390	22.128	
18:3 undifferentiated.....g	0.460		0		4		0.060	0.952	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		1		1		7	112	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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 = 13.0g: 1 tbsp

Measure 2 = 207g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

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