



NDB No. 43212  
 Bacon bits, meatless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	4.055		0		4	0.284	
4:0.....g	0.000		0		4	0.000	
6:0.....g	0.000		0		4	0.000	
8:0.....g	0.000		0		4	0.000	
10:0.....g	0.000		0		4	0.000	
12:0.....g	0.215		0		4	0.015	
13:0.....g							
14:0.....g	0.143		0		4	0.010	
15:0.....g							
16:0.....g	2.672		0		4	0.187	
17:0.....g							
18:0.....g	1.026		0		4	0.072	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.225		0		4	0.436	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	
17:1.....g							
18:1 undifferentiated.....g	6.225		0		4	0.436	
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	13.548		0		4	0.948	
18:2 undifferentiated.....g	12.070		0		4	0.845	
18:3 undifferentiated.....g	1.479		0		4	0.104	
18:4.....g	0.000		0		4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		7	0	
Phytosterols.....mg							
<b>Others:</b>							
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 = 7.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16104**  
**Bacon, meatless**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.622		0		1		6.656	0.740	0.231
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	0.245		0		1		0.353	0.039	0.012
13:0.....g									
14:0.....g	0.163		0		1		0.235	0.026	0.008
15:0.....g									
16:0.....g	3.045		0		1		4.385	0.487	0.152
17:0.....g									
18:0.....g	1.169		0		1		1.683	0.187	0.058
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.095		0		1		10.217	1.135	0.355
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	7.095		0		1		10.217	1.135	0.355
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	15.441		0		1		22.235	2.471	0.772
18:2 undifferentiated.....g	13.756		0		1		19.809	2.201	0.688
18:3 undifferentiated.....g	1.686		0		1		2.428	0.270	0.084
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.161		12		1		0.232	0.026	0.008
Threonine.....g	0.453		18		1		0.652	0.072	0.023
Isoleucine.....g	0.559		18		1		0.805	0.089	0.028
Leucine.....g	0.914		18		1		1.316	0.146	0.046
Lysine.....g	0.727		18		1		1.047	0.116	0.036
Methionine.....g	0.146		17		1		0.210	0.023	0.007
Cystine.....g	0.176		14		1		0.253	0.028	0.009
Phenylalanine.....g	0.611		17		1		0.880	0.098	0.031
Tyrosine.....g	0.400		17		1		0.576	0.064	0.020
Valine.....g	0.593		18		1		0.854	0.095	0.030
Arginine.....g	0.875		15		1		1.260	0.140	0.044
Histidine.....g	0.299		15		1		0.431	0.048	0.015
Alanine.....g	0.492		14		1		0.708	0.079	0.025
Aspartic acid.....g	1.330		13		1		1.915	0.213	0.067
Glutamic acid.....g	2.429		14		1		3.498	0.389	0.121
Glycine.....g	0.473		14		1		0.681	0.076	0.024
Proline.....g	0.643		14		1		0.926	0.103	0.032
Serine.....g	0.626		14		1		0.901	0.100	0.031
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

**NDB No. 16104**  
**Bacon, meatless**

Nutrients and Units	<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 = 144g: 1 cup
- Measure 2 = 16g: 1 oz cooked, yield
- Measure 3 = 5.0g: 1 strip

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

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16302

Beans, adzuki, mature seed, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	66.29		2		1		152.47		
Energy.....kcal	128		0	NC	4		294		
Energy.....kJ	536		0		4		1232		
Protein (N x 6.25).....g	7.52		1		1		17.30		
Total lipid (fat).....g	0.10		2		1		0.23		
Ash.....g	1.33		1		1		3.06		
Carbohydrate, by difference.....g	24.77		0	NC	4		56.97		
Fiber, total dietary.....g	7.3		0	BFSN	4		16.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1		1		64		
Iron, Fe.....mg	2.00		1		1		4.60		
Magnesium, Mg.....mg	52		1		1		120		
Phosphorus, P.....mg	168		1		1		386		
Potassium, K.....mg	532		1		1		1224		
Sodium, Na.....mg	244		0		1		561		
Zinc, Zn.....mg	1.77		0		1		4.07		
Copper, Cu.....mg	0.298		0		1		0.685		
Manganese, Mn.....mg	0.573		0		1		1.318		
Selenium, Se.....µg	1.2		0	BFSN	4		2.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.115		0		1		0.265		
Riboflavin.....mg	0.064		0		1		0.147		
Niacin.....mg	0.717		0		1		1.649		
Pantothenic acid.....mg	0.430		0		4		0.989		
Vitamin B-6.....mg	0.096		0		4		0.221		
Folate, total.....µg	121		0		4		279		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	121		0		4		279		
Folate, DFE.....µg	121		0	NC	4		279		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0		1		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16302

Beans, adzuki, mature seed, cooked, boiled, 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
Fatty acids, total saturated.....g	0.036		0		4		0.083		
Fatty acids, total monounsaturated.....g	0.009		0	NC	4		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.009		0		4		0.021		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	NC	4		0.048		
18:2 undifferentiated.....g	0.021		0		4		0.048		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.166		
Threonine.....g	0.255		0		1		0.587		
Isoleucine.....g	0.300		0		1		0.690		
Leucine.....g	0.632		0		1		1.454		
Lysine.....g	0.567		0		1		1.304		
Methionine.....g	0.079		0		1		0.182		
Cystine.....g	0.070		0		1		0.161		
Phenylalanine.....g	0.398		0		1		0.915		
Tyrosine.....g	0.224		0		1		0.515		
Valine.....g	0.387		0		1		0.890		
Arginine.....g	0.486		0		1		1.118		
Histidine.....g	0.198		0		1		0.455		
Alanine.....g	0.439		0		1		1.010		
Aspartic acid.....g	0.891		0		1		2.049		
Glutamic acid.....g	1.173		0		1		2.698		
Glycine.....g	0.286		0		1		0.658		
Proline.....g	0.331		0		1		0.761		
Serine.....g	0.369		0		1		0.849		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 230g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16003

Beans, adzuki, mature seeds, canned, sweetened

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	40.58		1		1		120.12		
Energy.....kcal	237		0	NC	4		702		
Energy.....kJ	992		0		4		2935		
Protein (N x 6.25).....g	3.80		1		1		11.25		
Total lipid (fat).....g	0.03		1		1		0.09		
Ash.....g	0.58		1		1		1.72		
Carbohydrate, by difference.....g	55.01		0	NC	4		162.83		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		1		1		65		
Iron, Fe.....mg	1.13		1		1		3.34		
Magnesium, Mg.....mg	31		1		1		92		
Phosphorus, P.....mg	74		1		1		219		
Potassium, K.....mg	119		1		1		352		
Sodium, Na.....mg	218		1		1		645		
Zinc, Zn.....mg	1.56		0		4		4.62		
Copper, Cu.....mg	0.265		0		4		0.784		
Manganese, Mn.....mg	0.504		0		4		1.492		
Selenium, Se.....µg	3.2		0	BFSN	4		9.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.101		0		4		0.299		
Riboflavin.....mg	0.056		0		4		0.166		
Niacin.....mg	0.631		0		4		1.868		
Pantothenic acid.....mg	0.378		0		4		1.119		
Vitamin B-6.....mg	0.084		0		4		0.249		
Folate, total.....µg	107		0		4		316		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	107		0		4		316		
Folate, DFE.....µg	107		0	NC	4		316		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	5		0		4		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



NDB No. 16003

Beans, adzuki, mature seeds, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.011		0		4		0.033		
Fatty acids, total monounsaturated.....g	0.003		0	NC	4		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0	NC	4		0.018		
18:2 undifferentiated.....g	0.006		0		4		0.018		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.036		0		1		0.107		
Threonine.....g	0.129		0		1		0.382		
Isoleucine.....g	0.151		0		1		0.447		
Leucine.....g	0.319		0		1		0.944		
Lysine.....g	0.286		0		1		0.847		
Methionine.....g	0.040		0		1		0.118		
Cystine.....g	0.035		0		1		0.104		
Phenylalanine.....g	0.201		0		1		0.595		
Tyrosine.....g	0.113		0		1		0.334		
Valine.....g	0.196		0		1		0.580		
Arginine.....g	0.246		0		1		0.728		
Histidine.....g	0.100		0		1		0.296		
Alanine.....g	0.222		0		1		0.657		
Aspartic acid.....g	0.451		0		1		1.335		
Glutamic acid.....g	0.593		0		1		1.755		
Glycine.....g	0.145		0		1		0.429		
Proline.....g	0.167		0		1		0.494		
Serine.....g	0.187		0		1		0.554		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 296g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16002

Beans, adzuki, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.29		2		1		152.47		
Energy.....kcal	128		0	NC	4		294		
Energy.....kJ	536		0		4		1232		
Protein (N x 6.25).....g	7.52		1		1		17.30		
Total lipid (fat).....g	0.10		2		1		0.23		
Ash.....g	1.33		1		1		3.06		
Carbohydrate, by difference.....g	24.77		0	NC	4		56.97		
Fiber, total dietary.....g	7.3		0	BFSN	4		16.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1		1		64		
Iron, Fe.....mg	2.00		1		1		4.60		
Magnesium, Mg.....mg	52		1		1		120		
Phosphorus, P.....mg	168		1		1		386		
Potassium, K.....mg	532		1		1		1224		
Sodium, Na.....mg	8		1		1		18		
Zinc, Zn.....mg	1.77		0		1		4.07		
Copper, Cu.....mg	0.298		0		1		0.685		
Manganese, Mn.....mg	0.573		0		1		1.318		
Selenium, Se.....µg	1.2		0	BFSN	4		2.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.115		0		1		0.265		
Riboflavin.....mg	0.064		0		1		0.147		
Niacin.....mg	0.717		0		1		1.649		
Pantothenic acid.....mg	0.430		0		4		0.989		
Vitamin B-6.....mg	0.096		0		4		0.221		
Folate, total.....µg	121		0		4		279		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	121		0		4		279		
Folate, DFE.....µg	121		0	NC	4		279		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0		1		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16002

Beans, adzuki, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.036		0		4		0.083		
Fatty acids, total monounsaturated.....g	0.009		0	NC	4		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.009		0		4		0.021		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	NC	4		0.048		
18:2 undifferentiated.....g	0.021		0		4		0.048		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.166		
Threonine.....g	0.255		0		1		0.587		
Isoleucine.....g	0.300		0		1		0.690		
Leucine.....g	0.632		0		1		1.454		
Lysine.....g	0.567		0		1		1.304		
Methionine.....g	0.079		0		1		0.182		
Cystine.....g	0.070		0		1		0.161		
Phenylalanine.....g	0.398		0		1		0.915		
Tyrosine.....g	0.224		0		1		0.515		
Valine.....g	0.387		0		1		0.890		
Arginine.....g	0.486		0		1		1.118		
Histidine.....g	0.198		0		1		0.455		
Alanine.....g	0.439		0		1		1.010		
Aspartic acid.....g	0.891		0		1		2.049		
Glutamic acid.....g	1.173		0		1		2.698		
Glycine.....g	0.286		0		1		0.658		
Proline.....g	0.331		0		1		0.761		
Serine.....g	0.369		0		1		0.849		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 230g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16001

Beans, adzuki, mature seeds, raw

*Vigna angularis*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	13.44		7		1		26.48		
Energy.....kcal	329		0	NC	4		648		
Energy.....kJ	1377		0		4		2712		
Protein (N x 6.25).....g	19.87		6		1		39.14		
Total lipid (fat).....g	0.53		3		1		1.04		
Ash.....g	3.26		3		1		6.42		
Carbohydrate, by difference.....g	62.90		0	NC	4		123.91		
Fiber, total dietary.....g	12.7		0		4		25.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		2		1		130		
Iron, Fe.....mg	4.98		3		1		9.81		
Magnesium, Mg.....mg	127		2		1		250		
Phosphorus, P.....mg	381		3		1		751		
Potassium, K.....mg	1254		1		1		2470		
Sodium, Na.....mg	5		1		1		10		
Zinc, Zn.....mg	5.04		1		1		9.93		
Copper, Cu.....mg	1.094		1		1		2.155		
Manganese, Mn.....mg	1.730		1		1		3.408		
Selenium, Se.....µg	3.1		0	BFSN	4		6.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.455		2		1		0.896		
Riboflavin.....mg	0.220		2		1		0.433		
Niacin.....mg	2.630		2		1		5.181		
Pantothenic acid.....mg	1.471		0		4		2.898		
Vitamin B-6.....mg	0.351		0		4		0.691		
Folate, total.....µg	622		0		4		1225		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	622		0		4		1225		
Folate, DFE.....µg	622		0	NC	4		1225		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		2		1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	17		2		1		33		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16001**  
**Beans, adzuki, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.191		0		4	0.376		
Fatty acids, total monounsaturated.....g	0.050		0	NC	4	0.099		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.050		0		4	0.099		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.113		0	NC	4	0.223		
18:2 undifferentiated.....g	0.113		0		4	0.223		
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000		
Cholesterol.....mg	0		0		1	0		
Phytosterols.....mg	76		0		1	150		
<b>Amino Acids:</b>								
Tryptophan.....g	0.191		6		1	0.376		
Threonine.....g	0.674		8		1	1.328		
Isoleucine.....g	0.791		8		1	1.558		
Leucine.....g	1.668		8		1	3.286		
Lysine.....g	1.497		8		1	2.949		
Methionine.....g	0.210		9		1	0.414		
Cystine.....g	0.184		8		1	0.362		
Phenylalanine.....g	1.052		8		1	2.072		
Tyrosine.....g	0.591		8		1	1.164		
Valine.....g	1.023		8		1	2.015		
Arginine.....g	1.284		8		1	2.529		
Histidine.....g	0.524		8		1	1.032		
Alanine.....g	1.160		8		1	2.285		
Aspartic acid.....g	2.355		8		1	4.639		
Glutamic acid.....g	3.099		8		1	6.105		
Glycine.....g	0.756		8		1	1.489		
Proline.....g	0.874		8		1	1.722		
Serine.....g	0.976		8		1	1.923		
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 197g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 43449

Beans, baked, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.103		0		4		0.261		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.097		0		4		0.245		
17:0.....g									
18:0.....g	0.006		0		4		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		4		0.089		
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	0.172		0		4		0.435		
18:2 undifferentiated.....g	0.093		0		4		0.235		
18:3 undifferentiated.....g	0.078		0		4		0.197		
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 253g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 16 Legumes and Legume Products**

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

NDB No. 16006

Beans, baked, canned, plain or vegetarian

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.00	0.122	13	JA	6		182.87		
Energy.....kcal	94		0	NC	4		239		
Energy.....kJ	393		0	NC	4		999		
Protein (N x 6.25).....g	4.75	0.052	8	JA	6		12.06		
Total lipid (fat).....g	0.37	0.044	8	JA	6		0.93		
Ash.....g	1.75	0.044	8	JA	6		4.44		
Carbohydrate, by difference.....g	21.14		0	NC	4		53.70		
Fiber, total dietary.....g	4.1	0.208	7	JA	6		10.4		
Sugars, total.....g	7.96		0	NC	4		20.21		
Sucrose.....g	4.80	0.546	7	JA	6		12.19		
Glucose (dextrose).....g	1.59	0.050	7	JA	6		4.05		
Fructose.....g	1.56	0.136	7	JA	6		3.97		
Lactose.....g	0.00	0.000	5	A	1		0.00		
Maltose.....g	0.00	0.000	7	JA	6		0.00		
Galactose.....g	0.00	0.000	5	A	1		0.00		
Starch.....g	7.38	0.248	5	A	1		18.75		
<b>Minerals:</b>									
Calcium, Ca.....mg	34	2.282	5	JA	6		87		
Iron, Fe.....mg	1.19	0.064	6	JA	6		3.02		
Magnesium, Mg.....mg	27	1.286	5	JA	6		67		
Phosphorus, P.....mg	74	4.759	5	JA	6		189		
Potassium, K.....mg	224	11.179	5	JA	6		568		
Sodium, Na.....mg	343	13.808	5	JA	6		872		
Zinc, Zn.....mg	2.28	0.651	5	JA	6		5.80		
Copper, Cu.....mg	0.145	0.004	5	JA	6		0.368		
Manganese, Mn.....mg	0.109	0.038	5	JA	6		0.276		
Selenium, Se.....µg	5.0	0.104	29	A	1		12.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5	JO	11		0.0		
Thiamin.....mg	0.096	0.015	8	JA	6		0.244		
Riboflavin.....mg	0.039	0.005	8	JA	6		0.098		
Niacin.....mg	0.428	0.034	5	JA	6		1.087		
Pantothenic acid.....mg	0.216	0.032	5	JA	6		0.548		
Vitamin B-6.....mg	0.084	0.008	8	JA	6		0.213		
Folate, total.....µg	12	0.860	7	JA	6		29		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	12	0.860	7	JA	6		29		
Folate, DFE.....µg	12		0	NC	4		29		
Choline, total.....mg	31.5		0	AS	1		80.0		
Betaine.....mg	0.1		1	A	1		0.2		
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	5		0	AS	1		14		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	65	6.229	5	A	1		165		
Carotene, alpha.....µg	0	0.000	5	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	5	A	1		0		
Vitamin A, IU.....IU	108		0	AS	1		275		
Lycopene.....µg	511	45.064	5	A	1		1298		
Lutein + zeaxanthin.....µg	16	6.290	5	A	1		41		
Vitamin E (alpha-tocopherol).....mg	0.15	0.022	3	A	1		0.39		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma.....mg	0.71	0.025	3	A	1		1.80		
Tocopherol, delta.....mg	0.05	0.000	3	A	1		0.13		
Tocotrienol, alpha.....mg	0.00	0.005	3	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		



Beans, baked, canned, plain or vegetarian

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.8	0.072	5	A	1		2.2		
Dihydrophyloquinone.....µg	0.0	0.000	5	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.071		0	NC	4		0.179		
4:0.....g	0.000	0.000	5	JA	6		0.000		
6:0.....g	0.000	0.000	5	JA	6		0.000		
8:0.....g	0.000	0.000	5	JA	6		0.000		
10:0.....g	0.000	0.000	5	JA	6		0.000		
12:0.....g	0.000	0.000	5	JA	6		0.000		
13:0.....g	0.000	0.000	5	A	1		0.000		
14:0.....g	0.001	0.001	5	JA	6		0.001		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.047	0.014	5	JA	6		0.120		
17:0.....g	0.000	0.000	5	A	1		0.000		
18:0.....g	0.023	0.008	5	JA	6		0.058		
20:0.....g	0.000	0.000	5	A	1		0.000		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.095		0	NC	4		0.242		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.001	0.001	5	JA	6		0.001		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.029		1	JA	6		0.073		
18:1 c.....g	0.066	0.021	5	A	1		0.167		
18:1 t.....g	0.000	0.000	5	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	JA	6		0.000		
22:1 undifferentiated.....g	0.000	0.000	5	JA	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0	NC	4		0.307		
18:2 undifferentiated.....g	0.055	0.015	5	JA	6		0.139		
18:3 undifferentiated.....g	0.015		1	JA	6		0.037		
18:3 n-3 c,c,c (ALA).....g	0.051	0.019	5	A	1		0.131		
18:3 n-6 c,c,c.....g	0.000	0.000	5	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	JA	6		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	JA	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	JA	6		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.051		0	A	1		0.128		
Threonine.....g	0.149		0	A	1		0.378		

NDB No. 16006

Beans, baked, canned, plain or vegetarian

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.226		0	A	1		0.574		
Leucine.....g	0.405		0	A	1		1.029		
Lysine.....g	0.298		0	A	1		0.758		
Methionine.....g	0.047		0	A	1		0.120		
Cystine.....g	0.037		0	A	1		0.094		
Phenylalanine.....g	0.267		0	A	1		0.678		
Tyrosine.....g	0.121		0	A	1		0.308		
Valine.....g	0.260		0	A	1		0.661		
Arginine.....g	0.229		0	A	1		0.583		
Histidine.....g	0.132		0	A	1		0.334		
Alanine.....g	0.203		0	A	1		0.515		
Aspartic acid.....g	0.631		0	A	1		1.604		
Glutamic acid.....g	0.800		0	A	1		2.032		
Glycine.....g	0.186		0	A	1		0.471		
Proline.....g	0.240		0	A	1		0.610		
Serine.....g	0.320		0	A	1		0.813		
Hydroxyproline.....g	0.000	0.000	5	A	1		0.000		
<b>Others:</b>									
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 = 254g: 1 cup

**Calories Factors: Protein 4**

**Fat 8.4**

**Carbohydrate 3.4**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 16007**  
**Beans, baked, canned, with beef**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.33	0.253	10		1		189.74		
Energy.....kcal	121		0	NC	4		322		
Energy.....kJ	506				4		1347		
Protein (N x 6.25).....g	6.38	0.083	10		1		16.97		
Total lipid (fat).....g	3.45	0.125	10		1		9.18		
Ash.....g	1.94	0.040	10		1		5.16		
Carbohydrate, by difference.....g	16.91		0	NC	4		44.98		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45	1.918	10		1		120		
Iron, Fe.....mg	1.60	0.082	10		1		4.26		
Magnesium, Mg.....mg	25		1		1		67		
Phosphorus, P.....mg	81		1		1		215		
Potassium, K.....mg	320		1		1		851		
Sodium, Na.....mg	475	3.535	4		1		1264		
Zinc, Zn.....mg	1.20		1		1		3.19		
Copper, Cu.....mg	0.300		1		1		0.798		
Manganese, Mn.....mg	0.600		1		1		1.596		
Selenium, Se.....µg	9.6		0	RA	4		25.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8	0.200	10		1		4.8		
Thiamin.....mg	0.052	0.002	10		1		0.138		
Riboflavin.....mg	0.045	0.001	10		1		0.120		
Niacin.....mg	0.940	0.037	10		1		2.500		
Pantothenic acid.....mg	0.183		0		1		0.487		
Vitamin B-6.....mg	0.090		1		1		0.239		
Folate, total.....µg	43		0		1		115		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	43		0		1		115		
Folate, DFE.....µg	43		0	NC	4		115		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00		
Vitamin A, RAE.....µg	11	0.948	10		1		28		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	213	18.962	10		1		567		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16007**  
**Beans, baked, canned, with beef**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.677		0		1		4.461		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.029		0		1		0.077		
13:0.....g									
14:0.....g	0.121		0		1		0.322		
15:0.....g									
16:0.....g	0.858		0		1		2.282		
17:0.....g									
18:0.....g	0.622		0		1		1.655		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.385		0		1		3.684		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.138		0		1		0.367		
17:1.....g									
18:1 undifferentiated.....g	1.195		0		1		3.179		
20:1.....g	0.010		0		1		0.027		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.545		
18:2 undifferentiated.....g	0.142		0		1		0.378		
18:3 undifferentiated.....g	0.053		0		1		0.141		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	22		0		1		59		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.077		0		1		0.205		
Threonine.....g	0.268		0		1		0.713		
Isoleucine.....g	0.279		0		1		0.742		
Leucine.....g	0.510		0		1		1.357		
Lysine.....g	0.452		0		1		1.202		
Methionine.....g	0.104		0		1		0.277		
Cystine.....g	0.068		0		1		0.181		
Phenylalanine.....g	0.329		0		1		0.875		
Tyrosine.....g	0.182		0		1		0.484		
Valine.....g	0.330		0		1		0.878		
Arginine.....g	0.401		0		1		1.067		
Histidine.....g	0.182		0		1		0.484		
Alanine.....g	0.290		0		1		0.771		
Aspartic acid.....g	0.743		0		1		1.976		
Glutamic acid.....g	0.976		0		1		2.596		
Glycine.....g	0.283		0		1		0.753		
Proline.....g	0.278		0		1		0.739		
Serine.....g	0.333		0		1		0.886		
Hydroxyproline.....g									

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**NDB No. 16007**

**Beans, baked, canned, with beef**

**Common Measures:**

Measure 1 = 266g: 1 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 3.8**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16008**  
**Beans, baked, canned, with franks**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	2.352		0		1		6.092
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.016		0		1		0.041
12:0.....g	0.012		0		1		0.031
13:0.....g							
14:0.....g	0.108		0		1		0.280
15:0.....g							
16:0.....g	0.810		0		1		2.098
17:0.....g							
18:0.....g	0.751		0		1		1.945
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.830		0		1		7.330
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.266		0		1		0.689
17:1.....g							
18:1 undifferentiated.....g	2.564		0		1		6.641
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.836		0		1		2.165
18:2 undifferentiated.....g	0.628		0		1		1.627
18:3 undifferentiated.....g	0.208		0		1		0.539
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	6		0		1		16
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.077		0		1		0.199
Threonine.....g	0.279		0		1		0.723
Isoleucine.....g	0.297		0		1		0.769
Leucine.....g	0.534		0		1		1.383
Lysine.....g	0.472		0		1		1.222
Methionine.....g	0.105		0		1		0.272
Cystine.....g	0.074		0		1		0.192
Phenylalanine.....g	0.349		0		1		0.904
Tyrosine.....g	0.190		0		1		0.492
Valine.....g	0.345		0		1		0.894
Arginine.....g	0.427		0		1		1.106
Histidine.....g	0.190		0		1		0.492
Alanine.....g	0.302		0		1		0.782
Aspartic acid.....g	0.800		0		1		2.072
Glutamic acid.....g	1.037		0		1		2.686
Glycine.....g	0.288		0		1		0.746
Proline.....g	0.290		0		1		0.751
Serine.....g	0.357		0		1		0.925
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

NDB No. 16008

Beans, baked, canned, with franks

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

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

**Common Measures:**

Measure 1 = 259g: 1 cup

**Calories Factors: Protein 3.9**

**Fat 9**

**Carbohydrate 3.7**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16009**  
**Beans, baked, canned, with pork**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.46	0.295	63				180.79		
Energy.....kcal	106		0	NC	4		268		
Energy.....kJ	443		0	NC	4		1120		
Protein (N x 6.25).....g	5.19	0.061	76			1	13.13		
Total lipid (fat).....g	1.55	0.131	77			1	3.92		
Ash.....g	1.81	0.032	63			1	4.58		
Carbohydrate, by difference.....g	19.99		0	NC	4		50.57		
Fiber, total dietary.....g	5.5		0			1	13.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53	1.490	67			1	134		
Iron, Fe.....mg	1.70	0.058	83			1	4.30		
Magnesium, Mg.....mg	34	1.239	11			1	86		
Phosphorus, P.....mg	108		11			1	273		
Potassium, K.....mg	309		54			1	782		
Sodium, Na.....mg	414	6.494	70			1	1047		
Zinc, Zn.....mg	1.46	0.180	11			1	3.69		
Copper, Cu.....mg	0.215	0.009	11			1	0.544		
Manganese, Mn.....mg	0.361	0.010	11			1	0.913		
Selenium, Se.....µg	4.7	0.080	24	A		1	11.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	0.225	16			1	5.1		
Thiamin.....mg	0.053	0.002	59			1	0.134		
Riboflavin.....mg	0.038	0.002	60			1	0.096		
Niacin.....mg	0.447	0.030	60			1	1.131		
Pantothenic acid.....mg	0.100	0.026	3			1	0.253		
Vitamin B-6.....mg	0.064	0.007	3			1	0.162		
Folate, total.....µg	36	9.837	3			1	92		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	36	9.837	3			1	92		
Folate, DFE.....µg	36		0	NC	4		92		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0			1	0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16009

Beans, baked, canned, with pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.599		0		1		1.515		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.002		0		1		0.005		
12:0.....g	0.003		0		1		0.008		
13:0.....g									
14:0.....g	0.019		0		1		0.048		
15:0.....g									
16:0.....g	0.370		0		1		0.936		
17:0.....g									
18:0.....g	0.201		0		1		0.509		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.673		0		1		1.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.101		
17:1.....g									
18:1 undifferentiated.....g	0.615		0		1		1.556		
20:1.....g	0.015		0		1		0.038		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.503		
18:2 undifferentiated.....g	0.169		0		1		0.428		
18:3 undifferentiated.....g	0.030		0		1		0.076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	7		0		1		18		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.062		0		1		0.157		
Threonine.....g	0.221		0		1		0.559		
Isoleucine.....g	0.232		0		1		0.587		
Leucine.....g	0.420		0		1		1.063		
Lysine.....g	0.361		0		1		0.913		
Methionine.....g	0.080		0		1		0.202		
Cystine.....g	0.057		0		1		0.144		
Phenylalanine.....g	0.285		0		1		0.721		
Tyrosine.....g	0.148		0		1		0.374		
Valine.....g	0.275		0		1		0.696		
Arginine.....g	0.326		0		1		0.825		
Histidine.....g	0.147		0		1		0.372		
Alanine.....g	0.221		0		1		0.559		
Aspartic acid.....g	0.637		0		1		1.612		
Glutamic acid.....g	0.802		0		1		2.029		
Glycine.....g	0.205		0		1		0.519		
Proline.....g	0.223		0		1		0.564		
Serine.....g	0.286		0		1		0.724		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16009**

**Beans, baked, canned, with pork**

**Common Measures:**

Measure 1 = 253g: 1 cup

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.6**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16010

Beans, baked, canned, with pork and sweet sauce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.48	0.257	18	A	1		178.00		
Energy.....kcal	105		0	NC	4		262		
Energy.....kJ	441		0	NC	4		1098		
Protein (N x 6.25).....g	4.52	0.052	18	A	1		11.25		
Total lipid (fat).....g	0.89	0.064	18	A	1		2.23		
Ash.....g	1.53	0.016	18	A	1		3.80		
Carbohydrate, by difference.....g	21.57		0	NC	4		53.72		
Fiber, total dietary.....g	4.4	0.093	9	A	1		10.9		
Sugars, total.....g	8.23	0.183	9	A	1		20.49		
Sucrose.....g	5.79	0.166	9	A	1		14.41		
Glucose (dextrose).....g	1.13	0.070	9	A	1		2.82		
Fructose.....g	1.31	0.079	9	A	1		3.27		
Lactose.....g	0.00	0.000	9	A	1		0.00		
Maltose.....g	0.00	0.000	9	A	1		0.00		
Galactose.....g	0.00	0.000	9	A	1		0.00		
Starch.....g	8.10	0.109	9	A	1		20.17		
<b>Minerals:</b>									
Calcium, Ca.....mg	39	0.760	18	A	1		97		
Iron, Fe.....mg	1.40	0.027	18	A	1		3.48		
Magnesium, Mg.....mg	30	0.424	18	A	1		75		
Phosphorus, P.....mg	88	0.785	18	A	1		218		
Potassium, K.....mg	231	3.606	18	A	1		575		
Sodium, Na.....mg	391	5.090	18	A	1		974		
Zinc, Zn.....mg	0.51	0.006	18	A	1		1.28		
Copper, Cu.....mg	0.171	0.004	18	A	1		0.425		
Manganese, Mn.....mg	0.362	0.006	18	A	1		0.902		
Selenium, Se.....µg	4.8	0.190	9	A	1		11.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	6	A	1		0.0		
Thiamin.....mg	0.033	0.001	9	A	1		0.083		
Riboflavin.....mg	0.015		4	A	1		0.037		
Niacin.....mg	0.304	0.018	9	A	1		0.756		
Pantothenic acid.....mg	0.148	0.000	6	A	1		0.367		
Vitamin B-6.....mg	0.050	0.002	9	A	1		0.124		
Folate, total.....µg	8		0	A	1		20		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		0	A	1		20		
Folate, DFE.....µg	8		0	NC	4		20		
Choline, total.....mg	22.3		3	AS	1		55.6		
Betaine.....mg	0.2		3	A	1		0.5		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		0	AS	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	9	0.649	9	A	1		22		
Carotene, alpha.....µg	0	0.136	9	A	1		1		
Cryptoxanthin, beta.....µg	2	0.755	9	A	1		6		
Vitamin A, IU.....IU	17		0	AS	1		43		
Lycopene.....µg	83	27.807	9	A	1		206		
Lutein + zeaxanthin.....µg	9	2.407	9	A	1		23		
Vitamin E (alpha-tocopherol).....mg	0.04	0.004	9	A	1		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01	0.006	9	A	1		0.03		
Tocopherol, gamma.....mg	1.14	0.031	9	A	1		2.85		
Tocopherol, delta.....mg	0.06	0.002	9	A	1		0.15		
Tocotrienol, alpha.....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.001	9	A	1		0.00		

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Beans, baked, canned, with pork and sweet sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.006	9	A	1		0.02		
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.4	0.040	6	A	1		1.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.231		0	NC	4		0.575		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.000	0.000	9	A	1		0.000		
8:0.....g	0.000	0.000	9	A	1		0.000		
10:0.....g	0.004	0.001	9	A	1		0.011		
12:0.....g	0.001	0.000	9	A	1		0.003		
13:0.....g									
14:0.....g	0.006	0.001	9	A	1		0.014		
15:0.....g	0.001	0.000	9	A	1		0.003		
16:0.....g	0.160	0.008	9	A	1		0.399		
17:0.....g	0.002	0.000	9	A	1		0.006		
18:0.....g	0.048	0.004	9	A	1		0.118		
20:0.....g	0.003	0.000	9	A	1		0.007		
22:0.....g	0.003	0.000	9	A	1		0.009		
24:0.....g	0.004	0.000	9	A	1		0.011		
Fatty acids, total monounsaturated.....g	0.222		0	NC	4		0.552		
14:1.....g	0.000	0.000	9	A	1		0.000		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.008	0.001	9	AS	1		0.020		
16:1 c.....g	0.008	0.001	9	A	1		0.019		
16:1 t.....g	0.000	0.000	9	A	1		0.000		
17:1.....g	0.001	0.000	9	A	1		0.002		
18:1 undifferentiated.....g	0.205	0.015	9	AS	1		0.510		
18:1 c.....g	0.203	0.015	9	A	1		0.506		
18:1 t.....g	0.000		0	Z	7		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005	0.001	9	A	1		0.012		
22:1 undifferentiated.....g	0.005	0.001	9	AS	1		0.012		
22:1 c.....g	0.005	0.001	9	A	1		0.012		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.400		0	NC	4		0.996		
18:2 undifferentiated.....g	0.223	0.007	9	AS	1		0.556		
18:2 n-6 c,c.....g	0.221	0.007	9	A	1		0.551		
18:2 CLAs.....g	0.000	0.000	9	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.180	0.005	9	AS	1		0.449		
18:3 n-3 c,c,c (ALA).....g	0.179	0.005	9	A	1		0.446		
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	9	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.001	9	A	1		0.007		
20:3 undifferentiated.....g	0.000	0.000	9	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	9	A	1		0.000		
20:3 n-6.....g	0.000	0.000	9	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	9	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000		

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Beans, baked, canned, with pork and sweet sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000			
Fatty acids, total trans.....g	0.000		0	Z	7		0.000			
Fatty acids, total trans-monoenoic.....g	0.000		0	Z	7		0.000			
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000			
Cholesterol.....mg	7		0	T	4		17			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.048		0	A	1		0.121			
Threonine.....g	0.141		0	A	1		0.351			
Isoleucine.....g	0.235		0	A	1		0.586			
Leucine.....g	0.399		0	A	1		0.993			
Lysine.....g	0.289		0	A	1		0.720			
Methionine.....g	0.050		0	A	1		0.124			
Cystine.....g	0.036		0	A	1		0.089			
Phenylalanine.....g	0.258		0	A	1		0.643			
Tyrosine.....g	0.118		0	A	1		0.295			
Valine.....g	0.262		0	A	1		0.654			
Arginine.....g	0.228		0	A	1		0.567			
Histidine.....g	0.126		0	A	1		0.313			
Alanine.....g	0.190		0	A	1		0.472			
Aspartic acid.....g	0.606		0	A	1		1.509			
Glutamic acid.....g	0.709		0	A	1		1.766			
Glycine.....g	0.194		0	A	1		0.483			
Proline.....g	0.242		0	A	1		0.603			
Serine.....g	0.311		0	A	1		0.775			
Hydroxyproline.....g										
<b>Others:</b>										
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 = 249g: 1 cup

**Calories Factors: Protein 3.9**

**Fat 8.9**

**Carbohydrate 3.7**

**Food Group:** 16 Legumes and Legume Products  
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NDB No. 16011

Beans, baked, canned, with pork and tomato sauce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.50	0.512	234	JA	6		180.80		
Energy.....kcal	94		0	NC	4		232		
Energy.....kJ	394		0	NC	4		970		
Protein (N x 6.25).....g	5.15	0.002	246	JA	6		12.68		
Total lipid (fat).....g	0.93	0.059	243	JO	11		2.28		
Ash.....g	1.73	0.001	210	JA	6		4.25		
Carbohydrate, by difference.....g	18.69		0	NC	4		45.98		
Fiber, total dietary.....g	4.0	0.082	5	JA	6		9.9		
Sugars, total.....g	5.67		0	NC	4		13.96		
Sucrose.....g	3.36	0.366	12	JA	6		8.26		
Glucose (dextrose).....g	1.20	0.108	12	JA	6		2.96		
Fructose.....g	1.03	0.151	12	JA	6		2.53		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.09	0.049	7	JA	6		0.21		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	8.05	0.150	4	A	1		19.80		
<b>Minerals:</b>									
Calcium, Ca.....mg	56	0.084	225	JA	6		137		
Iron, Fe.....mg	3.24	0.004	245	JA	6		7.98		
Magnesium, Mg.....mg	34	0.028	83	JA	6		85		
Phosphorus, P.....mg	116	0.094	186	JA	6		285		
Potassium, K.....mg	295	0.200	86	JA	6		725		
Sodium, Na.....mg	437	0.196	223	JA	6		1075		
Zinc, Zn.....mg	5.48	1.471	10	JA	6		13.48		
Copper, Cu.....mg	0.213	0.005	11	JA	6		0.525		
Manganese, Mn.....mg	0.302	0.015	9	JA	6		0.743		
Selenium, Se.....µg	4.7	0.078	28	A	1		11.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0	0.000	218	JA	6		7.5		
Thiamin.....mg	0.052	0.000	226	JA	6		0.128		
Riboflavin.....mg	0.046	0.000	227	JA	6		0.112		
Niacin.....mg	0.494	0.010	210	JA	6		1.214		
Pantothenic acid.....mg	0.392	0.019	8	JA	6		0.964		
Vitamin B-6.....mg	0.063	0.003	10	JA	6		0.156		
Folate, total.....µg	15	0.223	8	JA	6		37		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	15	0.223	8	JA	6		37		
Folate, DFE.....µg	15		0	NC	4		37		
Choline, total.....mg	39.2		0	AS	1		96.5		
Betaine.....mg	0.4		2	A	1		1.0		
Vitamin B-12.....µg	0.00	0.000	6	JA	6		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	4		0	AS	1		10		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	50	6.589	4	A	1		124		
Carotene, alpha.....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	84		0	AS	1		206		
Lycopene.....µg	322	69.682	4	A	1		791		
Lutein + zeaxanthin.....µg	14	4.020	4	A	1		34		
Vitamin E (alpha-tocopherol).....mg	0.10	0.008	9	JO	11		0.24		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	9	JO	11		0.00		
Tocopherol, gamma.....mg	0.61	0.054	9	JO	11		1.50		
Tocopherol, delta.....mg	0.04	0.007	9	JO	11		0.10		
Tocotrienol, alpha.....mg	0.04	0.013	4	A	1		0.11		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

NDB No. 16011

Beans, baked, canned, with pork and tomato sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.5	0.136	4	A	1		1.2		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.293		0	NC	4		0.720		
4:0.....g	0.000	0.000	4	JA	6		0.000		
6:0.....g	0.000	0.000	4	JA	6		0.000		
8:0.....g	0.000	0.000	4	JA	6		0.000		
10:0.....g	0.000	0.000	4	JA	6		0.000		
12:0.....g	0.000	0.000	4	JA	6		0.000		
13:0.....g	0.000	0.000	4	A	1		0.000		
14:0.....g	0.009	0.001	4	JA	6		0.022		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.174	0.018	4	JA	6		0.427		
17:0.....g	0.001	0.001	4	A	1		0.004		
18:0.....g	0.109	0.015	4	JA	6		0.267		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.277		0	NC	4		0.682		
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	0.014	0.000	4	JA	6		0.034		
17:1.....g	0.001	0.001	4	A	1		0.001		
18:1 undifferentiated.....g	0.263		0	AS	1		0.646		
18:1 c.....g	0.263	0.023	4	A	1		0.646		
18:1 t.....g	0.000	0.000	4	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	4	JA	6		0.000		
22:1 undifferentiated.....g	0.000	0.000	4	JA	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.157		0	NC	4		0.385		
18:2 undifferentiated.....g	0.114	0.006	4	JA	6		0.282		
18:3 undifferentiated.....g	0.039		0	AS	1		0.097		
18:3 n-3 c,c,c (ALA).....g	0.039	0.007	4	A	1		0.097		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.003	0.001	4	A	1		0.007		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	JA	6		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	JA	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	JA	6		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	7		0		1		17		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.075		0	A	1		0.184		
Threonine.....g	0.140		0	A	1		0.345		
Isoleucine.....g	0.223		0	A	1		0.548		
Leucine.....g	0.383		0	A	1		0.943		



NDB No. 16011

Beans, baked, canned, with pork and tomato sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine.....g	0.327		0	A	1		0.804		
Methionine.....g	0.040		0	A	1		0.098		
Cystine.....g	0.042		0	A	1		0.104		
Phenylalanine.....g	0.238		0	A	1		0.585		
Tyrosine.....g	0.118		0	A	1		0.289		
Valine.....g	0.253		0	A	1		0.622		
Arginine.....g	0.230		0	A	1		0.565		
Histidine.....g	0.118		0	A	1		0.289		
Alanine.....g	0.185		0	A	1		0.455		
Aspartic acid.....g	0.603		0	A	1		1.483		
Glutamic acid.....g	0.743		0	A	1		1.827		
Glycine.....g	0.185		0	A	1		0.455		
Proline.....g	0.258		0	A	1		0.634		
Serine.....g	0.295		0	A	1		0.725		
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000		
<b>Others:</b>									
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 = 246g: 1 cup

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 3.5**

**Food Group: 16 Legumes and Legume Products**  
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**NDB No. 16005**  
**Beans, baked, home prepared**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.17		0		1		164.88		
Energy.....kcal	155		0	NC	4		392		
Energy.....kJ	649		0	NC	4		1641		
Protein (N x 6.25).....g	5.54		0		1		14.02		
Total lipid (fat).....g	5.15		0		1		13.03		
Ash.....g	2.51		0		1		6.35		
Carbohydrate, by difference.....g	21.63		0	NC	4		54.72		
Fiber, total dietary.....g	5.5		0		4		13.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		0		1		154		
Iron, Fe.....mg	1.99		0		1		5.03		
Magnesium, Mg.....mg	43		0		1		109		
Phosphorus, P.....mg	109		0		1		276		
Potassium, K.....mg	358		0		1		906		
Sodium, Na.....mg	422		0		1		1068		
Zinc, Zn.....mg	0.73		0		1		1.85		
Copper, Cu.....mg	0.159		0		1		0.402		
Manganese, Mn.....mg	0.255		0		1		0.645		
Selenium, Se.....µg	5.7		0	BFSN	4		14.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		0		1		2.8		
Thiamin.....mg	0.136		0		1		0.344		
Riboflavin.....mg	0.049		0		1		0.124		
Niacin.....mg	0.408		0		1		1.032		
Pantothenic acid.....mg	0.155		0		1		0.392		
Vitamin B-6.....mg	0.090		0		1		0.228		
Folate, total.....µg	48		0		1		122		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	48		0		1		122		
Folate, DFE.....µg	48		0	NC	4		122		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16005**  
**Beans, baked, home prepared**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.948		0			1	4.928		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.005		0			1	0.013		
12:0.....g	0.009		0			1	0.023		
13:0.....g									
14:0.....g	0.061		0			1	0.154		
15:0.....g									
16:0.....g	1.227		0			1	3.104		
17:0.....g									
18:0.....g	0.633		0			1	1.601		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.133		0			1	5.396		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.125		0			1	0.316		
17:1.....g									
18:1 undifferentiated.....g	1.953		0			1	4.941		
20:1.....g	0.046		0			1	0.116		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0			1	1.872		
18:2 undifferentiated.....g	0.593		0			1	1.500		
18:3 undifferentiated.....g	0.147		0			1	0.372		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z		7	0.000		
Cholesterol.....mg	5		0			1	13		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.067		0			1	0.170		
Threonine.....g	0.228		0			1	0.577		
Isoleucine.....g	0.242		0			1	0.612		
Leucine.....g	0.428		0			1	1.083		
Lysine.....g	0.379		0			1	0.959		
Methionine.....g	0.086		0			1	0.218		
Cystine.....g	0.062		0			1	0.157		
Phenylalanine.....g	0.287		0			1	0.726		
Tyrosine.....g	0.155		0			1	0.392		
Valine.....g	0.282		0			1	0.713		
Arginine.....g	0.356		0			1	0.901		
Histidine.....g	0.153		0			1	0.387		
Alanine.....g	0.236		0			1	0.597		
Aspartic acid.....g	0.637		0			1	1.612		
Glutamic acid.....g	0.841		0			1	2.128		
Glycine.....g	0.232		0			1	0.587		
Proline.....g	0.239		0			1	0.605		
Serine.....g	0.288		0			1	0.729		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16005**

**Beans, baked, home prepared**

**Common Measures:**

Measure 1 = 253g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16018

Beans, black turtle, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.075		0				0.180		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.070		0		1		0.168		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0		1		0.060		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.060		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.300		
18:2 undifferentiated.....g	0.068		0		1		0.163		
18:3 undifferentiated.....g	0.057		0		1		0.137		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0	NR	4		0.173		
Threonine.....g	0.222		0	NR	4		0.532		
Isoleucine.....g	0.285		0	NR	4		0.684		
Leucine.....g	0.512		0	NR	4		1.229		
Lysine.....g	0.422		0	NR	4		1.013		
Methionine.....g	0.079		0	NR	4		0.189		
Cystine.....g	0.056		0	NR	4		0.136		
Phenylalanine.....g	0.356		0	NR	4		0.854		
Tyrosine.....g	0.143		0	NR	4		0.342		
Valine.....g	0.348		0	NR	4		0.835		
Arginine.....g	0.331		0	NR	4		0.793		
Histidine.....g	0.166		0	NR	4		0.397		
Alanine.....g	0.274		0	NR	4		0.657		
Aspartic acid.....g	0.755		0	NR	4		1.812		
Glutamic acid.....g	0.969		0	NR	4		2.326		
Glycine.....g	0.244		0	NR	4		0.586		
Proline.....g	0.345		0	NR	4		0.827		
Serine.....g	0.378		0	NR	4		0.908		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16018

Beans, black turtle, mature seeds, canned

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16317

Beans, black turtle, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	65.74		0		1		121.62		
Energy.....kcal	130		0	NC	4		241		
Energy.....kJ	544		0		4		1006		
Protein (N x 6.25).....g	8.18		0		1		15.13		
Total lipid (fat).....g	0.35		0		1		0.65		
Ash.....g	1.38		0		1		2.55		
Carbohydrate, by difference.....g	24.35		0	NC	4		45.05		
Fiber, total dietary.....g	8.3		0	BFSN	4		15.4		
Sugars, total.....g	0.32		0	BFSN	4		0.59		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		0		1		102		
Iron, Fe.....mg	2.85		0		1		5.27		
Magnesium, Mg.....mg	49		0		1		91		
Phosphorus, P.....mg	152		0		1		281		
Potassium, K.....mg	433		0		1		801		
Sodium, Na.....mg	239		0		1		442		
Zinc, Zn.....mg	0.76		0		1		1.41		
Copper, Cu.....mg	0.269		0		1		0.498		
Manganese, Mn.....mg	0.327		0		1		0.605		
Selenium, Se.....µg	1.2		0	BFSN	4		2.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.225		0		1		0.416		
Riboflavin.....mg	0.056		0		1		0.104		
Niacin.....mg	0.527		0		1		0.975		
Pantothenic acid.....mg	0.260		0		1		0.481		
Vitamin B-6.....mg	0.077		0		1		0.142		
Folate, total.....µg	86		0		1		158		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	86		0		1		158		
Folate, DFE.....µg	86		0	NC	4		158		
Choline, total.....mg	32.6		0	BFSN	4		60.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	6		0		1		11		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.87		0	BFSN	4		1.61		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	3.3		0	BFSN	4		6.1		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16317

Beans, black turtle, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.089		0		1		0.165		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.084		0		1		0.155		
17:0.....g									
18:0.....g	0.005		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.081		0		1		0.150		
18:3 undifferentiated.....g	0.068		0		1		0.126		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.097		0		1		0.179		
Threonine.....g	0.344		0		1		0.636		
Isoleucine.....g	0.361		0		1		0.668		
Leucine.....g	0.653		0		1		1.208		
Lysine.....g	0.562		0		1		1.040		
Methionine.....g	0.123		0		1		0.228		
Cystine.....g	0.089		0		1		0.165		
Phenylalanine.....g	0.442		0		1		0.818		
Tyrosine.....g	0.230		0		1		0.426		
Valine.....g	0.428		0		1		0.792		
Arginine.....g	0.507		0		1		0.938		
Histidine.....g	0.228		0		1		0.422		
Alanine.....g	0.343		0		1		0.635		
Aspartic acid.....g	0.990		0		1		1.832		
Glutamic acid.....g	1.247		0		1		2.307		
Glycine.....g	0.319		0		1		0.590		
Proline.....g	0.347		0		1		0.642		
Serine.....g	0.445		0		1		0.823		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16317

Beans, black turtle, mature seeds, cooked, boiled, with salt

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

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

**Common Measures:**

Measure 1 = 185g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16017

Beans, black turtle, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.089		0				0.165		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.000		0				0.000		
13:0.....g									
14:0.....g	0.000		0			1	0.000		
15:0.....g									
16:0.....g	0.084		0			1	0.155		
17:0.....g									
18:0.....g	0.005		0			1	0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0			1	0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.030		0			1	0.056		
20:1.....g	0.000		0			1	0.000		
22:1 undifferentiated.....g	0.000		0			1	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0			1	0.276		
18:2 undifferentiated.....g	0.081		0			1	0.150		
18:3 undifferentiated.....g	0.068		0			1	0.126		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3 (EPA).....g	0.000		0			1	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0			1	0.000		
22:6 n-3 (DHA).....g	0.000		0			1	0.000		
Fatty acids, total trans.....g	0.000		0	Z		7	0.000		
Cholesterol.....mg	0		0			1	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.097		0			1	0.179		
Threonine.....g	0.344		0			1	0.636		
Isoleucine.....g	0.361		0			1	0.668		
Leucine.....g	0.653		0			1	1.208		
Lysine.....g	0.562		0			1	1.040		
Methionine.....g	0.123		0			1	0.228		
Cystine.....g	0.089		0			1	0.165		
Phenylalanine.....g	0.442		0			1	0.818		
Tyrosine.....g	0.230		0			1	0.426		
Valine.....g	0.428		0			1	0.792		
Arginine.....g	0.507		0			1	0.938		
Histidine.....g	0.228		0			1	0.422		
Alanine.....g	0.343		0			1	0.635		
Aspartic acid.....g	0.990		0			1	1.832		
Glutamic acid.....g	1.247		0			1	2.307		
Glycine.....g	0.319		0			1	0.590		
Proline.....g	0.347		0			1	0.642		
Serine.....g	0.445		0			1	0.823		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7	0.0		
Caffeine.....mg	0		0	Z		7	0		

NDB No. 16017

Beans, black turtle, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 185g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16016

Beans, black turtle, mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.00		0		1		20.24		
Energy.....kcal	339		0	NC	4		624		
Energy.....kJ	1418		0		4		2610		
Protein (N x 6.25).....g	21.25	0.144	3		1		39.10		
Total lipid (fat).....g	0.90	0.000	4		1		1.66		
Ash.....g	3.60		0		1		6.62		
Carbohydrate, by difference.....g	63.25		0	NC	4		116.38		
Fiber, total dietary.....g	15.5		0	BFSN	4		28.6		
Sugars, total.....g	2.12		0	BFSN	4		3.90		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	160		1		1		294		
Iron, Fe.....mg	8.70		1		1		16.01		
Magnesium, Mg.....mg	160		1		1		294		
Phosphorus, P.....mg	440		1		1		810		
Potassium, K.....mg	1500		1		1		2760		
Sodium, Na.....mg	9		1		1		17		
Zinc, Zn.....mg	2.20		1		1		4.05		
Copper, Cu.....mg	1.000		1		1		1.840		
Manganese, Mn.....mg	1.000		1		1		1.840		
Selenium, Se.....µg	3.2		0	BFSN	4		5.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.900		0		1		1.656		
Riboflavin.....mg	0.193		0		1		0.355		
Niacin.....mg	1.955		0		1		3.597		
Pantothenic acid.....mg	0.899		0		1		1.654		
Vitamin B-6.....mg	0.286		0		1		0.526		
Folate, total.....µg	444		0		1		818		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	444		0		1		818		
Folate, DFE.....µg	444		0	NC	4		818		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	17		0		1		31		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFSN	4		0.39		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	5.6		0	BFSN	4		10.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16016

Beans, black turtle, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.232		0		1		0.427		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.218		0		1		0.401		
17:0.....g									
18:0.....g	0.014		0		1		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.078		0		1		0.144		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.144		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.387		0		1		0.712		
18:2 undifferentiated.....g	0.211		0		1		0.388		
18:3 undifferentiated.....g	0.176		0		1		0.324		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.252		0		1		0.464		
Threonine.....g	0.894		0		1		1.645		
Isoleucine.....g	0.938		0		1		1.726		
Leucine.....g	1.697		0		1		3.122		
Lysine.....g	1.459		0		1		2.685		
Methionine.....g	0.320		0		1		0.589		
Cystine.....g	0.231		0		1		0.425		
Phenylalanine.....g	1.149		0		1		2.114		
Tyrosine.....g	0.598		0		1		1.100		
Valine.....g	1.112		0		1		2.046		
Arginine.....g	1.316		0		1		2.421		
Histidine.....g	0.592		0		1		1.089		
Alanine.....g	0.891		0		1		1.639		
Aspartic acid.....g	2.570		0		1		4.729		
Glutamic acid.....g	3.240		0		1		5.962		
Glycine.....g	0.830		0		1		1.527		
Proline.....g	0.901		0		1		1.658		
Serine.....g	1.156		0		1		2.127		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16016

Beans, black turtle, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16316

Beans, black, mature seeds, canned, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.075		0				0.180		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.070		0		1		0.168		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0			1	0.060		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.025		0			1	0.060		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0			1	0.300		
18:2 undifferentiated.....g	0.068		0			1	0.163		
18:3 undifferentiated.....g	0.057		0			1	0.137		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0	NR	4		0.173		
Threonine.....g	0.222		0	NR	4		0.532		
Isoleucine.....g	0.285		0	NR	4		0.684		
Leucine.....g	0.512		0	NR	4		1.229		
Lysine.....g	0.422		0	NR	4		1.013		
Methionine.....g	0.079		0	NR	4		0.189		
Cystine.....g	0.056		0	NR	4		0.136		
Phenylalanine.....g	0.356		0	NR	4		0.854		
Tyrosine.....g	0.143		0	NR	4		0.342		
Valine.....g	0.348		0	NR	4		0.835		
Arginine.....g	0.331		0	NR	4		0.793		
Histidine.....g	0.166		0	NR	4		0.397		
Alanine.....g	0.274		0	NR	4		0.657		
Aspartic acid.....g	0.755		0	NR	4		1.812		
Glutamic acid.....g	0.969		0	NR	4		2.326		
Glycine.....g	0.244		0	NR	4		0.586		
Proline.....g	0.345		0	NR	4		0.827		
Serine.....g	0.378		0	NR	4		0.908		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

**NDB No. 16316**  
**Beans, black, mature seeds, canned, low sodium**

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

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

**Common Measures:**  
 Measure 1 = 240g: 1 cup

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

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16315

Beans, black, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.139		0				0.239		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.130		0		1		0.224		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0			1	0.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.047		0			1	0.081		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0			1	0.397		
18:2 undifferentiated.....g	0.126		0			1	0.217		
18:3 undifferentiated.....g	0.105		0			1	0.181		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0			1	0.181		
Threonine.....g	0.373		0			1	0.642		
Isoleucine.....g	0.391		0			1	0.673		
Leucine.....g	0.708		0			1	1.218		
Lysine.....g	0.608		0			1	1.046		
Methionine.....g	0.133		0			1	0.229		
Cystine.....g	0.096		0			1	0.165		
Phenylalanine.....g	0.479		0			1	0.824		
Tyrosine.....g	0.250		0			1	0.430		
Valine.....g	0.464		0			1	0.798		
Arginine.....g	0.549		0			1	0.944		
Histidine.....g	0.247		0			1	0.425		
Alanine.....g	0.372		0			1	0.640		
Aspartic acid.....g	1.072		0			1	1.844		
Glutamic acid.....g	1.351		0			1	2.324		
Glycine.....g	0.346		0			1	0.595		
Proline.....g	0.376		0			1	0.647		
Serine.....g	0.482		0			1	0.829		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16315

Beans, black, mature seeds, cooked, boiled, 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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Theobromine.....mg	0		0	Z	7			0		

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

**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16015

Beans, black, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.139		0				0.239		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.130		0		1		0.224		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0			1	0.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.047		0			1	0.081		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0			1	0.397		
18:2 undifferentiated.....g	0.126		0			1	0.217		
18:3 undifferentiated.....g	0.105		0			1	0.181		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0			1	0.181		
Threonine.....g	0.373		0			1	0.642		
Isoleucine.....g	0.391		0			1	0.673		
Leucine.....g	0.708		0			1	1.218		
Lysine.....g	0.608		0			1	1.046		
Methionine.....g	0.133		0			1	0.229		
Cystine.....g	0.096		0			1	0.165		
Phenylalanine.....g	0.479		0			1	0.824		
Tyrosine.....g	0.250		0			1	0.430		
Valine.....g	0.464		0			1	0.798		
Arginine.....g	0.549		0			1	0.944		
Histidine.....g	0.247		0			1	0.425		
Alanine.....g	0.372		0			1	0.640		
Aspartic acid.....g	1.072		0			1	1.844		
Glutamic acid.....g	1.351		0			1	2.324		
Glycine.....g	0.346		0			1	0.595		
Proline.....g	0.376		0			1	0.647		
Serine.....g	0.482		0			1	0.829		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		



NDB No. 16015

Beans, black, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16014  
 Beans, black, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.366		0		1		0.710	0.044	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.343		0		1		0.665	0.042	
17:0.....g									
18:0.....g	0.022		0		1		0.043	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.123		0		1		0.239	0.015	
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	0.123		0		1		0.239	0.015	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		1.183	0.074	
18:2 undifferentiated.....g	0.332		0		1		0.644	0.040	
18:3 undifferentiated.....g	0.278		0		1		0.539	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.256		34		1		0.497	0.031	
Threonine.....g	0.909		90		1		1.763	0.110	
Isoleucine.....g	0.954		90		1		1.851	0.115	
Leucine.....g	1.725		90		1		3.347	0.209	
Lysine.....g	1.483		91		1		2.877	0.179	
Methionine.....g	0.325		54		1		0.631	0.039	
Cystine.....g	0.235		49		1		0.456	0.028	
Phenylalanine.....g	1.168		88		1		2.266	0.141	
Tyrosine.....g	0.608		83		1		1.180	0.074	
Valine.....g	1.130		90		1		2.192	0.137	
Arginine.....g	1.337		85		1		2.594	0.162	
Histidine.....g	0.601		88		1		1.166	0.073	
Alanine.....g	0.905		77		1		1.756	0.110	
Aspartic acid.....g	2.613		85		1		5.069	0.316	
Glutamic acid.....g	3.294		77		1		6.390	0.399	
Glycine.....g	0.843		77		1		1.635	0.102	
Proline.....g	0.916		75		1		1.777	0.111	
Serine.....g	1.175		77		1		2.280	0.142	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

**NDB No. 16014**  
**Beans, black, mature seeds, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 194g: 1 cup

Measure 2 = 12.1g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 43112

Beans, chili, barbecue, ranch style, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.145		0		4		0.367		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.129		0		4		0.326		
17:0.....g									
18:0.....g	0.016		0		4		0.040		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.077		0		4		0.195		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.077		0		4		0.195		
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	0.555		0		4		1.404		
18:2 undifferentiated.....g	0.216		0		4		0.546		
18:3 undifferentiated.....g	0.339		0		4		0.858		
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 253g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16021**  
**Beans, cranberry (roman), mature seeds, canned**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.56		7		1		201.66		
Energy.....kcal	83		0	NC	4		216		
Energy.....kJ	347				4		903		
Protein (N x 6.25).....g	5.54		7		1		14.40		
Total lipid (fat).....g	0.28		7		1		0.73		
Ash.....g	1.50		7		1		3.90		
Carbohydrate, by difference.....g	15.12		0	NC	4		39.31		
Fiber, total dietary.....g	6.3		0	BFSN	4		16.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		7		1		88		
Iron, Fe.....mg	1.55		7		1		4.03		
Magnesium, Mg.....mg	32		0		1		83		
Phosphorus, P.....mg	86		0		1		224		
Potassium, K.....mg	260	24.087	6		1		676		
Sodium, Na.....mg	332		7		1		863		
Zinc, Zn.....mg	0.84		0		1		2.18		
Copper, Cu.....mg	0.142		0		1		0.369		
Manganese, Mn.....mg	0.200		0		1		0.520		
Selenium, Se.....µg	3.1		0	BFSN	4		8.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1		1		2.1		
Thiamin.....mg	0.039		7		1		0.101		
Riboflavin.....mg	0.039		7		1		0.101		
Niacin.....mg	0.504		7		1		1.310		
Pantothenic acid.....mg	0.144		0		1		0.374		
Vitamin B-6.....mg	0.055		0		1		0.143		
Folate, total.....µg	77		0		1		201		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	77		0		1		201		
Folate, DFE.....µg	77		0	NC	4		201		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16021

Beans, cranberry (roman), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.072		0		1		0.187		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.068		0		1		0.177		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.062		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.312		
18:2 undifferentiated.....g	0.066		0		1		0.172		
18:3 undifferentiated.....g	0.055		0		1		0.143		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.172		
Threonine.....g	0.233		0		1		0.606		
Isoleucine.....g	0.245		0		1		0.637		
Leucine.....g	0.443		0		1		1.152		
Lysine.....g	0.381		0		1		0.991		
Methionine.....g	0.083		0		1		0.216		
Cystine.....g	0.060		0		1		0.156		
Phenylalanine.....g	0.300		0		1		0.780		
Tyrosine.....g	0.156		0		1		0.406		
Valine.....g	0.290		0		1		0.754		
Arginine.....g	0.343		0		1		0.892		
Histidine.....g	0.154		0		1		0.400		
Alanine.....g	0.232		0		1		0.603		
Aspartic acid.....g	0.671		0		1		1.745		
Glutamic acid.....g	0.845		0		1		2.197		
Glycine.....g	0.216		0		1		0.562		
Proline.....g	0.235		0		1		0.611		
Serine.....g	0.302		0		1		0.785		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16021**

**Beans, cranberry (roman), mature seeds, canned**

**Common Measures:**

Measure 1 = 260g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16320

Beans, cranberry (roman), mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	64.65	0.497	8		1		114.43		
Energy.....kcal	136		0	NC	4		241		
Energy.....kJ	569		0		4		1007		
Protein (N x 6.25).....g	9.34	0.177	8		1		16.53		
Total lipid (fat).....g	0.46	0.042	8		1		0.81		
Ash.....g	1.09	0.023	8		1		1.93		
Carbohydrate, by difference.....g	24.46		0	NC	4		43.29		
Fiber, total dietary.....g	8.6		0	BFSN	4		15.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50	1.044	8		1		89		
Iron, Fe.....mg	2.09	0.118	8		1		3.70		
Magnesium, Mg.....mg	50	0.909	8		1		89		
Phosphorus, P.....mg	135	3.381	8		1		239		
Potassium, K.....mg	387	8.836	8		1		685		
Sodium, Na.....mg	237		0		1		419		
Zinc, Zn.....mg	1.14	0.046	8		1		2.02		
Copper, Cu.....mg	0.231	0.023	8		1		0.409		
Manganese, Mn.....mg	0.370	0.010	8		1		0.655		
Selenium, Se.....µg	1.3		0	BFSN	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.210	0.010	8		1		0.372		
Riboflavin.....mg	0.069	0.004	8		1		0.122		
Niacin.....mg	0.515	0.037	8		1		0.912		
Pantothenic acid.....mg	0.240	0.012	8		1		0.425		
Vitamin B-6.....mg	0.081	0.005	8		1		0.143		
Folate, total.....µg	207	7.812	8		1		366		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	207	7.812	8		1		366		
Folate, DFE.....µg	207		0	NC	4		366		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	8		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16320

Beans, cranberry (roman), mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.119		0		1		0.211		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.112		0		1		0.198		
17:0.....g									
18:0.....g	0.007		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.352		
18:2 undifferentiated.....g	0.108		0		1		0.191		
18:3 undifferentiated.....g	0.091		0		1		0.161		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0		1		0.196		
Threonine.....g	0.393		0		1		0.696		
Isoleucine.....g	0.412		0		1		0.729		
Leucine.....g	0.746		0		1		1.320		
Lysine.....g	0.641		0		1		1.135		
Methionine.....g	0.140		0		1		0.248		
Cystine.....g	0.102		0		1		0.181		
Phenylalanine.....g	0.505		0		1		0.894		
Tyrosine.....g	0.263		0		1		0.466		
Valine.....g	0.489		0		1		0.866		
Arginine.....g	0.578		0		1		1.023		
Histidine.....g	0.260		0		1		0.460		
Alanine.....g	0.391		0		1		0.692		
Aspartic acid.....g	1.129		0		1		1.998		
Glutamic acid.....g	1.424		0		1		2.520		
Glycine.....g	0.365		0		1		0.646		
Proline.....g	0.396		0		1		0.701		
Serine.....g	0.508		0		1		0.899		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16320**

**Beans, cranberry (roman), mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.65	0.497	8		1		114.43		
Energy.....kcal	136		0	NC	4		241		
Energy.....kJ	569		0		4		1007		
Protein (N x 6.25).....g	9.34	0.177	8		1		16.53		
Total lipid (fat).....g	0.46	0.042	8		1		0.81		
Ash.....g	1.09	0.023	8		1		1.93		
Carbohydrate, by difference.....g	24.46		0	NC	4		43.29		
Fiber, total dietary.....g	8.6		0	BFSN	4		15.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50	1.044	8		1		89		
Iron, Fe.....mg	2.09	0.118	8		1		3.70		
Magnesium, Mg.....mg	50	0.909	8		1		89		
Phosphorus, P.....mg	135	3.381	8		1		239		
Potassium, K.....mg	387	8.836	8		1		685		
Sodium, Na.....mg	1	0.081	4		1		2		
Zinc, Zn.....mg	1.14	0.046	8		1		2.02		
Copper, Cu.....mg	0.231	0.023	8		1		0.409		
Manganese, Mn.....mg	0.370	0.010	8		1		0.655		
Selenium, Se.....µg	1.3		0	BFSN	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.210	0.010	8		1		0.372		
Riboflavin.....mg	0.069	0.004	8		1		0.122		
Niacin.....mg	0.515	0.037	8		1		0.912		
Pantothenic acid.....mg	0.240	0.012	8		1		0.425		
Vitamin B-6.....mg	0.081	0.005	8		1		0.143		
Folate, total.....µg	207	7.812	8		1		366		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	207	7.812	8		1		366		
Folate, DFE.....µg	207		0	NC	4		366		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	8		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.119		0		1		0.211		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.112		0		1		0.198		
17:0.....g									
18:0.....g	0.007		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.352		
18:2 undifferentiated.....g	0.108		0		1		0.191		
18:3 undifferentiated.....g	0.091		0		1		0.161		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0		1		0.196		
Threonine.....g	0.393		0		1		0.696		
Isoleucine.....g	0.412		0		1		0.729		
Leucine.....g	0.746		0		1		1.320		
Lysine.....g	0.641		0		1		1.135		
Methionine.....g	0.140		0		1		0.248		
Cystine.....g	0.102		0		1		0.181		
Phenylalanine.....g	0.505		0		1		0.894		
Tyrosine.....g	0.263		0		1		0.466		
Valine.....g	0.489		0		1		0.866		
Arginine.....g	0.578		0		1		1.023		
Histidine.....g	0.260		0		1		0.460		
Alanine.....g	0.391		0		1		0.692		
Aspartic acid.....g	1.129		0		1		1.998		
Glutamic acid.....g	1.424		0		1		2.520		
Glycine.....g	0.365		0		1		0.646		
Proline.....g	0.396		0		1		0.701		
Serine.....g	0.508		0		1		0.899		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16020**

**Beans, cranberry (roman), mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16019

Beans, cranberry (roman), mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	12.39	0.847	8		1		24.16		
Energy.....kcal	335		0	NC	4		653		
Energy.....kJ	1402				4		2733		
Protein (N x 6.25).....g	23.03	0.295	8		1		44.91		
Total lipid (fat).....g	1.23	0.062	8		1		2.40		
Ash.....g	3.31	0.072	8		1		6.45		
Carbohydrate, by difference.....g	60.05		0	NC	4		117.10		
Fiber, total dietary.....g	24.7		0	BFSN	4		48.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	127	2.831	8		1		248		
Iron, Fe.....mg	5.00	0.192	8		1		9.75		
Magnesium, Mg.....mg	156	3.373	8		1		304		
Phosphorus, P.....mg	372	14.121	8		1		725		
Potassium, K.....mg	1332	33.256	8		1		2597		
Sodium, Na.....mg	6	0.380	4		1		12		
Zinc, Zn.....mg	3.63	0.107	8		1		7.08		
Copper, Cu.....mg	0.794	0.034	8		1		1.548		
Manganese, Mn.....mg	0.920	0.015	8		1		1.794		
Selenium, Se.....µg	12.7		0	BFSN	4		24.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.747	0.032	8		1		1.457		
Riboflavin.....mg	0.213	0.018	8		1		0.415		
Niacin.....mg	1.455	0.072	8		1		2.837		
Pantothenic acid.....mg	0.748	0.017	8		1		1.459		
Vitamin B-6.....mg	0.309	0.010	8		1		0.603		
Folate, total.....µg	604	28.556	8		1		1179		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	604	28.556	8		1		1179		
Folate, DFE.....µg	604		0	NC	4		1179		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0	0.052	8		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2	1.043	8		1		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16019

Beans, cranberry (roman), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.316		0			1		0.616
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.001		0			1		0.002
15:0.....g								
16:0.....g	0.296		0			1		0.577
17:0.....g								
18:0.....g	0.019		0			1		0.037
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.106		0			1		0.207
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.106		0			1		0.207
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.527		0			1		1.028
18:2 undifferentiated.....g	0.287		0			1		0.560
18:3 undifferentiated.....g	0.240		0			1		0.468
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z		7		0.000
Cholesterol.....mg	0		0			1		0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.273		0			1		0.532
Threonine.....g	0.969		0			1		1.890
Isoleucine.....g	1.017		0			1		1.983
Leucine.....g	1.838		0			1		3.584
Lysine.....g	1.580		0			1		3.081
Methionine.....g	0.346		0			1		0.675
Cystine.....g	0.251		0			1		0.489
Phenylalanine.....g	1.245		0			1		2.428
Tyrosine.....g	0.648		0			1		1.264
Valine.....g	1.205		0			1		2.350
Arginine.....g	1.426		0			1		2.781
Histidine.....g	0.641		0			1		1.250
Alanine.....g	0.965		0			1		1.882
Aspartic acid.....g	2.785		0			1		5.431
Glutamic acid.....g	3.511		0			1		6.846
Glycine.....g	0.899		0			1		1.753
Proline.....g	0.976		0			1		1.903
Serine.....g	1.253		0			1		2.443
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16019**

**Beans, cranberry (roman), mature seeds, raw**

**Common Measures:**

Measure 1 = 195g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16323

Beans, french, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	66.57		0		1		117.83		
Energy.....kcal	129		0	NC	4		228		
Energy.....kJ	540				4		955		
Protein (N x 6.25).....g	7.05		0		1		12.48		
Total lipid (fat).....g	0.76		0		1		1.35		
Ash.....g	1.61		0		1		2.85		
Carbohydrate, by difference.....g	24.02		0	NC	4		42.52		
Fiber, total dietary.....g	9.4		0	BFSN	4		16.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	63		0		1		112		
Iron, Fe.....mg	1.08		0		1		1.91		
Magnesium, Mg.....mg	56		0		1		99		
Phosphorus, P.....mg	102		0		1		181		
Potassium, K.....mg	370		0		1		655		
Sodium, Na.....mg	242		0		1		428		
Zinc, Zn.....mg	0.64		0		1		1.13		
Copper, Cu.....mg	0.115		0		1		0.204		
Manganese, Mn.....mg	0.382		0		1		0.676		
Selenium, Se.....µg	1.2		0	BFSN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.130		0		1		0.230		
Riboflavin.....mg	0.062		0		1		0.110		
Niacin.....mg	0.546		0		1		0.966		
Pantothenic acid.....mg	0.222		0		1		0.393		
Vitamin B-6.....mg	0.105		0		1		0.186		
Folate, total.....µg	75		0		1		132		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	75		0		1		132		
Folate, DFE.....µg	75		0	NC	4		132		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16323

Beans, french, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.083		0			1	0.147		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0			1	0.004		
15:0.....g									
16:0.....g	0.070		0			1	0.124		
17:0.....g									
18:0.....g	0.009		0			1	0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.052		0			1	0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1	0.002		
17:1.....g									
18:1 undifferentiated.....g	0.051		0			1	0.090		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.453		0			1	0.802		
18:2 undifferentiated.....g	0.166		0			1	0.294		
18:3 undifferentiated.....g	0.287		0			1	0.508		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7	0.000		
Cholesterol.....mg	0		0			1	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.083		0			1	0.147		
Threonine.....g	0.297		0			1	0.526		
Isoleucine.....g	0.311		0			1	0.550		
Leucine.....g	0.563		0			1	0.997		
Lysine.....g	0.484		0			1	0.857		
Methionine.....g	0.106		0			1	0.188		
Cystine.....g	0.077		0			1	0.136		
Phenylalanine.....g	0.381		0			1	0.674		
Tyrosine.....g	0.199		0			1	0.352		
Valine.....g	0.369		0			1	0.653		
Arginine.....g	0.437		0			1	0.773		
Histidine.....g	0.196		0			1	0.347		
Alanine.....g	0.296		0			1	0.524		
Aspartic acid.....g	0.853		0			1	1.510		
Glutamic acid.....g	1.075		0			1	1.903		
Glycine.....g	0.275		0			1	0.487		
Proline.....g	0.299		0			1	0.529		
Serine.....g	0.384		0			1	0.680		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16323**

**Beans, french, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16023

Beans, french, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.57		0		1		117.83		
Energy.....kcal	129		0	NC	4		228		
Energy.....kJ	540				4		955		
Protein (N x 6.25).....g	7.05		0		1		12.48		
Total lipid (fat).....g	0.76		0		1		1.35		
Ash.....g	1.61		0		1		2.85		
Carbohydrate, by difference.....g	24.02		0	NC	4		42.52		
Fiber, total dietary.....g	9.4		0	BFSN	4		16.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	63		0		1		112		
Iron, Fe.....mg	1.08		0		1		1.91		
Magnesium, Mg.....mg	56		0		1		99		
Phosphorus, P.....mg	102		0		1		181		
Potassium, K.....mg	370		0		1		655		
Sodium, Na.....mg	6		0		1		11		
Zinc, Zn.....mg	0.64		0		1		1.13		
Copper, Cu.....mg	0.115		0		1		0.204		
Manganese, Mn.....mg	0.382		0		1		0.676		
Selenium, Se.....µg	1.2		0	BFSN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.130		0		1		0.230		
Riboflavin.....mg	0.062		0		1		0.110		
Niacin.....mg	0.546		0		1		0.966		
Pantothenic acid.....mg	0.222		0		1		0.393		
Vitamin B-6.....mg	0.105		0		1		0.186		
Folate, total.....µg	75		0		1		132		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	75		0		1		132		
Folate, DFE.....µg	75		0	NC	4		132		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
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	0.083		0		1		0.147		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.004		
15:0.....g									
16:0.....g	0.070		0		1		0.124		
17:0.....g									
18:0.....g	0.009		0		1		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.052		0		1		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.051		0		1		0.090		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.453		0		1		0.802		
18:2 undifferentiated.....g	0.166		0		1		0.294		
18:3 undifferentiated.....g	0.287		0		1		0.508		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.083		0		1		0.147		
Threonine.....g	0.297		0		1		0.526		
Isoleucine.....g	0.311		0		1		0.550		
Leucine.....g	0.563		0		1		0.997		
Lysine.....g	0.484		0		1		0.857		
Methionine.....g	0.106		0		1		0.188		
Cystine.....g	0.077		0		1		0.136		
Phenylalanine.....g	0.381		0		1		0.674		
Tyrosine.....g	0.199		0		1		0.352		
Valine.....g	0.369		0		1		0.653		
Arginine.....g	0.437		0		1		0.773		
Histidine.....g	0.196		0		1		0.347		
Alanine.....g	0.296		0		1		0.524		
Aspartic acid.....g	0.853		0		1		1.510		
Glutamic acid.....g	1.075		0		1		1.903		
Glycine.....g	0.275		0		1		0.487		
Proline.....g	0.299		0		1		0.529		
Serine.....g	0.384		0		1		0.680		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16023**

**Beans, french, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16022**  
**Beans, french, mature seeds, raw**  
*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.77		2		1		19.82		
Energy.....kcal	343		0	NC	4		631		
Energy.....kJ	1435				4		2641		
Protein (N x 6.25).....g	18.81		2		1		34.61		
Total lipid (fat).....g	2.02		2		1		3.72		
Ash.....g	4.30		2		1		7.91		
Carbohydrate, by difference.....g	64.11		0	NC	4		117.96		
Fiber, total dietary.....g	25.2		0	BFSN	4		46.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	186		2		1		342		
Iron, Fe.....mg	3.40		1		1		6.26		
Magnesium, Mg.....mg	188		2		1		346		
Phosphorus, P.....mg	304		2		1		559		
Potassium, K.....mg	1316		2		1		2421		
Sodium, Na.....mg	18		1		1		33		
Zinc, Zn.....mg	1.90		1		1		3.50		
Copper, Cu.....mg	0.440		1		1		0.810		
Manganese, Mn.....mg	1.200		1		1		2.208		
Selenium, Se.....µg	12.9		0	BFSN	4		23.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6		0		1		8.5		
Thiamin.....mg	0.535		0		1		0.984		
Riboflavin.....mg	0.221		0		1		0.407		
Niacin.....mg	2.083		0		1		3.833		
Pantothenic acid.....mg	0.789		0		1		1.452		
Vitamin B-6.....mg	0.401		0		1		0.738		
Folate, total.....µg	399		0		1		733		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	399		0		1		733		
Folate, DFE.....µg	399		0	NC	4		733		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8		0		1		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16022**  
**Beans, french, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.221		0		1		0.407		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.186		0		1		0.342		
17:0.....g									
18:0.....g	0.023		0		1		0.042		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.138		0		1		0.254		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.135		0		1		0.248		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.207		0		1		2.221		
18:2 undifferentiated.....g	0.442		0		1		0.813		
18:3 undifferentiated.....g	0.765		0		1		1.408		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.223		0		1		0.410		
Threonine.....g	0.792		0		1		1.457		
Isoleucine.....g	0.831		0		1		1.529		
Leucine.....g	1.502		0		1		2.764		
Lysine.....g	1.291		0		1		2.375		
Methionine.....g	0.283		0		1		0.521		
Cystine.....g	0.205		0		1		0.377		
Phenylalanine.....g	1.017		0		1		1.871		
Tyrosine.....g	0.530		0		1		0.975		
Valine.....g	0.984		0		1		1.811		
Arginine.....g	1.165		0		1		2.144		
Histidine.....g	0.524		0		1		0.964		
Alanine.....g	0.789		0		1		1.452		
Aspartic acid.....g	2.276		0		1		4.188		
Glutamic acid.....g	2.869		0		1		5.279		
Glycine.....g	0.734		0		1		1.351		
Proline.....g	0.798		0		1		1.468		
Serine.....g	1.023		0		1		1.882		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16022**

**Beans, french, mature seeds, raw**

**Common Measures:**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.120		0				0.314	
4:0.....g	0.000		0	BFSN	4		0.000	
6:0.....g	0.000		0	BFSN	4		0.000	
8:0.....g	0.000		0	BFSN	4		0.000	
10:0.....g	0.000		0	BFSN	4		0.000	
12:0.....g	0.000		0	BFSN	4		0.000	
13:0.....g								
14:0.....g	0.000		0	BFSN	4		0.000	
15:0.....g								
16:0.....g	0.113		0		1		0.296	
17:0.....g								
18:0.....g	0.007		0		1		0.018	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.018		0		1		0.047	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
17:1.....g								
18:1 undifferentiated.....g	0.018		0		1		0.047	
20:1.....g	0.000		0	BFSN	4		0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.422	
18:2 undifferentiated.....g	0.089		0		1		0.233	
18:3 undifferentiated.....g	0.072		0		1		0.189	
18:4.....g	0.000		0	BFSN	4		0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
Cholesterol.....mg	0		0	Z	7		0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.088		0	NR	4		0.231	
Threonine.....g	0.271		0	NR	4		0.710	
Isoleucine.....g	0.349		0	NR	4		0.913	
Leucine.....g	0.626		0	NR	4		1.640	
Lysine.....g	0.516		0	NR	4		1.351	
Methionine.....g	0.096		0	NR	4		0.252	
Cystine.....g	0.069		0	NR	4		0.181	
Phenylalanine.....g	0.435		0	NR	4		1.139	
Tyrosine.....g	0.174		0	NR	4		0.457	
Valine.....g	0.425		0	NR	4		1.114	
Arginine.....g	0.404		0	NR	4		1.059	
Histidine.....g	0.202		0	NR	4		0.530	
Alanine.....g	0.335		0	NR	4		0.877	
Aspartic acid.....g	0.923		0	NR	4		2.418	
Glutamic acid.....g	1.184		0	NR	4		3.103	
Glycine.....g	0.298		0	NR	4		0.782	
Proline.....g	0.421		0	NR	4		1.104	
Serine.....g	0.462		0	NR	4		1.211	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	
Caffeine.....mg	0		0	Z	7		0	

NDB No. 16026

Beans, great northern, mature seeds, canned

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

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

**Common Measures:**

Measure 1 = 262g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.120		0				0.314		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFSN	4		0.000		
15:0.....g									
16:0.....g	0.113		0		1		0.296		
17:0.....g									
18:0.....g	0.007		0		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.047		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.422		
18:2 undifferentiated.....g	0.089		0		1		0.233		
18:3 undifferentiated.....g	0.072		0		1		0.189		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.088		0	A	1		0.231		
Threonine.....g	0.271		0	A	1		0.710		
Isoleucine.....g	0.349		0	A	1		0.913		
Leucine.....g	0.626		0	A	1		1.640		
Lysine.....g	0.516		0	A	1		1.351		
Methionine.....g	0.096		0	A	1		0.252		
Cystine.....g	0.069		0	A	1		0.181		
Phenylalanine.....g	0.435		0	A	1		1.139		
Tyrosine.....g	0.174		0	A	1		0.457		
Valine.....g	0.425		0	A	1		1.114		
Arginine.....g	0.404		0	A	1		1.059		
Histidine.....g	0.202		0	A	1		0.530		
Alanine.....g	0.335		0	A	1		0.877		
Aspartic acid.....g	0.923		0	A	1		2.418		
Glutamic acid.....g	1.184		0	A	1		3.103		
Glycine.....g	0.298		0	A	1		0.782		
Proline.....g	0.421		0	A	1		1.104		
Serine.....g	0.462		0	A	1		1.211		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		



NDB No. 16326

Beans, great northern, mature seeds, canned, low sodium

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</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
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 262g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	69.00	1.515	25		1		122.13		
Energy.....kcal	118		0	NC	4		209		
Energy.....kJ	494				4		874		
Protein (N x 6.25).....g	8.33	0.088	20		1		14.74		
Total lipid (fat).....g	0.45	0.013	20		1		0.80		
Ash.....g	1.14	0.021	20		1		2.02		
Carbohydrate, by difference.....g	21.09		0	NC	4		37.33		
Fiber, total dietary.....g	7.0		0		4		12.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	68	1.629	20		1		120		
Iron, Fe.....mg	2.13	0.157	20		1		3.77		
Magnesium, Mg.....mg	50	1.339	20		1		89		
Phosphorus, P.....mg	165	4.334	20		1		292		
Potassium, K.....mg	391	10.884	20		1		692		
Sodium, Na.....mg	238		0		1		421		
Zinc, Zn.....mg	0.88	0.018	20		1		1.56		
Copper, Cu.....mg	0.247	0.019	20		1		0.437		
Manganese, Mn.....mg	0.518	0.019	20		1		0.917		
Selenium, Se.....µg	4.1	1.033	3	A	1		7.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0		1		2.3		
Thiamin.....mg	0.158	0.009	20		1		0.280		
Riboflavin.....mg	0.059	0.002	20		1		0.104		
Niacin.....mg	0.681	0.094	20		1		1.205		
Pantothenic acid.....mg	0.266	0.005	8		1		0.471		
Vitamin B-6.....mg	0.117	0.002	8		1		0.207		
Folate, total.....µg	102	18.373	13		1		181		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	102	18.373	13		1		181		
Folate, DFE.....µg	102		0	NC	4		181		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		1		2		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.140		0		1		0.248		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.132		0		1		0.234		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.331		
18:2 undifferentiated.....g	0.103		0		1		0.182		
18:3 undifferentiated.....g	0.084		0		1		0.149		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.175		
Threonine.....g	0.351		0		1		0.621		
Isoleucine.....g	0.368		0		1		0.651		
Leucine.....g	0.665		0		1		1.177		
Lysine.....g	0.572		0		1		1.012		
Methionine.....g	0.125		0		1		0.221		
Cystine.....g	0.091		0		1		0.161		
Phenylalanine.....g	0.451		0		1		0.798		
Tyrosine.....g	0.235		0		1		0.416		
Valine.....g	0.436		0		1		0.772		
Arginine.....g	0.516		0		1		0.913		
Histidine.....g	0.232		0		1		0.411		
Alanine.....g	0.349		0		1		0.618		
Aspartic acid.....g	1.008		0		1		1.784		
Glutamic acid.....g	1.270		0		1		2.248		
Glycine.....g	0.325		0		1		0.575		
Proline.....g	0.353		0		1		0.625		
Serine.....g	0.453		0		1		0.802		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16325**

**Beans, great northern, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.00	1.515	25		1		122.13		
Energy.....kcal	118		0	NC	4		209		
Energy.....kJ	494				4		874		
Protein (N x 6.25).....g	8.33	0.088	20		1		14.74		
Total lipid (fat).....g	0.45	0.013	20		1		0.80		
Ash.....g	1.14	0.021	20		1		2.02		
Carbohydrate, by difference.....g	21.09		0	NC	4		37.33		
Fiber, total dietary.....g	7.0		0		1		12.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	68	1.629	20		1		120		
Iron, Fe.....mg	2.13	0.157	20		1		3.77		
Magnesium, Mg.....mg	50	1.339	20		1		89		
Phosphorus, P.....mg	165	4.334	20		1		292		
Potassium, K.....mg	391	10.884	20		1		692		
Sodium, Na.....mg	2	0.212	16		1		4		
Zinc, Zn.....mg	0.88	0.018	20		1		1.56		
Copper, Cu.....mg	0.247	0.019	20		1		0.437		
Manganese, Mn.....mg	0.518	0.019	20		1		0.917		
Selenium, Se.....µg	4.1	1.033	3	A	1		7.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0		1		2.3		
Thiamin.....mg	0.158	0.009	20		1		0.280		
Riboflavin.....mg	0.059	0.002	20		1		0.104		
Niacin.....mg	0.681	0.094	20		1		1.205		
Pantothenic acid.....mg	0.266	0.005	8		1		0.471		
Vitamin B-6.....mg	0.117	0.002	8		1		0.207		
Folate, total.....µg	102	18.373	13		1		181		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	102	18.373	13		1		181		
Folate, DFE.....µg	102		0	NC	4		181		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		1		2		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.140		0		1		0.248		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.132		0		1		0.234		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.331		
18:2 undifferentiated.....g	0.103		0		1		0.182		
18:3 undifferentiated.....g	0.084		0		1		0.149		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.175		
Threonine.....g	0.351		0		1		0.621		
Isoleucine.....g	0.368		0		1		0.651		
Leucine.....g	0.665		0		1		1.177		
Lysine.....g	0.572		0		1		1.012		
Methionine.....g	0.125		0		1		0.221		
Cystine.....g	0.091		0		1		0.161		
Phenylalanine.....g	0.451		0		1		0.798		
Tyrosine.....g	0.235		0		1		0.416		
Valine.....g	0.436		0		1		0.772		
Arginine.....g	0.516		0		1		0.913		
Histidine.....g	0.232		0		1		0.411		
Alanine.....g	0.349		0		1		0.618		
Aspartic acid.....g	1.008		0		1		1.784		
Glutamic acid.....g	1.270		0		1		2.248		
Glycine.....g	0.325		0		1		0.575		
Proline.....g	0.353		0		1		0.625		
Serine.....g	0.453		0		1		0.802		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16025**

**Beans, great northern, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16024

Beans, great northern, mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.70	0.293	45		1		19.58		
Energy.....kcal	339		0	NC	4		621		
Energy.....kJ	1419		0	NC	4		2597		
Protein (N x 6.25).....g	21.86	0.201	48		1		40.00		
Total lipid (fat).....g	1.14	0.047	49		1		2.09		
Ash.....g	3.93	0.090	45		1		7.19		
Carbohydrate, by difference.....g	62.37		0	NC	4		114.14		
Fiber, total dietary.....g	20.2		0		4		37.0		
Sugars, total.....g	2.26		0	BFSN	4		4.13		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	175	2.905	36		1		320		
Iron, Fe.....mg	5.47	0.305	36		1		10.01		
Magnesium, Mg.....mg	189	3.752	36		1		346		
Phosphorus, P.....mg	447	6.430	35		1		818		
Potassium, K.....mg	1387	50.802	36		1		2538		
Sodium, Na.....mg	14	2.333	31		1		26		
Zinc, Zn.....mg	2.31	0.069	35		1		4.23		
Copper, Cu.....mg	0.837	0.025	35		1		1.532		
Manganese, Mn.....mg	1.423	0.038	35		1		2.604		
Selenium, Se.....µg	12.9		1	A	1		23.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.3		1		1		9.7		
Thiamin.....mg	0.653	0.028	45		1		1.195		
Riboflavin.....mg	0.237	0.010	45		1		0.434		
Niacin.....mg	1.955	0.111	45		1		3.578		
Pantothenic acid.....mg	1.098	0.027	32		1		2.009		
Vitamin B-6.....mg	0.447	0.008	32		1		0.818		
Folate, total.....µg	482	14.027	32		1		882		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	482	14.027	32		1		882		
Folate, DFE.....µg	482		0	NC	4		882		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.22		0	BFSN	4		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	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	6.0		0	BFSN	4		10.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Fatty acids, total saturated.....g	0.356		0				0.651		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.335		0		1		0.613		
17:0.....g									
18:0.....g	0.021		0		1		0.038		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.053		0		1		0.097		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.053		0		1		0.097		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.477		0		1		0.873		
18:2 undifferentiated.....g	0.263		0		1		0.481		
18:3 undifferentiated.....g	0.213		0		1		0.390		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.259		0		1		0.474		
Threonine.....g	0.920		0		1		1.684		
Isoleucine.....g	0.965		0		1		1.766		
Leucine.....g	1.745		0		1		3.193		
Lysine.....g	1.500		0		1		2.745		
Methionine.....g	0.329		0		1		0.602		
Cystine.....g	0.238		0		1		0.436		
Phenylalanine.....g	1.182		0		1		2.163		
Tyrosine.....g	0.615		0		1		1.125		
Valine.....g	1.144		0		1		2.094		
Arginine.....g	1.353		0		1		2.476		
Histidine.....g	0.608		0		1		1.113		
Alanine.....g	0.916		0		1		1.676		
Aspartic acid.....g	2.644		0		1		4.839		
Glutamic acid.....g	3.333		0		1		6.099		
Glycine.....g	0.853		0		1		1.561		
Proline.....g	0.927		0		1		1.696		
Serine.....g	1.189		0		1		2.176		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16024

Beans, great northern, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 183g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16029

Beans, kidney, all types, mature seeds, canned

Includes USDA commodity food A086

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.04	0.095	44	JA	6		199.80		
Energy.....kcal	84		0	NC	4		216		
Energy.....kJ	353		0	NC	4		904		
Protein.....g	5.22	0.020	44	JA	6		13.36		
Total lipid (fat).....g	0.60	0.295	43	JA	6		1.55		
Ash.....g	1.64	0.025	44	JA	6		4.19		
Carbohydrate, by difference.....g	14.50		0	NC	4		37.11		
Fiber, total dietary.....g	4.3		0	BFSN	4		10.9		
Sugars, total.....g	1.85		1	A	1		4.74		
Sucrose.....g	1.85		1	A	1		4.74		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	8.90		1	A	1		22.78		
<b>Minerals:</b>									
Calcium, Ca.....mg	34	6.550	44	JA	6		86		
Iron, Fe.....mg	1.17	0.065	45	JA	6		2.98		
Magnesium, Mg.....mg	27		2	JA	6		70		
Phosphorus, P.....mg	90		2	JA	6		230		
Potassium, K.....mg	237	20.500	41	JA	6		605		
Sodium, Na.....mg	296	51.000	42	JA	6		758		
Zinc, Zn.....mg	0.46		2	JA	6		1.19		
Copper, Cu.....mg	0.135		2	JA	6		0.345		
Manganese, Mn.....mg	0.168		1	JA	6		0.431		
Selenium, Se.....µg	0.9	0.350	10	A	1		2.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		5		1		3.1		
Thiamin.....mg	0.116	0.007	44	JA	6		0.296		
Riboflavin.....mg	0.051	0.021	46	JA	6		0.130		
Niacin.....mg	0.411	0.091	43	JA	6		1.052		
Pantothenic acid.....mg	0.138		1	JA	6		0.353		
Vitamin B-6.....mg	0.074		1	JA	6		0.191		
Folate, total.....µg	36		1	JA	6		92		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	36		1	JA	6		92		
Folate, DFE.....µg	36		0	NC	4		92		
Choline, total.....mg	34.9		0	AS	1		89.2		
Betaine.....mg	0.1		1	A	1		0.2		
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.02		1	A	1		0.05		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.69		1	A	1		1.77		
Tocopherol, delta.....mg	0.02		1	A	1		0.05		
Tocotrienol, alpha.....mg	0.01		1	A	1		0.04		
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	0.0		0	Z	7		0.0		

NDB No. 16029

Beans, kidney, all types, mature seeds, canned

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 (D2 + D3).....µg	0.0			Z		7			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z		7	0		
Vitamin K (phylloquinone).....µg	4.1		1	A		1	10.4		
Dihydrophyloquinone.....µg	0.0		1	A		1	0.0		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.141		0	NC		4	0.360		
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	0.000		1	A		1	0.000		
13:0.....g	0.000		1	A		1	0.000		
14:0.....g	0.009		1	A		1	0.024		
15:0.....g	0.000		1	A		1	0.000		
16:0.....g	0.094		1	JA		6	0.240		
17:0.....g	0.000		1	A		1	0.000		
18:0.....g	0.038		1	JA		6	0.096		
20:0.....g	0.000		1	A		1	0.000		
22:0.....g	0.000		1	A		1	0.000		
24:0.....g	0.000		1	A		1	0.000		
Fatty acids, total monounsaturated.....g	0.382		0	NC		4	0.978		
14:1.....g	0.000		1	A		1	0.000		
15:1.....g	0.000		1	A		1	0.000		
16:1 undifferentiated.....g	0.015		1	A		1	0.038		
17:1.....g	0.000		1	A		1	0.000		
18:1 undifferentiated.....g	0.129		0	JA		6	0.330		
18:1 c.....g	0.238		1	A		1	0.609		
18:1 t.....g	0.000		1	A		1	0.000		
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	0.263		0	NC		4	0.672		
18:2 undifferentiated.....g	0.106		1	JA		6	0.270		
18:3 undifferentiated.....g	0.082		0	JA		6	0.209		
18:3 n-3 c,c,c (ALA).....g	0.075		1	A		1	0.193		
18:3 n-6 c,c,c.....g	0.000		1	A		1	0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1	0.000		
20:3 undifferentiated.....g	0.000		1	A		1	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1	0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A		1	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		1	A		1	0.000		
Fatty acids, total trans.....g	0.000		0	Z		7	0.000		
Cholesterol.....mg	0		0			1	0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.063		0	A		1	0.160		
Threonine.....g	0.193		0	A		1	0.493		
Isoleucine.....g	0.248		0	A		1	0.634		
Leucine.....g	0.445		0	A		1	1.139		
Lysine.....g	0.367		0	A		1	0.939		
Methionine.....g	0.068		0	A		1	0.175		

NDB No. 16029

Beans, kidney, all types, mature seeds, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine.....g	0.049		0	A	1		0.126		
Phenylalanine.....g	0.309		0	A	1		0.791		
Tyrosine.....g	0.124		0	A	1		0.317		
Valine.....g	0.302		0	A	1		0.773		
Arginine.....g	0.287		0	A	1		0.735		
Histidine.....g	0.144		0	A	1		0.368		
Alanine.....g	0.238		0	A	1		0.609		
Aspartic acid.....g	0.656		0	A	1		1.679		
Glutamic acid.....g	0.842		0	A	1		2.155		
Glycine.....g	0.212		0	A	1		0.543		
Proline.....g	0.300		0	A	1		0.767		
Serine.....g	0.329		0	A	1		0.841		
Hydroxyproline.....g	0.000		1	A	1		0.000		

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

**Common Measures:**

Measure 1 = 256g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.072		0				0.127		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.064		0		1		0.113		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487		
18:2 undifferentiated.....g	0.107		0		1		0.189		
18:3 undifferentiated.....g	0.168		0		1		0.297		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		1		0.182		
Threonine.....g	0.365		0		1		0.646		
Isoleucine.....g	0.383		0		1		0.678		
Leucine.....g	0.693		0		1		1.227		
Lysine.....g	0.595		0		1		1.053		
Methionine.....g	0.130		0		1		0.230		
Cystine.....g	0.094		0		1		0.166		
Phenylalanine.....g	0.469		0		1		0.830		
Tyrosine.....g	0.244		0		1		0.432		
Valine.....g	0.454		0		1		0.804		
Arginine.....g	0.537		0		1		0.950		
Histidine.....g	0.242		0		1		0.428		
Alanine.....g	0.364		0		1		0.644		
Aspartic acid.....g	1.049		0		1		1.857		
Glutamic acid.....g	1.323		0		1		2.342		
Glycine.....g	0.339		0		1		0.600		
Proline.....g	0.368		0		1		0.651		
Serine.....g	0.472		0		1		0.835		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, 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			
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 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16028

Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.94	0.208	20		1		118.48	7.36	
Energy.....kcal	127		0	NC	4		225	14	
Energy.....kJ	532		0	NC	4		941	58	
Protein (N x 6.25).....g	8.67	0.097	23		1		15.35	0.95	
Total lipid (fat).....g	0.50	0.015	23		1		0.89	0.06	
Ash.....g	1.09	0.028	23		1		1.93	0.12	
Carbohydrate, by difference.....g	22.80		0	NC	4		40.36	2.51	
Fiber, total dietary.....g	6.4		0		1		11.3	0.7	
Sugars, total.....g	0.32		0	BFSN	4		0.56	0.03	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35	0.919	53	JA	6		63	4	
Iron, Fe.....mg	2.22	0.125	54	JA	6		3.93	0.24	
Magnesium, Mg.....mg	42	0.814	54	JA	6		75	5	
Phosphorus, P.....mg	138	3.054	53	JA	6		245	15	
Potassium, K.....mg	405	9.316	54	JA	6		716	45	
Sodium, Na.....mg	1	0.758	50	JA	6		2	0	
Zinc, Zn.....mg	1.00	0.019	54	JA	6		1.76	0.11	
Copper, Cu.....mg	0.216	0.014	54	JA	6		0.383	0.024	
Manganese, Mn.....mg	0.430	0.027	54	JA	6		0.761	0.047	
Selenium, Se.....µg	1.1	0.223	48	JA	6		1.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1	0.1	
Thiamin.....mg	0.160	0.017	23		1		0.283	0.018	
Riboflavin.....mg	0.058	0.003	23		1		0.103	0.006	
Niacin.....mg	0.578	0.038	23		1		1.023	0.064	
Pantothenic acid.....mg	0.220	0.006	8		1		0.389	0.024	
Vitamin B-6.....mg	0.120	0.006	8		1		0.212	0.013	
Folate, total.....µg	130	3.817	8		1		229	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	130	3.817	8		1		229	14	
Folate, DFE.....µg	130		0	NC	4		229	14	
Choline, total.....mg	30.5		0	AS	1		54.0	3.4	
Betaine.....mg	0.1		1	A	1		0.1	0.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		1		1		0.05	0.00	
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	0.92		1		1		1.63	0.10	
Tocopherol, delta.....mg	0.01		1		1		0.02	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	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	8.4		1		1		14.9	0.9	



NDB No. 16028

Beans, kidney, all types, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16027

Beans, kidney, all types, mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.75		86		1		21.62		
Energy.....kcal	333		0	NC	4		613		
Energy.....kJ	1393		0	NC	4		2564		
Protein (N x 6.25).....g	23.58		102		1		43.39		
Total lipid (fat).....g	0.83		108		1		1.53		
Ash.....g	3.83		85		1		7.05		
Carbohydrate, by difference.....g	60.01		0	NC	4		110.42		
Fiber, total dietary.....g	24.9		0		4		45.8		
Sugars, total.....g	2.23		0	BFSN	4		4.11		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143		71		1		263		
Iron, Fe.....mg	8.20	0.595	90		1		15.09		
Magnesium, Mg.....mg	140		69		1		258		
Phosphorus, P.....mg	407		66		1		749		
Potassium, K.....mg	1406		67		1		2587		
Sodium, Na.....mg	24		55		1		44		
Zinc, Zn.....mg	2.79	0.212	68		1		5.13		
Copper, Cu.....mg	0.958		64		1		1.763		
Manganese, Mn.....mg	1.021		68		1		1.879		
Selenium, Se.....µg	3.2		0	BFSN	4		5.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.5		1		1		8.3		
Thiamin.....mg	0.529		53		1		0.973		
Riboflavin.....mg	0.219		53		1		0.403		
Niacin.....mg	2.060		48		1		3.790		
Pantothenic acid.....mg	0.780	0.022	32		1		1.435		
Vitamin B-6.....mg	0.397	0.007	32		1		0.730		
Folate, total.....µg	394	13.422	32		1		725		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	394	13.422	32		1		725		
Folate, DFE.....µg	394		0	NC	4		725		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.22		0	BFSN	4		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	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	19.0		0	T	4		35.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.120		0		1		0.221		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.106		0		1		0.195		
17:0.....g									
18:0.....g	0.014		0		1		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		1		0.118		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.118		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.457		0		1		0.841		
18:2 undifferentiated.....g	0.178		0		1		0.328		
18:3 undifferentiated.....g	0.279		0		1		0.513		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg	127		0		1		234		
<b>Amino Acids:</b>									
Tryptophan.....g	0.279		0		1		0.513		
Threonine.....g	0.992		0		1		1.825		
Isoleucine.....g	1.041		0		1		1.915		
Leucine.....g	1.882		0		1		3.463		
Lysine.....g	1.618		0		1		2.977		
Methionine.....g	0.355		0		1		0.653		
Cystine.....g	0.256		0		1		0.471		
Phenylalanine.....g	1.275		0		1		2.346		
Tyrosine.....g	0.664		0		1		1.222		
Valine.....g	1.233		0		1		2.269		
Arginine.....g	1.460		0		1		2.686		
Histidine.....g	0.656		0		1		1.207		
Alanine.....g	0.988		0		1		1.818		
Aspartic acid.....g	2.852		0		1		5.248		
Glutamic acid.....g	3.595		0		1		6.615		
Glycine.....g	0.920		0		1		1.693		
Proline.....g	1.000		0		1		1.840		
Serine.....g	1.282		0		1		2.359		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16027

Beans, kidney, all types, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16331

Beans, kidney, california red, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	66.93		0		1		118.47		
Energy.....kcal	124		0	NC	4		219		
Energy.....kJ	519		0		4		918		
Protein (N x 6.25).....g	9.13		0		1		16.16		
Total lipid (fat).....g	0.09		0		1		0.16		
Ash.....g	1.44		0		1		2.55		
Carbohydrate, by difference.....g	22.41		0	NC	4		39.67		
Fiber, total dietary.....g	9.3		0	BFSN	4		16.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0		1		117		
Iron, Fe.....mg	2.98		0		1		5.27		
Magnesium, Mg.....mg	48		0		1		85		
Phosphorus, P.....mg	137		0		1		242		
Potassium, K.....mg	419		0		1		742		
Sodium, Na.....mg	240		0		1		425		
Zinc, Zn.....mg	0.86		0		1		1.52		
Copper, Cu.....mg	0.289		0		1		0.512		
Manganese, Mn.....mg	0.318		0		1		0.563		
Selenium, Se.....µg	1.2		0	BFSN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.129		0		1		0.228		
Riboflavin.....mg	0.062		0		1		0.110		
Niacin.....mg	0.540		0		1		0.956		
Pantothenic acid.....mg	0.219		0		1		0.388		
Vitamin B-6.....mg	0.104		0		1		0.184		
Folate, total.....µg	74		0		1		131		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	74		0		1		131		
Folate, DFE.....µg	74		0	NC	4		131		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16331

Beans, kidney, california red, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.014		0		1		0.025		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.012		0		1		0.021		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.092		
18:2 undifferentiated.....g	0.020		0		1		0.035		
18:3 undifferentiated.....g	0.032		0		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.384		0		1		0.680		
Isoleucine.....g	0.403		0		1		0.713		
Leucine.....g	0.729		0		1		1.290		
Lysine.....g	0.627		0		1		1.110		
Methionine.....g	0.137		0		1		0.242		
Cystine.....g	0.099		0		1		0.175		
Phenylalanine.....g	0.494		0		1		0.874		
Tyrosine.....g	0.257		0		1		0.455		
Valine.....g	0.478		0		1		0.846		
Arginine.....g	0.565		0		1		1.000		
Histidine.....g	0.254		0		1		0.450		
Alanine.....g	0.383		0		1		0.678		
Aspartic acid.....g	1.105		0		1		1.956		
Glutamic acid.....g	1.392		0		1		2.464		
Glycine.....g	0.356		0		1		0.630		
Proline.....g	0.387		0		1		0.685		
Serine.....g	0.497		0		1		0.880		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16331**

**Beans, kidney, california red, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16031

Beans, kidney, california red, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.93		0		1		118.47		
Energy.....kcal	124		0	NC	4		219		
Energy.....kJ	519				4		918		
Protein (N x 6.25).....g	9.13		0		1		16.16		
Total lipid (fat).....g	0.09		0		1		0.16		
Ash.....g	1.44		0		1		2.55		
Carbohydrate, by difference.....g	22.41		0	NC	4		39.67		
Fiber, total dietary.....g	9.3		0	BFSN	4		16.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0		1		117		
Iron, Fe.....mg	2.98		0		1		5.27		
Magnesium, Mg.....mg	48		0		1		85		
Phosphorus, P.....mg	137		0		1		242		
Potassium, K.....mg	419		0		1		742		
Sodium, Na.....mg	4		0		1		7		
Zinc, Zn.....mg	0.86		0		1		1.52		
Copper, Cu.....mg	0.289		0		1		0.512		
Manganese, Mn.....mg	0.318		0		1		0.563		
Selenium, Se.....µg	1.2		0	BFSN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.129		0		1		0.228		
Riboflavin.....mg	0.062		0		1		0.110		
Niacin.....mg	0.540		0		1		0.956		
Pantothenic acid.....mg	0.219		0		1		0.388		
Vitamin B-6.....mg	0.104		0		1		0.184		
Folate, total.....µg	74		0		1		131		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	74		0		1		131		
Folate, DFE.....µg	74		0	NC	4		131		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
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	0.014		0		1		0.025		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.012		0		1		0.021		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.092		
18:2 undifferentiated.....g	0.020		0		1		0.035		
18:3 undifferentiated.....g	0.032		0		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.384		0		1		0.680		
Isoleucine.....g	0.403		0		1		0.713		
Leucine.....g	0.729		0		1		1.290		
Lysine.....g	0.627		0		1		1.110		
Methionine.....g	0.137		0		1		0.242		
Cystine.....g	0.099		0		1		0.175		
Phenylalanine.....g	0.494		0		1		0.874		
Tyrosine.....g	0.257		0		1		0.455		
Valine.....g	0.478		0		1		0.846		
Arginine.....g	0.565		0		1		1.000		
Histidine.....g	0.254		0		1		0.450		
Alanine.....g	0.383		0		1		0.678		
Aspartic acid.....g	1.105		0		1		1.956		
Glutamic acid.....g	1.392		0		1		2.464		
Glycine.....g	0.356		0		1		0.630		
Proline.....g	0.387		0		1		0.685		
Serine.....g	0.497		0		1		0.880		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16031**

**Beans, kidney, california red, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16030

Beans, kidney, california red, mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.75		0		1		21.62		
Energy.....kcal	330		0	NC	4		607		
Energy.....kJ	1381				4		2541		
Protein (N x 6.25).....g	24.37	0.149	6		1		44.84		
Total lipid (fat).....g	0.25	0.019	8		1		0.46		
Ash.....g	3.83		0		1		7.05		
Carbohydrate, by difference.....g	59.80		0	NC	4		110.03		
Fiber, total dietary.....g	24.9		0		4		45.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	195		2		1		359		
Iron, Fe.....mg	9.35		2		1		17.20		
Magnesium, Mg.....mg	160		2		1		294		
Phosphorus, P.....mg	405		2		1		745		
Potassium, K.....mg	1490		2		1		2742		
Sodium, Na.....mg	11		2		1		20		
Zinc, Zn.....mg	2.55		2		1		4.69		
Copper, Cu.....mg	1.100		2		1		2.024		
Manganese, Mn.....mg	1.000		2		1		1.840		
Selenium, Se.....µg	3.2		0	BFSN	4		5.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.5		0		1		8.3		
Thiamin.....mg	0.529		0		1		0.973		
Riboflavin.....mg	0.219		0		1		0.403		
Niacin.....mg	2.060		0		1		3.790		
Pantothenic acid.....mg	0.780		0		1		1.435		
Vitamin B-6.....mg	0.397		0		1		0.730		
Folate, total.....µg	394		0		1		725		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	394		0		1		725		
Folate, DFE.....µg	394		0	NC	4		725		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8		0		1		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.036		0		1		0.066		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.032		0		1		0.059		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.035		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.254		
18:2 undifferentiated.....g	0.054		0		1		0.099		
18:3 undifferentiated.....g	0.084		0		1		0.155		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.289		0		1		0.532		
Threonine.....g	1.026		0		1		1.888		
Isoleucine.....g	1.076		0		1		1.980		
Leucine.....g	1.946		0		1		3.581		
Lysine.....g	1.673		0		1		3.078		
Methionine.....g	0.367		0		1		0.675		
Cystine.....g	0.265		0		1		0.488		
Phenylalanine.....g	1.318		0		1		2.425		
Tyrosine.....g	0.686		0		1		1.262		
Valine.....g	1.275		0		1		2.346		
Arginine.....g	1.509		0		1		2.777		
Histidine.....g	0.679		0		1		1.249		
Alanine.....g	1.022		0		1		1.880		
Aspartic acid.....g	2.948		0		1		5.424		
Glutamic acid.....g	3.717		0		1		6.839		
Glycine.....g	0.952		0		1		1.752		
Proline.....g	1.034		0		1		1.903		
Serine.....g	1.326		0		1		2.440		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16030**

**Beans, kidney, california red, mature seeds, raw**

**Common Measures:**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16145

Beans, kidney, red, mature seeds, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.11	0.382	8	JA	6		181.18		
Energy.....kcal	124		0	NC	4		330		
Energy.....kJ	519		0	NC	4		1381		
Protein (N x 6.25).....g	7.98	0.048	4	A	1		21.22		
Total lipid (fat).....g	1.05	0.120	4	A	1		2.79		
Ash.....g	1.36	0.128	4	A	1		3.63		
Carbohydrate, by difference.....g	21.49		0	NC	4		57.17		
Fiber, total dietary.....g	5.5	0.567	3		1		14.7		
Sugars, total.....g	3.80		2		1		10.11		
Sucrose.....g	3.47		2		1		9.23		
Glucose (dextrose).....g	0.23		2		1		0.61		
Fructose.....g	0.10		2		1		0.27		
Lactose.....g	0.00		2		1		0.00		
Maltose.....g	0.00		2		1		0.00		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57	4.193	4	A	1		151		
Iron, Fe.....mg	1.50	0.046	4	A	1		4.00		
Magnesium, Mg.....mg	30	0.934	4	A	1		80		
Phosphorus, P.....mg	121	3.926	4	A	1		321		
Potassium, K.....mg	277	6.076	4	A	1		735		
Sodium, Na.....mg	231	28.332	4	A	1		614		
Zinc, Zn.....mg	0.75	0.022	4	A	1		1.99		
Copper, Cu.....mg	0.272	0.003	4	A	1		0.725		
Manganese, Mn.....mg	0.384	0.016	4	A	1		1.023		
Selenium, Se.....µg	1.6		0	BFSN	4		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2	0.017	4	A	1		0.6		
Thiamin.....mg	0.067	0.003	4	A	1		0.179		
Riboflavin.....mg	0.016	0.001	4	A	1		0.043		
Niacin.....mg	0.460	0.016	4	A	1		1.223		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total (1).....µg	28		0	A	1		73		
Folic acid.....µg	0		0	Z	7		0		
Folate, food (1).....µg	28		0	A	1		73		
Folate, DFE (1).....µg	28		0	NC	4		73		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU									
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		



NDB No. 16145

Beans, kidney, red, mature seeds, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.181		0	NC	4		0.482		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.007		0	BFSN	4		0.019		
15:0.....g									
16:0.....g	0.119		0	BFSN	4		0.317		
17:0.....g									
18:0.....g	0.055		0	BFSN	4		0.146		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0	NC	4		0.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	BFSN	4		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.017		0	BFSN	4		0.045		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0	NC	4		0.514		
18:2 undifferentiated.....g	0.120		0	BFSN	4		0.319		
18:3 undifferentiated.....g	0.073		0	BFSN	4		0.195		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0	A	1		0.253		
Threonine.....g	0.293		0	A	1		0.780		
Isoleucine.....g	0.377		0	A	1		1.003		
Leucine.....g	0.677		0	A	1		1.802		
Lysine.....g	0.558		0	A	1		1.485		
Methionine.....g	0.104		0	A	1		0.277		
Cystine.....g	0.075		0	A	1		0.199		
Phenylalanine.....g	0.471		0	A	1		1.252		
Tyrosine.....g	0.189		0	A	1		0.502		
Valine.....g	0.460		0	A	1		1.224		
Arginine.....g	0.437		0	A	1		1.163		
Histidine.....g	0.219		0	A	1		0.583		
Alanine.....g	0.362		0	A	1		0.963		
Aspartic acid.....g	0.999		0	A	1		2.657		
Glutamic acid.....g	1.282		0	A	1		3.410		
Glycine.....g	0.323		0	A	1		0.859		
Proline.....g	0.456		0	A	1		1.213		
Serine.....g	0.500		0	A	1		1.331		

NDB No. 16145

Beans, kidney, red, mature seeds, canned, drained solids

Nutrients and Units	<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			
Hydroxyproline.....g								
<b>Others:</b>								
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 = 266g: 1 can drained solids

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16335

Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.86	0.363	4	A	1		108.80		
Energy.....kcal	121		0	NC	4		191		
Energy.....kJ	505		0	NC	4		798		
Protein (N x 6.25).....g	8.12	0.089	4	A	1		12.83		
Total lipid (fat).....g	0.93	0.118	4	A	1		1.48		
Ash.....g	1.29	0.156	4	A	1		2.03		
Carbohydrate, by difference.....g	20.80		0	NC	4		32.86		
Fiber, total dietary.....g	6.0		0	BFSN	4		9.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58	4.574	4	A	1		91		
Iron, Fe.....mg	1.50	0.062	4	A	1		2.37		
Magnesium, Mg.....mg	29	0.580	4	A	1		45		
Phosphorus, P.....mg	118	5.558	4	A	1		187		
Potassium, K.....mg	250	6.062	4	A	1		394		
Sodium, Na.....mg	208	26.546	4	A	1		329		
Zinc, Zn.....mg	0.74	0.036	4	A	1		1.18		
Copper, Cu.....mg	0.283	0.006	4	A	1		0.448		
Manganese, Mn.....mg	0.382	0.014	4	A	1		0.603		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2	0.016	4	A	1		0.3		
Thiamin.....mg	0.060	0.004	4	A	1		0.095		
Riboflavin.....mg	0.015	0.000	4	A	1		0.023		
Niacin.....mg	0.417	0.024	4	A	1		0.660		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.113		0	BFSN	4		0.178		
Folate, total (1).....µg	23		0	A	1		36		
Folic acid.....µg	0		0	Z	7		0		
Folate, food (1).....µg	23		0	A	1		36		
Folate, DFE (1).....µg	23		0	NC	4		36		
Choline, total.....mg	43.1		0	BFSN	4		68.1		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.04		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	5.7		0	BFSN	4		9.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16335

Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.328		0	NC	4		0.518		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.013		0	BFSN	4		0.020		
15:0.....g									
16:0.....g	0.215		0	BFSN	4		0.340		
17:0.....g									
18:0.....g	0.100		0	BFSN	4		0.157		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.052		0	NC	4		0.082		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	BFSN	4		0.033		
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFSN	4		0.049		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0	NC	4		0.552		
18:2 undifferentiated.....g	0.217		0	BFSN	4		0.343		
18:3 undifferentiated.....g	0.132		0	BFSN	4		0.209		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.097		0	A	1		0.153		
Threonine.....g	0.298		0	A	1		0.471		
Isoleucine.....g	0.384		0	A	1		0.607		
Leucine.....g	0.689		0	A	1		1.089		
Lysine.....g	0.568		0	A	1		0.898		
Methionine.....g	0.106		0	A	1		0.167		
Cystine.....g	0.076		0	A	1		0.120		
Phenylalanine.....g	0.479		0	A	1		0.757		
Tyrosine.....g	0.192		0	A	1		0.303		
Valine.....g	0.468		0	A	1		0.740		
Arginine.....g	0.445		0	A	1		0.703		
Histidine.....g	0.223		0	A	1		0.352		
Alanine.....g	0.369		0	A	1		0.582		
Aspartic acid.....g	1.016		0	A	1		1.606		
Glutamic acid.....g	1.305		0	A	1		2.061		
Glycine.....g	0.329		0	A	1		0.519		
Proline.....g	0.464		0	A	1		0.733		
Serine.....g	0.509		0	A	1		0.805		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16335

Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water

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

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

**Common Measures:**

Measure 1 = 158g: 1 cup cup rinsed solids

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16337

Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Proximates:</b>									
Water.....g	77.96	0.042	48	JA	6		199.57	339.89	
Energy.....kcal	81		0	NC	4		208	355	
Energy.....kJ	341		0	NC	4		873	1487	
Protein (N x 6.25).....g	5.22	0.015	48	JA	6		13.36	22.75	
Total lipid (fat).....g	0.36	0.009	47	JA	6		0.91	1.56	
Ash.....g	1.64	0.013	48	JA	6		4.20	7.16	
Carbohydrate, by difference.....g	14.83		0	NC	4		37.96	64.64	
Fiber, total dietary.....g	5.3		1	A	1		13.6	23.2	
Sugars, total.....g	1.85		1	A	1		4.74	8.07	
Sucrose.....g	1.85		1	A	1		4.74	8.07	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	8.90		1	A	1		22.78	38.80	
<b>Minerals:</b>									
Calcium, Ca.....mg	29	0.331	48	JA	6		75	127	
Iron, Fe.....mg	1.25	0.002	49	JA	6		3.20	5.45	
Magnesium, Mg.....mg	30	0.847	6	JA	6		76	129	
Phosphorus, P.....mg	106	1.853	6	JA	6		272	463	
Potassium, K.....mg	260	15.140	45	JA	6		665	1132	
Sodium, Na.....mg	117	18.052	4	LC	8		300	511	
Zinc, Zn.....mg	0.62	0.020	6	JA	6		1.59	2.70	
Copper, Cu.....mg	0.147	0.003	6	JA	6		0.376	0.640	
Manganese, Mn.....mg	0.291	0.020	5	JA	6		0.745	1.268	
Selenium, Se.....µg	1.1	0.243	10	A	1		2.9	4.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8	0.006	9	JA	6		2.0	3.3	
Thiamin.....mg	0.106	0.000	48	JA	6		0.271	0.461	
Riboflavin.....mg	0.067	0.000	50	JA	6		0.170	0.290	
Niacin.....mg	0.494	0.002	47	JA	6		1.264	2.153	
Pantothenic acid.....mg	0.130		1	JA	6		0.333	0.566	
Vitamin B-6.....mg	0.080		1	JA	6		0.205	0.348	
Folate, total.....µg	26		0	AS	1		66	112	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	26		0	AS	1		66	112	
Folate, DFE.....µg	26		0	NC	4		66	112	
Choline, total.....mg	30.5		0	AS	1		78.1	133.0	
Betaine.....mg	0.1		1	A	1		0.2	0.4	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		1	A	1		0.05	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.69		1	A	1		1.77	3.01	
Tocopherol, delta.....mg	0.02		1	A	1		0.05	0.09	
Tocotrienol, alpha.....mg	0.01		1	A	1		0.04	0.06	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 16337

Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.1		1	A	1		10.4	17.7	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.125		0	NC	4		0.321	0.546	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.005		1	A	1		0.013	0.021	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.082		1	JA	6		0.211	0.359	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.038		1	JA	6		0.097	0.166	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.147		0	NC	4		0.376	0.641	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.008		1	A	1		0.021	0.035	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.012		0	BFSN	4		0.030	0.051	
18:1 c.....g	0.127		1	A	1		0.326	0.555	
18:1 t.....g	0.000		1	A	1		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	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.174		0	NC	4		0.445	0.758	
18:2 undifferentiated.....g	0.083		1	JA	6		0.213	0.362	
18:3 undifferentiated.....g	0.051		0	BFSN	4		0.129	0.220	
18:3 n-3 c,c,c (ALA).....g	0.040		1	A	1		0.103	0.176	
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		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0	A	1		0.164	0.280	
Threonine.....g	0.197		0	A	1		0.506	0.861	
Isoleucine.....g	0.254		0	A	1		0.650	1.108	
Leucine.....g	0.456		0	A	1		1.168	1.989	

NDB No. 16337

Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine.....g	0.376		0	A	1		0.963	1.640	
Methionine.....g	0.070		0	A	1		0.179	0.305	
Cystine.....g	0.050		0	A	1		0.129	0.219	
Phenylalanine.....g	0.317		0	A	1		0.811	1.382	
Tyrosine.....g	0.127		0	A	1		0.325	0.554	
Valine.....g	0.310		0	A	1		0.793	1.351	
Arginine.....g	0.295		0	A	1		0.754	1.284	
Histidine.....g	0.148		0	A	1		0.378	0.643	
Alanine.....g	0.244		0	A	1		0.624	1.064	
Aspartic acid.....g	0.673		0	A	1		1.722	2.933	
Glutamic acid.....g	0.863		0	A	1		2.210	3.764	
Glycine.....g	0.218		0	A	1		0.557	0.948	
Proline.....g	0.307		0	A	1		0.786	1.339	
Serine.....g	0.337		0	A	1		0.863	1.469	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
<b>Others:</b>									
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 = 256g: 1 cup

Measure 2 = 436g: 1 can total can contents

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16034

Beans, kidney, red, mature seeds, canned, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Proximates:</b>									
Water.....g	77.96	0.042	48	JA	6		199.57	12.47	339.89
Energy.....kcal	81		0	NC	4		208	13	355
Energy.....kJ	341		0	NC	4		873	55	1487
Protein (N x 6.25).....g	5.22	0.015	48	JA	6		13.36	0.83	22.75
Total lipid (fat).....g	0.36	0.009	47	JA	6		0.91	0.06	1.56
Ash.....g	1.64	0.013	48	JA	6		4.20	0.26	7.16
Carbohydrate, by difference.....g	14.83		0	NC	4		37.96	2.37	64.64
Fiber, total dietary.....g	4.3		0	BFSN	4		10.9	0.7	18.6
Sugars, total.....g	1.85		1	A	1		4.74	0.30	8.07
Sucrose.....g	1.85		1	A	1		4.74	0.30	8.07
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	8.90		1	A	1		22.78	1.42	38.80
<b>Minerals:</b>									
Calcium, Ca.....mg	29	0.331	48	JA	6		75	5	127
Iron, Fe.....mg	1.25	0.002	49	JA	6		3.20	0.20	5.45
Magnesium, Mg.....mg	30	0.847	6	JA	6		76	5	129
Phosphorus, P.....mg	106	1.853	6	JA	6		272	17	463
Potassium, K.....mg	260	15.140	45	JA	6		665	42	1132
Sodium, Na.....mg	256	27.075	5	A	1		655	41	1115
Zinc, Zn.....mg	0.62	0.020	6	JA	6		1.59	0.10	2.70
Copper, Cu.....mg	0.147	0.003	6	JA	6		0.376	0.023	0.640
Manganese, Mn.....mg	0.291	0.020	5	JA	6		0.745	0.047	1.268
Selenium, Se.....µg	1.1	0.243	10	A	1		2.9	0.2	4.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8	0.006	9	JA	6		2.0	0.1	3.3
Thiamin.....mg	0.106	0.000	48	JA	6		0.271	0.017	0.461
Riboflavin.....mg	0.067	0.000	50	JA	6		0.170	0.011	0.290
Niacin.....mg	0.494	0.002	47	JA	6		1.264	0.079	2.153
Pantothenic acid.....mg	0.130		1	JA	6		0.333	0.021	0.566
Vitamin B-6.....mg	0.080		1	JA	6		0.205	0.013	0.348
Folate, total (1).....µg	23		1	JA	6		59	4	100
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food (1).....µg	23		1	JA	6		59	4	100
Folate, DFE (1).....µg	23		0	NC	4		59	4	100
Choline, total.....mg	30.5		0	AS	1		78.1	4.9	133.0
Betaine.....mg	0.1		1	A	1		0.2	0.0	0.4
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFSN	4		0	0	0
Carotene, alpha.....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02		1	A	1		0.05	0.00	0.09
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	0.69		1	A	1		1.77	0.11	3.01
Tocopherol, delta.....mg	0.02		1	A	1		0.05	0.00	0.09
Tocotrienol, alpha.....mg	0.01		1	A	1		0.04	0.00	0.06
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

Beans, kidney, red, mature seeds, canned, solids and liquids

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
Tocotrienol, gamma.....mg	0.00		1	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	4.1		1	A	1	10.4	0.6	17.7
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.125		0	NC	4	0.321	0.020	0.546
4:0.....g	0.000		1	A	1	0.000	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000	0.000
10:0.....g	0.000		1	A	1	0.000	0.000	0.000
12:0.....g	0.000		1	A	1	0.000	0.000	0.000
13:0.....g	0.000		1	A	1	0.000	0.000	0.000
14:0.....g	0.005		1	A	1	0.013	0.001	0.021
15:0.....g	0.000		1	A	1	0.000	0.000	0.000
16:0.....g	0.082		1	JA	6	0.211	0.013	0.359
17:0.....g	0.000		1	A	1	0.000	0.000	0.000
18:0.....g	0.038		1	JA	6	0.097	0.006	0.166
20:0.....g	0.000		1	A	1	0.000	0.000	0.000
22:0.....g	0.000		1	A	1	0.000	0.000	0.000
24:0.....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.147		0	NC	4	0.376	0.024	0.641
14:1.....g	0.000		1	A	1	0.000	0.000	0.000
15:1.....g	0.000		1	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.008		1	A	1	0.021	0.001	0.035
17:1.....g	0.000		1	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	0.012		0	BFSN	4	0.030	0.002	0.051
18:1 c.....g	0.127		1	A	1	0.326	0.020	0.555
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	0.174		0	NC	4	0.445	0.028	0.758
18:2 undifferentiated.....g	0.083		1	JA	6	0.213	0.013	0.362
18:3 undifferentiated.....g	0.051		0	BFSN	4	0.129	0.008	0.220
18:3 n-3 c,c,c (ALA).....g	0.040		1	A	1	0.103	0.006	0.176
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000	0.000	0.000
18:3i.....g								
18:4.....g	0.000		0	BFSN	4	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFSN	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.064		0	A	1	0.164	0.010	0.280
Threonine.....g	0.197		0	A	1	0.506	0.032	0.861
Isoleucine.....g	0.254		0	A	1	0.650	0.041	1.108
Leucine.....g	0.456		0	A	1	1.168	0.073	1.989

NDB No. 16034

Beans, kidney, red, mature seeds, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.376		0	A	1		0.963	0.060	1.640
Methionine.....g	0.070		0	A	1		0.179	0.011	0.305
Cystine.....g	0.050		0	A	1		0.129	0.008	0.219
Phenylalanine.....g	0.317		0	A	1		0.811	0.051	1.382
Tyrosine.....g	0.127		0	A	1		0.325	0.020	0.554
Valine.....g	0.310		0	A	1		0.793	0.050	1.351
Arginine.....g	0.295		0	A	1		0.754	0.047	1.284
Histidine.....g	0.148		0	A	1		0.378	0.024	0.643
Alanine.....g	0.244		0	A	1		0.624	0.039	1.064
Aspartic acid.....g	0.673		0	A	1		1.722	0.108	2.933
Glutamic acid.....g	0.863		0	A	1		2.210	0.138	3.764
Glycine.....g	0.218		0	A	1		0.557	0.035	0.948
Proline.....g	0.307		0	A	1		0.786	0.049	1.339
Serine.....g	0.337		0	A	1		0.863	0.054	1.469
Hydroxyproline.....g									
<b>Others:</b>									
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 = 256g: 1 cup
- Measure 2 = 16g: 1 tbsp
- Measure 3 = 436g: 1 can

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16333

Beans, kidney, red, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	66.94	0.208	20				118.48		
Energy.....kcal	127		0	NC	4		225		
Energy.....kJ	532		0	NC	4		941		
Protein (N x 6.25).....g	8.67	0.097	23		1		15.35		
Total lipid (fat).....g	0.50	0.015	23		1		0.89		
Ash.....g	1.09	0.028	23		1		1.93		
Carbohydrate, by difference.....g	22.80		0	NC	4		40.36		
Fiber, total dietary.....g	7.4		1	A	1		13.1		
Sugars, total.....g	0.32		0	BFSN	4		0.56		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28	1.913	30		1		50		
Iron, Fe.....mg	2.94	0.180	30		1		5.20		
Magnesium, Mg.....mg	45	0.888	29		1		80		
Phosphorus, P.....mg	142	5.977	30		1		251		
Potassium, K.....mg	403	11.701	31		1		713		
Sodium, Na.....mg	238		0		1		421		
Zinc, Zn.....mg	1.07	0.029	32		1		1.89		
Copper, Cu.....mg	0.242	0.012	32		1		0.428		
Manganese, Mn.....mg	0.477	0.025	31		1		0.844		
Selenium, Se.....µg	1.2		0	BFSN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.160	0.017	23		1		0.283		
Riboflavin.....mg	0.058	0.003	23		1		0.103		
Niacin.....mg	0.578	0.038	23		1		1.023		
Pantothenic acid.....mg	0.220	0.006	8		1		0.389		
Vitamin B-6.....mg	0.120	0.006	8		1		0.212		
Folate, total.....µg	130	3.817	8		1		229		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	130	3.817	8		1		229		
Folate, DFE.....µg	130		0	NC	4		229		
Choline, total.....mg	30.5		0	BFSN	4		54.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.05		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	8.4		0	BFSN	4		14.9		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16333

Beans, kidney, red, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.072		0		1		0.127		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.064		0		1		0.113		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487		
18:2 undifferentiated.....g	0.107		0		1		0.189		
18:3 undifferentiated.....g	0.168		0		1		0.297		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		1		0.182		
Threonine.....g	0.365		0		1		0.646		
Isoleucine.....g	0.383		0		1		0.678		
Leucine.....g	0.693		0		1		1.227		
Lysine.....g	0.595		0		1		1.053		
Methionine.....g	0.130		0		1		0.230		
Cystine.....g	0.094		0		1		0.166		
Phenylalanine.....g	0.469		0		1		0.830		
Tyrosine.....g	0.244		0		1		0.432		
Valine.....g	0.454		0		1		0.804		
Arginine.....g	0.537		0		1		0.950		
Histidine.....g	0.242		0		1		0.428		
Alanine.....g	0.364		0		1		0.644		
Aspartic acid.....g	1.049		0		1		1.857		
Glutamic acid.....g	1.323		0		1		2.342		
Glycine.....g	0.339		0		1		0.600		
Proline.....g	0.368		0		1		0.651		
Serine.....g	0.472		0		1		0.835		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16333**

**Beans, kidney, red, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16033

Beans, kidney, red, mature seeds, cooked, boiled, 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
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.072		0		1		0.127	0.008
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	0.064		0		1		0.113	0.007
17:0.....g								
18:0.....g	0.008		0		1		0.014	0.001
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069	0.004
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	0.039		0		1		0.069	0.004
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487	0.030
18:2 undifferentiated.....g	0.107		0		1		0.189	0.012
18:3 undifferentiated.....g	0.168		0		1		0.297	0.018
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	0.000		0	Z	7		0.000	0.000
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.103		0		1		0.182	0.011
Threonine.....g	0.365		0		1		0.646	0.040
Isoleucine.....g	0.383		0		1		0.678	0.042
Leucine.....g	0.693		0		1		1.227	0.076
Lysine.....g	0.595		0		1		1.053	0.065
Methionine.....g	0.130		0		1		0.230	0.014
Cystine.....g	0.094		0		1		0.166	0.010
Phenylalanine.....g	0.469		0		1		0.830	0.052
Tyrosine.....g	0.244		0		1		0.432	0.027
Valine.....g	0.454		0		1		0.804	0.050
Arginine.....g	0.537		0		1		0.950	0.059
Histidine.....g	0.242		0		1		0.428	0.027
Alanine.....g	0.364		0		1		0.644	0.040
Aspartic acid.....g	1.049		0		1		1.857	0.115
Glutamic acid.....g	1.323		0		1		2.342	0.146
Glycine.....g	0.339		0		1		0.600	0.037
Proline.....g	0.368		0		1		0.651	0.040
Serine.....g	0.472		0		1		0.835	0.052
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0



NDB No. 16033

Beans, kidney, red, mature seeds, cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16032

Beans, kidney, red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.154		0		1		0.283	0.019	
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	0.136		0		1		0.250	0.017	
17:0.....g									
18:0.....g	0.018		0		1		0.033	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.082		0		1		0.151	0.010	
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	0.082		0		1		0.151	0.010	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.586		0		1		1.078	0.071	
18:2 undifferentiated.....g	0.228		0		1		0.420	0.028	
18:3 undifferentiated.....g	0.358		0		1		0.659	0.044	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.267		0		1		0.491	0.033	
Threonine.....g	0.948		0		1		1.744	0.116	
Isoleucine.....g	0.995		0		1		1.831	0.121	
Leucine.....g	1.799		0		1		3.310	0.219	
Lysine.....g	1.547		0		1		2.846	0.189	
Methionine.....g	0.339		0		1		0.624	0.041	
Cystine.....g	0.245		0		1		0.451	0.030	
Phenylalanine.....g	1.218		0		1		2.241	0.149	
Tyrosine.....g	0.634		0		1		1.167	0.077	
Valine.....g	1.179		0		1		2.169	0.144	
Arginine.....g	1.395		0		1		2.567	0.170	
Histidine.....g	0.627		0		1		1.154	0.076	
Alanine.....g	0.945		0		1		1.739	0.115	
Aspartic acid.....g	2.725		0		1		5.014	0.332	
Glutamic acid.....g	3.436		0		1		6.322	0.419	
Glycine.....g	0.880		0		1		1.619	0.107	
Proline.....g	0.955		0		1		1.757	0.117	
Serine.....g	1.226		0		1		2.256	0.150	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16032

Beans, kidney, red, mature seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 184g: 1 cup

Measure 2 = 12.2g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16336

Beans, kidney, royal red, mature seeds, cooked, boiled 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
<b>Proximates:</b>									
Water.....g	66.99		0		1		118.57		
Energy.....kcal	123		0	NC	4		218		
Energy.....kJ	515				4		911		
Protein (N x 6.25).....g	9.49		0		1		16.80		
Total lipid (fat).....g	0.17		0		1		0.30		
Ash.....g	1.50		0		1		2.66		
Carbohydrate, by difference.....g	21.85		0	NC	4		38.67		
Fiber, total dietary.....g	9.3		0	BFSN	4		16.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		0		1		78		
Iron, Fe.....mg	2.77		0		1		4.90		
Magnesium, Mg.....mg	42		0		1		74		
Phosphorus, P.....mg	142		0		1		251		
Potassium, K.....mg	378		0		1		669		
Sodium, Na.....mg	241		0		1		427		
Zinc, Zn.....mg	0.90		0		1		1.59		
Copper, Cu.....mg	0.262		0		1		0.464		
Manganese, Mn.....mg	0.255		0		1		0.451		
Selenium, Se.....µg	1.2		0	BFZN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.095		0		1		0.168		
Riboflavin.....mg	0.067		0		1		0.119		
Niacin.....mg	0.552		0		1		0.977		
Pantothenic acid.....mg	0.219		0		1		0.388		
Vitamin B-6.....mg	0.104		0		1		0.184		
Folate, total.....µg	74		0		1		130		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	74		0		1		130		
Folate, DFE.....µg	74		0	NC	4		130		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
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	0.024		0		1		0.042		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.022		0		1		0.039		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.023		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.165		
18:2 undifferentiated.....g	0.036		0		1		0.064		
18:3 undifferentiated.....g	0.057		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.112		0		1		0.198		
Threonine.....g	0.399		0		1		0.706		
Isoleucine.....g	0.419		0		1		0.742		
Leucine.....g	0.757		0		1		1.340		
Lysine.....g	0.651		0		1		1.152		
Methionine.....g	0.143		0		1		0.253		
Cystine.....g	0.103		0		1		0.182		
Phenylalanine.....g	0.513		0		1		0.908		
Tyrosine.....g	0.267		0		1		0.473		
Valine.....g	0.496		0		1		0.878		
Arginine.....g	0.587		0		1		1.039		
Histidine.....g	0.264		0		1		0.467		
Alanine.....g	0.398		0		1		0.704		
Aspartic acid.....g	1.148		0		1		2.032		
Glutamic acid.....g	1.447		0		1		2.561		
Glycine.....g	0.370		0		1		0.655		
Proline.....g	0.402		0		1		0.712		
Serine.....g	0.516		0		1		0.913		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16336**

**Beans, kidney, royal red, mature seeds, cooked, boiled with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.99		0		1		118.57		
Energy.....kcal	123		0	NC	4		218		
Energy.....kJ	515				4		911		
Protein (N x 6.25).....g	9.49		0		1		16.80		
Total lipid (fat).....g	0.17		0		1		0.30		
Ash.....g	1.50		0		1		2.66		
Carbohydrate, by difference.....g	21.85		0	NC	4		38.67		
Fiber, total dietary.....g	9.3		0	BFSN	4		16.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		0		1		78		
Iron, Fe.....mg	2.77		0		1		4.90		
Magnesium, Mg.....mg	42		0		1		74		
Phosphorus, P.....mg	142		0		1		251		
Potassium, K.....mg	378		0		1		669		
Sodium, Na.....mg	5		0		1		9		
Zinc, Zn.....mg	0.90		0		1		1.59		
Copper, Cu.....mg	0.262		0		1		0.464		
Manganese, Mn.....mg	0.255		0		1		0.451		
Selenium, Se.....µg	1.2		0	BFZN	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1		
Thiamin.....mg	0.095		0		1		0.168		
Riboflavin.....mg	0.067		0		1		0.119		
Niacin.....mg	0.552		0		1		0.977		
Pantothenic acid.....mg	0.219		0		1		0.388		
Vitamin B-6.....mg	0.104		0		1		0.184		
Folate, total.....µg	74		0		1		130		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	74		0		1		130		
Folate, DFE.....µg	74		0	NC	4		130		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
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	0.024		0		1		0.042		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.022		0		1		0.039		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.023		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.165		
18:2 undifferentiated.....g	0.036		0		1		0.064		
18:3 undifferentiated.....g	0.057		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.112		0		1		0.198		
Threonine.....g	0.399		0		1		0.706		
Isoleucine.....g	0.419		0		1		0.742		
Leucine.....g	0.757		0		1		1.340		
Lysine.....g	0.651		0		1		1.152		
Methionine.....g	0.143		0		1		0.253		
Cystine.....g	0.103		0		1		0.182		
Phenylalanine.....g	0.513		0		1		0.908		
Tyrosine.....g	0.267		0		1		0.473		
Valine.....g	0.496		0		1		0.878		
Arginine.....g	0.587		0		1		1.039		
Histidine.....g	0.264		0		1		0.467		
Alanine.....g	0.398		0		1		0.704		
Aspartic acid.....g	1.148		0		1		2.032		
Glutamic acid.....g	1.447		0		1		2.561		
Glycine.....g	0.370		0		1		0.655		
Proline.....g	0.402		0		1		0.712		
Serine.....g	0.516		0		1		0.913		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16036**

**Beans, kidney, royal red, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16035

Beans, kidney, royal red, mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.90		1		1		21.90		
Energy.....kcal	329		0	NC	4		605		
Energy.....kJ	1377				4		2533		
Protein (N x 6.25).....g	25.33	0.809	6		1		46.61		
Total lipid (fat).....g	0.45	0.094	8		1		0.83		
Ash.....g	4.00		1		1		7.36		
Carbohydrate, by difference.....g	58.33		0	NC	4		107.33		
Fiber, total dietary.....g	24.9		0	BFSN	4		45.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	131		2		1		241		
Iron, Fe.....mg	8.70		2		1		16.01		
Magnesium, Mg.....mg	138		0		1		254		
Phosphorus, P.....mg	406		0		1		747		
Potassium, K.....mg	1346		2		1		2477		
Sodium, Na.....mg	13		1		1		24		
Zinc, Zn.....mg	2.66		2		1		4.89		
Copper, Cu.....mg	1.000		1		1		1.840		
Manganese, Mn.....mg	1.109		0		1		2.041		
Selenium, Se.....µg	3.2		0	BFSN	4		5.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.5		0		1		8.3		
Thiamin.....mg	0.390		1		1		0.718		
Riboflavin.....mg	0.240		1		1		0.442		
Niacin.....mg	2.106		0		1		3.875		
Pantothenic acid.....mg	0.779		0		1		1.433		
Vitamin B-6.....mg	0.396		0		1		0.729		
Folate, total.....µg	393		0		1		724		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	393		0		1		724		
Folate, DFE.....µg	393		0	NC	4		724		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8		0		1		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.065		0			1		0.120	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.058		0			1		0.107	
17:0.....g									
18:0.....g	0.008		0			1		0.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0			1		0.064	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0			1		0.064	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.249		0			1		0.458	
18:2 undifferentiated.....g	0.097		0			1		0.178	
18:3 undifferentiated.....g	0.152		0			1		0.280	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7		0.000	
Cholesterol.....mg	0		0			1		0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.300		0			1		0.552	
Threonine.....g	1.066		0			1		1.961	
Isoleucine.....g	1.118		0			1		2.057	
Leucine.....g	2.022		0			1		3.720	
Lysine.....g	1.738		0			1		3.198	
Methionine.....g	0.381		0			1		0.701	
Cystine.....g	0.276		0			1		0.508	
Phenylalanine.....g	1.370		0			1		2.521	
Tyrosine.....g	0.713		0			1		1.312	
Valine.....g	1.325		0			1		2.438	
Arginine.....g	1.568		0			1		2.885	
Histidine.....g	0.705		0			1		1.297	
Alanine.....g	1.062		0			1		1.954	
Aspartic acid.....g	3.063		0			1		5.636	
Glutamic acid.....g	3.862		0			1		7.106	
Glycine.....g	0.989		0			1		1.820	
Proline.....g	1.074		0			1		1.976	
Serine.....g	1.378		0			1		2.536	
Hydroxyproline.....g									

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

**NDB No. 16035**

**Beans, kidney, royal red, mature seeds, raw**

**Common Measures:**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 43125

Beans, liquid from stewed kidney beans

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.174		0		4		2.818		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.006		0		4		0.014		
13:0.....g									
14:0.....g	0.043		0		4		0.103		
15:0.....g									
16:0.....g	0.729		0		4		1.750		
17:0.....g									
18:0.....g	0.389		0		4		0.934		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.536		0		4		3.686		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		4		0.228		
17:1.....g									
18:1 undifferentiated.....g	1.420		0		4		3.408		
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	0.340		0		4		0.816		
18:2 undifferentiated.....g	0.299		0		4		0.718		
18:3 undifferentiated.....g	0.033		0		4		0.079		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0		4		0.017		
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	4		0		4		10		
Phytosterols.....mg									
<b>Others:</b>									
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 = 240g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16039

Beans, navy, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.112		0		1		0.293
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.000		0		1		0.000
15:0.....g							
16:0.....g	0.105		0		1		0.275
17:0.....g							
18:0.....g	0.007		0		1		0.018
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.038		0		1		0.100
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000
17:1.....g							
18:1 undifferentiated.....g	0.038		0		1		0.100
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.186		0		1		0.487
18:2 undifferentiated.....g	0.101		0		1		0.265
18:3 undifferentiated.....g	0.085		0		1		0.223
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.090		0	NR	4		0.236
Threonine.....g	0.277		0	NR	4		0.725
Isoleucine.....g	0.356		0	NR	4		0.933
Leucine.....g	0.639		0	NR	4		1.675
Lysine.....g	0.527		0	NR	4		1.381
Methionine.....g	0.098		0	NR	4		0.257
Cystine.....g	0.071		0	NR	4		0.185
Phenylalanine.....g	0.444		0	NR	4		1.164
Tyrosine.....g	0.178		0	NR	4		0.466
Valine.....g	0.434		0	NR	4		1.138
Arginine.....g	0.413		0	NR	4		1.082
Histidine.....g	0.207		0	NR	4		0.542
Alanine.....g	0.342		0	NR	4		0.896
Aspartic acid.....g	0.943		0	NR	4		2.470
Glutamic acid.....g	1.210		0	NR	4		3.170
Glycine.....g	0.305		0	NR	4		0.799
Proline.....g	0.431		0	NR	4		1.128
Serine.....g	0.472		0	NR	4		1.237
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

**NDB No. 16039**  
**Beans, navy, mature seeds, canned**

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

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

**Common Measures:**

Measure 1 = 262g: 1 cup

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

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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		Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
<b>Proximates:</b>								
Water.....g	63.81	0.396	9	JO	11	116.13		
Energy.....kcal	140		0	NC	4	254		
Energy.....kJ	585		0	NC	4	1065		
Protein (N x 6.25).....g	8.23	0.300	3	JO	11	14.98		
Total lipid (fat).....g	0.62	0.000	9	JO	11	1.12		
Ash.....g	1.30	0.022	9	JO	11	2.37		
Carbohydrate, by difference.....g	26.05		0	NC	4	47.40		
Fiber, total dietary.....g	10.5		1	A	1	19.0		
Sugars, total.....g	0.37		1	A	1	0.67		
Sucrose.....g	0.37		1	A	1	0.67		
Glucose (dextrose).....g	0.00		1	A	1	0.00		
Fructose.....g	0.00		1	A	1	0.00		
Lactose.....g	0.00		1	A	1	0.00		
Maltose.....g	0.00		1	A	1	0.00		
Galactose.....g	0.00		1	A	1	0.00		
Starch.....g	15.40		1	A	1	28.03		
<b>Minerals:</b>								
Calcium, Ca.....mg	69	2.524	44	JO	11	126		
Iron, Fe.....mg	2.36	0.060	45	JO	11	4.29		
Magnesium, Mg.....mg	53	0.986	45	JO	11	97		
Phosphorus, P.....mg	144	3.005	44	JO	11	262		
Potassium, K.....mg	389	10.703	45	JO	11	708		
Sodium, Na.....mg	237		0		1	431		
Zinc, Zn.....mg	1.03	0.025	45	JO	11	1.87		
Copper, Cu.....mg	0.210	0.015	45	JO	11	0.382		
Manganese, Mn.....mg	0.527	0.039	45	JO	11	0.959		
Selenium, Se.....µg	2.9	0.653	29	JA	6	5.2		
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.9		0		1	1.6		
Thiamin.....mg	0.237	0.006	9	JO	11	0.431		
Riboflavin.....mg	0.066	0.002	9	JO	11	0.119		
Niacin.....mg	0.649	0.037	9	JO	11	1.180		
Pantothenic acid.....mg	0.266	0.009	9	JO	11	0.483		
Vitamin B-6.....mg	0.138	0.005	9	JO	11	0.251		
Folate, total.....µg	140	6.063	8	A	1	255		
Folic acid.....µg	0		0	Z	7	0		
Folate, food.....µg	140	6.063	8	A	1	255		
Folate, DFE.....µg	140		0	NC	4	255		
Choline, total.....mg	44.7		0	AS	1	81.3		
Betaine.....mg	0.1		1	A	1	0.2		
Vitamin B-12.....µg	0.00		0	Z	7	0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00		
Vitamin A, RAE.....µg	0		0	NC	4	0		
Retinol.....µg	0		0	Z	7	0		
Carotene, beta.....µg	0		0	BFSY	4	0		
Carotene, alpha.....µg	0		0	BFSY	4	0		
Cryptoxanthin, beta.....µg	0		0	BFSY	4	0		
Vitamin A, IU.....IU	0		0	NC	4	0		
Lycopene.....µg	0		0	BFSY	4	0		
Lutein + zeaxanthin.....µg	0		0	BFSY	4	0		
Vitamin E (alpha-tocopherol).....mg	0.01		1	A	1	0.03		
Vitamin E, added.....mg	0.00		0	Z	7	0.00		
Tocopherol, beta.....mg	0.00		1	A	1	0.00		
Tocopherol, gamma.....mg	1.28		1	A	1	2.33		
Tocopherol, delta.....mg	0.09		1	A	1	0.16		
Tocotrienol, alpha.....mg	0.00		1	A	1	0.00		
Tocotrienol, beta.....mg	0.00		1	A	1	0.00		

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.6		1	A	1		1.1		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.032		0	NC	4		0.058		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.026		1	A	1		0.047		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.006		1	A	1		0.011		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.046		0	NC	4		0.084		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.046		0	AS	1		0.084		
18:1 c.....g	0.070		1	A	1		0.127		
18:1 t.....g	0.000		1	A	1		0.000		
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	0.159		0	NC	4		0.290		
18:2 undifferentiated.....g	0.069		1	A	1		0.126		
18:3 undifferentiated.....g	0.090		0	AS	1		0.164		
18:3 n-3 c,c,c (ALA).....g	0.206		1	A	1		0.376		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	JO	11		0.183		
Threonine.....g	0.289		0	JO	11		0.526		

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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			
Isoleucine.....g	0.387		0	JO	11	0.704	
Leucine.....g	0.700		0	JO	11	1.274	
Lysine.....g	0.520		0	JO	11	0.947	
Methionine.....g	0.111		0	JO	11	0.202	
Cystine.....g	0.076		0	JO	11	0.138	
Phenylalanine.....g	0.471		0	JO	11	0.857	
Tyrosine.....g	0.197		0	JO	11	0.358	
Valine.....g	0.504		0	JO	11	0.918	
Arginine.....g	0.415		0	JO	11	0.754	
Histidine.....g	0.206		0	JO	11	0.375	
Alanine.....g	0.369		0	JO	11	0.672	
Aspartic acid.....g	1.056		0	JO	11	1.921	
Glutamic acid.....g	1.259		0	JO	11	2.291	
Glycine.....g	0.326		0	JO	11	0.592	
Proline.....g	0.454		0	JO	11	0.826	
Serine.....g	0.479		0	JO	11	0.873	
Hydroxyproline.....g							
<b>Others:</b>							
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 = 182g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	63.81	0.396	9	JO	11		116.13		
Energy.....kcal	140		0	NC	4		254		
Energy.....kJ	585		0	NC	4		1065		
Protein (N x 6.25).....g	8.23	0.300	3	JO	11		14.98		
Total lipid (fat).....g	0.62	0.000	9	JO	11		1.12		
Ash.....g	1.30	0.022	9	JO	11		2.37		
Carbohydrate, by difference.....g	26.05		0	NC	4		47.40		
Fiber, total dietary.....g	10.5		1	A	1		19.0		
Sugars, total.....g	0.37		1	A	1		0.67		
Sucrose.....g	0.37		1	A	1		0.67		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	15.40		1	A	1		28.03		
<b>Minerals:</b>									
Calcium, Ca.....mg	69	2.524	44	JO	11		126		
Iron, Fe.....mg	2.36	0.060	45	JO	11		4.29		
Magnesium, Mg.....mg	53	0.986	45	JO	11		97		
Phosphorus, P.....mg	144	3.005	44	JO	11		262		
Potassium, K.....mg	389	10.703	45	JO	11		708		
Sodium, Na.....mg	0	0.082	37	JO	11		1		
Zinc, Zn.....mg	1.03	0.025	45	JO	11		1.87		
Copper, Cu.....mg	0.210	0.015	45	JO	11		0.382		
Manganese, Mn.....mg	0.527	0.039	45	JO	11		0.959		
Selenium, Se.....µg	2.9	0.653	29	JA	6		5.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		1.6		
Thiamin.....mg	0.237	0.006	9	JO	11		0.431		
Riboflavin.....mg	0.066	0.002	9	JO	11		0.119		
Niacin.....mg	0.649	0.037	9	JO	11		1.180		
Pantothenic acid.....mg	0.266	0.009	9	JO	11		0.483		
Vitamin B-6.....mg	0.138	0.005	9	JO	11		0.251		
Folate, total.....µg	140	6.063	8	A	1		255		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	140	6.063	8	A	1		255		
Folate, DFE.....µg	140		0	NC	4		255		
Choline, total.....mg	44.7		0	AS	1		81.3		
Betaine.....mg	0.1		1	A	1		0.2		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSY	4		0		
Carotene, alpha.....µg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	0.01		1	A	1		0.03		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.28		1	A	1		2.33		
Tocopherol, delta.....mg	0.09		1	A	1		0.16		
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		

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, 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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.6		1	A	1		1.1		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.098		0	NC	4		0.178		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.080		1	A	1		0.145		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.018		1	A	1		0.033		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.142		0	NC	4		0.258		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.071		0	AS	1		0.129		
18:1 c.....g	0.071		1	A	1		0.129		
18:1 t.....g	0.000		1	A	1		0.000		
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	0.490		0	NC	4		0.892		
18:2 undifferentiated.....g	0.136		1	A	1		0.247		
18:3 undifferentiated.....g	0.177		0	AS	1		0.323		
18:3 n-3 c,c,c (ALA).....g	0.177		1	A	1		0.323		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.100		0	JO	11		0.183		
Threonine.....g	0.289		0	JO	11		0.526		
Isoleucine.....g	0.387		0	JO	11		0.704		
Leucine.....g	0.700		0	JO	11		1.274		

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, 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
Lysine.....g	0.520		0	JO	11		0.947		
Methionine.....g	0.111		0	JO	11		0.202		
Cystine.....g	0.076		0	JO	11		0.138		
Phenylalanine.....g	0.471		0	JO	11		0.857		
Tyrosine.....g	0.197		0	JO	11		0.358		
Valine.....g	0.504		0	JO	11		0.918		
Arginine.....g	0.415		0	JO	11		0.754		
Histidine.....g	0.206		0	JO	11		0.375		
Alanine.....g	0.369		0	JO	11		0.672		
Aspartic acid.....g	1.056		0	JO	11		1.921		
Glutamic acid.....g	1.259		0	JO	11		2.291		
Glycine.....g	0.326		0	JO	11		0.592		
Proline.....g	0.454		0	JO	11		0.826		
Serine.....g	0.479		0	JO	11		0.873		
Hydroxyproline.....g	0.000		1	A	1		0.000		
<b>Others:</b>									
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 = 182g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16037

Beans, navy, mature seeds, raw

Phaseolus vulgaris

Includes USDA commodity food A918, A924

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	12.10	0.236	17	JO	11		25.17		
Energy.....kcal	337		0	NC	4		702		
Energy.....kJ	1411		0	NC	4		2935		
Protein (N x 6.25).....g	22.33	0.256	72		1		46.45		
Total lipid (fat).....g	1.50	0.066	17	JO	11		3.12		
Ash.....g	3.32	0.024	17	JO	11		6.91		
Carbohydrate, by difference.....g	60.75		0	NC	4		126.36		
Fiber, total dietary.....g	15.3		0	BFSN	4		31.9		
Sugars, total.....g	3.88		1	A	1		8.07		
Sucrose.....g	3.33		1	A	1		6.93		
Glucose (dextrose).....g	0.21		1	A	1		0.44		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.34		1	A	1		0.71		
Starch.....g	32.90		1	A	1		68.43		
<b>Minerals:</b>									
Calcium, Ca.....mg	147	2.879	13	JO	11		305		
Iron, Fe.....mg	5.49	0.203	13	JO	11		11.42		
Magnesium, Mg.....mg	175	1.876	13	JO	11		364		
Phosphorus, P.....mg	407	6.820	13	JO	11		847		
Potassium, K.....mg	1185	10.253	13	JO	11		2465		
Sodium, Na.....mg	5	0.705	9	JO	11		11		
Zinc, Zn.....mg	3.65	0.107	13	JO	11		7.59		
Copper, Cu.....mg	0.834	0.053	13	JO	11		1.734		
Manganese, Mn.....mg	1.418	0.100	13	JO	11		2.949		
Selenium, Se.....µg	11.0	1.732	3	A	1		22.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.775	0.014	17	JO	11		1.612		
Riboflavin.....mg	0.164	0.008	17	JO	11		0.341		
Niacin.....mg	2.188	0.062	17	JO	11		4.552		
Pantothenic acid.....mg	0.744	0.023	17	JO	11		1.548		
Vitamin B-6.....mg	0.428	0.005	17	JO	11		0.889		
Folate, total.....µg	364	11.327	17	JO	11		757		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	364	11.327	17	JO	11		757		
Folate, DFE.....µg	364		0	NC	4		757		
Choline, total.....mg	87.4		0	AS	1		181.8		
Betaine.....mg	0.1		1	A	1		0.3		
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.02		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	2.01		1	A	1		4.18		
Tocopherol, delta.....mg	0.17		1	A	1		0.35		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 16037  
 Beans, navy, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	2.5		1	A	1		5.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.170		0	NC	4		0.354		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.002		1	A	1		0.005		
15:0.....g	0.001		1	A	1		0.002		
16:0.....g	0.135		1	A	1		0.282		
17:0.....g	0.002		1	A	1		0.005		
18:0.....g	0.023		1	A	1		0.049		
20:0.....g	0.006		1	A	1		0.012		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.128		0	NC	4		0.266		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.002		1	A	1		0.005		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.117		0	AS	1		0.244		
18:1 c.....g	0.117		1	A	1		0.244		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.008		1	A	1		0.017		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.873		0	NC	4		1.816		
18:2 undifferentiated.....g	0.335		1	A	1		0.697		
18:3 undifferentiated.....g	0.538		0	AS	1		1.119		
18:3 n-3 c,c,c (ALA).....g	0.538		1	A	1		1.119		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.247		0	JO	11		0.513		
Threonine.....g	0.711		0	JO	11		1.478		

**NDB No. 16037**  
**Beans, navy, mature seeds, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3		
			of Data Points	Deriv Code				Source Code	Confidence Code
Isoleucine.....g	0.952		0	JO	11	1.980			
Leucine.....g	1.723		0	JO	11	3.583			
Lysine.....g	1.280		0	JO	11	2.663			
Methionine.....g	0.273		0	JO	11	0.568			
Cystine.....g	0.187		0	JO	11	0.389			
Phenylalanine.....g	1.158		0	JO	11	2.409			
Tyrosine.....g	0.484		0	JO	11	1.006			
Valine.....g	1.241		0	JO	11	2.581			
Arginine.....g	1.020		0	JO	11	2.122			
Histidine.....g	0.507		0	JO	11	1.055			
Alanine.....g	0.908		0	JO	11	1.889			
Aspartic acid.....g	2.598		0	JO	11	5.404			
Glutamic acid.....g	3.098		0	JO	11	6.444			
Glycine.....g	0.801		0	JO	11	1.666			
Proline.....g	1.117		0	JO	11	2.322			
Serine.....g	1.180		0	JO	11	2.454			
Hydroxyproline.....g	0.000		1	A	1	0.000			
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4	0.0			
Caffeine.....mg	0		0	Z	7	0			
Theobromine.....mg	0		0	Z	7	0			

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

**Common Measures:**

Measure 1 = 208g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16341

Beans, pink, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	61.20	0.534	8		1		103.43		
Energy.....kcal	149		0	NC	4		252		
Energy.....kJ	623		0		4		1054		
Protein (N x 6.25).....g	9.06	0.170	9		1		15.31		
Total lipid (fat).....g	0.49	0.035	9		1		0.83		
Ash.....g	1.34	0.063	9		1		2.26		
Carbohydrate, by difference.....g	27.91		0	NC	4		47.17		
Fiber, total dietary.....g	5.3		0	BFSN	4		9.0		
Sugars, total.....g	0.36		0	BFSN	4		0.61		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52	2.571	9		1		88		
Iron, Fe.....mg	2.30	0.119	9		1		3.89		
Magnesium, Mg.....mg	65	1.697	9		1		110		
Phosphorus, P.....mg	165	7.032	9		1		279		
Potassium, K.....mg	508	15.005	9		1		859		
Sodium, Na.....mg	238		0		1		402		
Zinc, Zn.....mg	0.96	0.041	15		1		1.62		
Copper, Cu.....mg	0.271	0.015	15		1		0.458		
Manganese, Mn.....mg	0.548	0.023	9		1		0.926		
Selenium, Se.....µg	1.4		0	BFSN	4		2.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.257	0.006	9		1		0.434		
Riboflavin.....mg	0.063	0.006	9		1		0.106		
Niacin.....mg	0.570	0.036	9		1		0.963		
Pantothenic acid.....mg	0.299	0.014	8		1		0.505		
Vitamin B-6.....mg	0.175	0.004	8		1		0.296		
Folate, total.....µg	168	13.161	8		1		284		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	168	13.161	8		1		284		
Folate, DFE.....µg	168		0	NC	4		284		
Choline, total.....mg	36.9		0	BFSN	4		62.4		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.98		0	BFSN	4		1.66		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	3.7		0	BFSN	4		6.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16341

Beans, pink, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.126		0		1		0.213		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.118		0		1		0.199		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.042		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.355		
18:2 undifferentiated.....g	0.114		0		1		0.193		
18:3 undifferentiated.....g	0.096		0		1		0.162		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		0		1		0.181		
Threonine.....g	0.381		0		1		0.644		
Isoleucine.....g	0.400		0		1		0.676		
Leucine.....g	0.723		0		1		1.222		
Lysine.....g	0.622		0		1		1.051		
Methionine.....g	0.136		0		1		0.230		
Cystine.....g	0.099		0		1		0.167		
Phenylalanine.....g	0.490		0		1		0.828		
Tyrosine.....g	0.255		0		1		0.431		
Valine.....g	0.474		0		1		0.801		
Arginine.....g	0.561		0		1		0.948		
Histidine.....g	0.252		0		1		0.426		
Alanine.....g	0.380		0		1		0.642		
Aspartic acid.....g	1.095		0		1		1.851		
Glutamic acid.....g	1.381		0		1		2.334		
Glycine.....g	0.354		0		1		0.598		
Proline.....g	0.384		0		1		0.649		
Serine.....g	0.493		0		1		0.833		
Hydroxyproline.....g									

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

**NDB No. 16341**

**Beans, pink, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 169g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16041

Beans, pink, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.126		0		1		0.213		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.118		0		1		0.199		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.042		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.071		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.355		
18:2 undifferentiated.....g	0.114		0		1		0.193		
18:3 undifferentiated.....g	0.096		0		1		0.162		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		0		1		0.181		
Threonine.....g	0.381		0		1		0.644		
Isoleucine.....g	0.400		0		1		0.676		
Leucine.....g	0.723		0		1		1.222		
Lysine.....g	0.622		0		1		1.051		
Methionine.....g	0.136		0		1		0.230		
Cystine.....g	0.099		0		1		0.167		
Phenylalanine.....g	0.490		0		1		0.828		
Tyrosine.....g	0.255		0		1		0.431		
Valine.....g	0.474		0		1		0.801		
Arginine.....g	0.561		0		1		0.948		
Histidine.....g	0.252		0		1		0.426		
Alanine.....g	0.380		0		1		0.642		
Aspartic acid.....g	1.095		0		1		1.851		
Glutamic acid.....g	1.381		0		1		2.334		
Glycine.....g	0.354		0		1		0.598		
Proline.....g	0.384		0		1		0.649		
Serine.....g	0.493		0		1		0.833		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		



NDB No. 16041

Beans, pink, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 169g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16040**  
**Beans, pink, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.292		0		1		0.613
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.001		0		1		0.002
15:0.....g							
16:0.....g	0.274		0		1		0.575
17:0.....g							
18:0.....g	0.018		0		1		0.038
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.098		0		1		0.206
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000
17:1.....g							
18:1 undifferentiated.....g	0.098		0		1		0.206
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.487		0		1		1.023
18:2 undifferentiated.....g	0.265		0		1		0.557
18:3 undifferentiated.....g	0.222		0		1		0.466
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.248		0		1		0.521
Threonine.....g	0.882		0		1		1.852
Isoleucine.....g	0.925		0		1		1.943
Leucine.....g	1.673		0		1		3.513
Lysine.....g	1.438		0		1		3.020
Methionine.....g	0.315		0		1		0.662
Cystine.....g	0.228		0		1		0.479
Phenylalanine.....g	1.133		0		1		2.379
Tyrosine.....g	0.590		0		1		1.239
Valine.....g	1.096		0		1		2.302
Arginine.....g	1.298		0		1		2.726
Histidine.....g	0.583		0		1		1.224
Alanine.....g	0.878		0		1		1.844
Aspartic acid.....g	2.535		0		1		5.324
Glutamic acid.....g	3.195		0		1		6.710
Glycine.....g	0.818		0		1		1.718
Proline.....g	0.889		0		1		1.867
Serine.....g	1.140		0		1		2.394
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

**NDB No. 16040**  
**Beans, pink, mature seeds, raw**

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

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

**Common Measures:**  
 Measure 1 = 210g: 1 cup

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

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16146

Beans, pinto, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.60	0.313	8	JA	6		195.55		
Energy.....kcal	114		0	NC	4		315		
Energy.....kJ	475		0	NC	4		1316		
Protein (N x 6.25).....g	6.99	0.340	4	A	1		19.35		
Total lipid (fat).....g	0.90	0.041	4	A	1		2.49		
Ash.....g	1.30	0.074	4	A	1		3.60		
Carbohydrate, by difference.....g	20.22		0	NC	4		56.00		
Fiber, total dietary.....g	5.5	0.079	3		1		15.3		
Sugars, total.....g	0.54		1		1		1.50		
Sucrose.....g	0.54		1		1		1.50		
Glucose (dextrose).....g	0.00		1		1		0.00		
Fructose.....g	0.00		1		1		0.00		
Lactose.....g	0.00		1		1		0.00		
Maltose.....g	0.00		1		1		0.00		
Galactose.....g									
Starch.....g	10.21		1		1		28.28		
<b>Minerals:</b>									
Calcium, Ca.....mg	63	8.784	4	A	1		173		
Iron, Fe.....mg	1.33	0.046	4	A	1		3.68		
Magnesium, Mg.....mg	32	2.085	4	A	1		90		
Phosphorus, P.....mg	101	6.571	4	A	1		280		
Potassium, K.....mg	274	18.218	4	A	1		758		
Sodium, Na.....mg	239	15.462	4	A	1		661		
Zinc, Zn.....mg	0.61	0.051	4	A	1		1.69		
Copper, Cu.....mg	0.259	0.012	4	A	1		0.719		
Manganese, Mn.....mg	0.383	0.031	4	A	1		1.061		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1	0.000	4	A	1		0.2		
Thiamin.....mg	0.052	0.009	4	A	1		0.145		
Riboflavin.....mg	0.019	0.004	4	A	1		0.051		
Niacin.....mg	0.272	0.027	4	A	1		0.755		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total (1).....µg	24		0	A	1		68		
Folic acid.....µg	0		0	Z	7		0		
Folate, food (1).....µg	24		0	A	1		68		
Folate, DFE (1).....µg	24		0	NC	4		68		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU									
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 16146

Beans, pinto, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Vitamin D.....µg	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.158		0	BFSN	4	0.438		
4:0.....g	0.000		0	BFSN	4	0.000		
6:0.....g	0.000		0	BFSN	4	0.000		
8:0.....g	0.000		0	BFSN	4	0.000		
10:0.....g	0.000		0	BFSN	4	0.000		
12:0.....g	0.000		0	BFSN	4	0.000		
13:0.....g								
14:0.....g	0.000		0	BFSN	4	0.000		
15:0.....g								
16:0.....g	0.155		0	BFSN	4	0.429		
17:0.....g								
18:0.....g	0.003		0	BFSN	4	0.008		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.153		0	BFSN	4	0.424		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	BFSN	4	0.000		
17:1.....g								
18:1 undifferentiated.....g	0.153		0	BFSN	4	0.424		
20:1.....g	0.000		0	BFSN	4	0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.273		0	BFSN	4	0.757		
18:2 undifferentiated.....g	0.115		0	BFSN	4	0.320		
18:3 undifferentiated.....g	0.158		0	BFSN	4	0.438		
18:4.....g	0.000		0	BFSN	4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFSN	4	0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFSN	4	0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4	0.000		
Fatty acids, total trans.....g	0.000		0	Z	7	0.000		
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.078		0	A	1	0.216		
Threonine.....g	0.266		0	A	1	0.738		
Isoleucine.....g	0.287		0	A	1	0.794		
Leucine.....g	0.513		0	A	1	1.421		
Lysine.....g	0.446		0	A	1	1.236		
Methionine.....g	0.085		0	A	1	0.236		
Cystine.....g	0.061		0	A	1	0.170		
Phenylalanine.....g	0.360		0	A	1	0.998		
Tyrosine.....g	0.141		0	A	1	0.390		
Valine.....g	0.329		0	A	1	0.910		
Arginine.....g	0.361		0	A	1	0.999		
Histidine.....g	0.183		0	A	1	0.507		
Alanine.....g	0.287		0	A	1	0.795		
Aspartic acid.....g	0.746		0	A	1	2.068		
Glutamic acid.....g	0.996		0	A	1	2.760		
Glycine.....g	0.262		0	A	1	0.725		
Proline.....g	0.353		0	A	1	0.977		
Serine.....g	0.385		0	A	1	1.068		

NDB No. 16146

Beans, pinto, canned, drained solids

Nutrients and Units	<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			
Hydroxyproline.....g								
<b>Others:</b>								
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 = 277g: 1 can drained solids

**Footnotes:**

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.047

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16345

Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.00	0.570	4	A	1		118.30	180.60	
Energy.....kcal	117		0	NC	4		198	302	
Energy.....kJ	490		0	NC	4		828	1264	
Protein (N x 6.25).....g	7.04	0.111	4	A	1		11.90	18.16	
Total lipid (fat).....g	0.97	0.048	4	A	1		1.65	2.52	
Ash.....g	1.22	0.035	4	A	1		2.06	3.15	
Carbohydrate, by difference.....g	20.77		0	NC	4		35.09	53.57	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64	7.617	4	A	1		108	165	
Iron, Fe.....mg	1.27	0.059	4	A	1		2.15	3.28	
Magnesium, Mg.....mg	30	2.107	4	A	1		52	79	
Phosphorus, P.....mg	96	6.406	4	A	1		163	248	
Potassium, K.....mg	234	20.304	4	A	1		395	602	
Sodium, Na.....mg	212	13.592	4	A	1		359	548	
Zinc, Zn.....mg	0.59	0.046	4	A	1		1.00	1.52	
Copper, Cu.....mg	0.260	0.012	4	A	1		0.439	0.670	
Manganese, Mn.....mg	0.370	0.035	4	A	1		0.624	0.953	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1	0.000	4	A	1		0.1	0.2	
Thiamin.....mg	0.050	0.007	4	A	1		0.084	0.129	
Riboflavin.....mg	0.019	0.004	4	A	1		0.031	0.048	
Niacin.....mg	0.262	0.032	4	A	1		0.444	0.677	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total (1).....µg	21		0	A	1		36	55	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food (1).....µg	21		0	A	1		36	55	
Folate, DFE (1).....µg	21		0	NC	4		36	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16345

Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000		
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.079		0	A	1	0.133	0.203		
Threonine.....g	0.268		0	A	1	0.454	0.693		
Isoleucine.....g	0.289		0	A	1	0.488	0.745		
Leucine.....g	0.517		0	A	1	0.873	1.333		
Lysine.....g	0.450		0	A	1	0.760	1.160		
Methionine.....g	0.086		0	A	1	0.145	0.222		
Cystine.....g	0.062		0	A	1	0.105	0.160		
Phenylalanine.....g	0.363		0	A	1	0.614	0.937		
Tyrosine.....g	0.142		0	A	1	0.239	0.366		
Valine.....g	0.331		0	A	1	0.559	0.854		
Arginine.....g	0.363		0	A	1	0.614	0.938		
Histidine.....g	0.184		0	A	1	0.311	0.475		
Alanine.....g	0.289		0	A	1	0.488	0.746		
Aspartic acid.....g	0.752		0	A	1	1.271	1.940		
Glutamic acid.....g	1.004		0	A	1	1.696	2.590		
Glycine.....g	0.264		0	A	1	0.446	0.681		
Proline.....g	0.355		0	A	1	0.601	0.917		
Serine.....g	0.388		0	A	1	0.656	1.002		
Hydroxyproline.....g									
<b>Others:</b>									
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 = 169g: 1 cup

Measure 2 = 258g: 1 can

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



Beans, pinto, mature seeds, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.123		0	NC	4		0.295	0.542	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.120		0	BFFN	4		0.289	0.533	
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.005	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.114		0	NC	4		0.274	0.504	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.114		0	BFFN	4		0.274	0.504	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0	NC	4		0.488	0.899	
18:2 undifferentiated.....g	0.086		0	BFFN	4		0.206	0.380	
18:3 undifferentiated.....g	0.118		0	BFFN	4		0.282	0.520	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.051		0	JA	6		0.123	0.227	
Threonine.....g	0.176		0	JA	6		0.421	0.776	
Isoleucine.....g	0.189		0	JA	6		0.453	0.834	
Leucine.....g	0.338		0	JA	6		0.811	1.493	
Lysine.....g	0.294		0	JA	6		0.705	1.299	
Methionine.....g	0.056		0	JA	6		0.135	0.248	
Cystine.....g	0.040		0	JA	6		0.097	0.179	
Phenylalanine.....g	0.237		0	JA	6		0.570	1.049	
Tyrosine.....g	0.093		0	JA	6		0.222	0.409	
Valine.....g	0.216		0	JA	6		0.519	0.956	
Arginine.....g	0.238		0	JA	6		0.570	1.050	
Histidine.....g	0.120		0	JA	6		0.289	0.532	
Alanine.....g	0.189		0	JA	6		0.454	0.835	
Aspartic acid.....g	0.492		0	JA	6		1.180	2.173	
Glutamic acid.....g	0.656		0	JA	6		1.575	2.901	
Glycine.....g	0.172		0	JA	6		0.414	0.762	
Proline.....g	0.232		0	JA	6		0.558	1.027	
Serine.....g	0.254		0	JA	6		0.609	1.122	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16044

Beans, pinto, mature seeds, canned, solids and liquids

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 442g: 1 can

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



Beans, pinto, mature seeds, canned, solids and liquids, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.116		0	NC	4		0.279	0.513	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.114		0	BFFN	4		0.274	0.504	
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.005	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.114		0	NC	4		0.274	0.504	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.114		0	BFFN	4		0.274	0.504	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0	NC	4		0.488	0.899	
18:2 undifferentiated.....g	0.086		0	BFFN	4		0.206	0.380	
18:3 undifferentiated.....g	0.118		0	BFFN	4		0.282	0.520	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.051		0	JA	6		0.123	0.227	
Threonine.....g	0.176		0	JA	6		0.421	0.776	
Isoleucine.....g	0.189		0	JA	6		0.453	0.834	
Leucine.....g	0.338		0	JA	6		0.811	1.493	
Lysine.....g	0.294		0	JA	6		0.705	1.299	
Methionine.....g	0.056		0	JA	6		0.135	0.248	
Cystine.....g	0.040		0	JA	6		0.097	0.179	
Phenylalanine.....g	0.237		0	JA	6		0.570	1.049	
Tyrosine.....g	0.093		0	JA	6		0.222	0.409	
Valine.....g	0.216		0	JA	6		0.519	0.956	
Arginine.....g	0.238		0	JA	6		0.570	1.050	
Histidine.....g	0.120		0	JA	6		0.289	0.532	
Alanine.....g	0.189		0	JA	6		0.454	0.835	
Aspartic acid.....g	0.492		0	JA	6		1.180	2.173	
Glutamic acid.....g	0.656		0	JA	6		1.575	2.901	
Glycine.....g	0.172		0	JA	6		0.414	0.762	
Proline.....g	0.232		0	JA	6		0.558	1.027	
Serine.....g	0.254		0	JA	6		0.609	1.122	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16347

Beans, pinto, mature seeds, canned, solids and liquids, low sodium

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 442g: 1 can total can contents

**Footnotes:**

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	62.95	0.476	13	JO	11		107.64		
Energy.....kcal	143		0	NC	4		245		
Energy.....kJ	600		0	NC	4		1026		
Protein (N x 6.25).....g	9.01	0.264	6	JO	11		15.42		
Total lipid (fat).....g	0.65	0.022	12	JO	11		1.10		
Ash.....g	1.17	0.032	12	JO	11		2.00		
Carbohydrate, by difference.....g	26.22		0	NC	4		44.84		
Fiber, total dietary.....g	9.0	0.213	5	JA	6		15.4		
Sugars, total.....g	0.34		0	BFZN	4		0.59		
Sucrose.....g	0.34	0.034	4	A	1		0.59		
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00		
Fructose.....g	0.00	0.000	4	A	1		0.00		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g									
Starch.....g	15.15	0.853	4	A	1		25.91		
<b>Minerals:</b>									
Calcium, Ca.....mg	46	0.812	65	JO	11		79		
Iron, Fe.....mg	2.09	0.045	66	JO	11		3.57		
Magnesium, Mg.....mg	50	0.846	66	JO	11		86		
Phosphorus, P.....mg	147	2.496	65	JO	11		251		
Potassium, K.....mg	436	8.999	66	JO	11		745		
Sodium, Na.....mg	238		0		1		407		
Zinc, Zn.....mg	0.98	0.015	66	JO	11		1.68		
Copper, Cu.....mg	0.219	0.010	66	JO	11		0.375		
Manganese, Mn.....mg	0.453	0.021	66	JO	11		0.775		
Selenium, Se.....µg	6.2	0.586	53	JA	6		10.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		2	A	1		1.3		
Thiamin.....mg	0.193	0.010	12	JO	11		0.329		
Riboflavin.....mg	0.062	0.006	12	JO	11		0.106		
Niacin.....mg	0.318	0.033	12	JO	11		0.544		
Pantothenic acid.....mg	0.210	0.011	12	JO	11		0.359		
Vitamin B-6.....mg	0.229	0.039	16	JO	11		0.391		
Folate, total.....µg	172	7.341	8		1		294		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	172	7.341	8		1		294		
Folate, DFE.....µg	172		0	NC	4		294		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		2	A	1		0		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	0		2	A	1		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.94		0	BFZN	4		1.61		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		



NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, 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			
Vitamin D.....IU	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg	3.5	0.406	5	JO	11	6.1		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.1		
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.109		0		1	0.186		
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.000		0		1	0.000		
15:0.....g								
16:0.....g	0.106		0		1	0.181		
17:0.....g								
18:0.....g	0.002		0		1	0.003		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.106		0		1	0.181		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.106		0		1	0.181		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.188		0		1	0.321		
18:2 undifferentiated.....g	0.078		0		1	0.133		
18:3 undifferentiated.....g	0.109		0		1	0.186		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000		
Cholesterol.....mg	0		0		1	0		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.098		0	DA	1	0.168		
Threonine.....g	0.350		0	DA	1	0.599		
Isoleucine.....g	0.368		0	DA	1	0.628		
Leucine.....g	0.664		0	DA	1	1.136		
Lysine.....g	0.571		0	DA	1	0.976		
Methionine.....g	0.126		0	DA	1	0.215		
Cystine.....g	0.090		0	DA	1	0.154		
Phenylalanine.....g	0.450		0	DA	1	0.769		
Tyrosine.....g	0.234		0	DA	1	0.400		
Valine.....g	0.435		0	DA	1	0.744		
Arginine.....g	0.515		0	DA	1	0.881		
Histidine.....g	0.232		0	DA	1	0.396		
Alanine.....g	0.348		0	DA	1	0.596		
Aspartic acid.....g	1.005		0	DA	1	1.719		
Glutamic acid.....g	1.268		0	DA	1	2.168		
Glycine.....g	0.325		0	DA	1	0.556		
Proline.....g	0.352		0	DA	1	0.603		
Serine.....g	0.453		0	DA	1	0.774		

NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, 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			

Hydroxyproline.....9

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

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16043

Beans, pinto, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
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	3.5	0.406	5	JO	11	6.1	0.4		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.1	0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.136		0	NC	4	0.232	0.014		
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	0.133		0		1	0.228	0.014		
17:0.....g									
18:0.....g	0.003		0		1	0.004	0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.133		0	NC	4	0.228	0.014		
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	0.133		0		1	0.228	0.014		
20:1.....g	0.000		0		1	0.000	0.000		
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	NC	4	0.402	0.025		
18:2 undifferentiated.....g	0.098		0		1	0.168	0.010		
18:3 undifferentiated.....g	0.137		0		1	0.234	0.015		
18:4.....g	0.000		0		1	0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000		
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000		
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000		
Cholesterol.....mg	0		0		1	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0	JO	11	0.184	0.011		
Threonine.....g	0.331		0	JO	11	0.566	0.035		
Isoleucine.....g	0.426		0	JO	11	0.728	0.045		
Leucine.....g	0.765		0	JO	11	1.308	0.081		
Lysine.....g	0.630		0	JO	11	1.078	0.067		
Methionine.....g	0.117		0	JO	11	0.201	0.012		
Cystine.....g	0.084		0	JO	11	0.144	0.009		
Phenylalanine.....g	0.531		0	JO	11	0.909	0.056		
Tyrosine.....g	0.213		0	JO	11	0.364	0.023		
Valine.....g	0.519		0	JO	11	0.888	0.055		
Arginine.....g	0.494		0	JO	11	0.844	0.052		
Histidine.....g	0.247		0	JO	11	0.423	0.026		
Alanine.....g	0.409		0	JO	11	0.699	0.043		
Aspartic acid.....g	1.128		0	JO	11	1.929	0.120		
Glutamic acid.....g	1.447		0	JO	11	2.475	0.153		

NDB No. 16043

Beans, pinto, mature seeds, cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Glycine.....g	0.365		0	JO	11		0.624	0.039	
Proline.....g	0.515		0	JO	11		0.881	0.055	
Serine.....g	0.565		0	JO	11		0.966	0.060	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 171g: 1 cup

Measure 2 = 10.6g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16042**  
**Beans, pinto, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	5.6	0.293	4	A	1	10.8	0.7		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.1	0.0		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.235		0	NC	4	0.454	0.028		
4:0.....g	0.000		0		1	0.000	0.000		
6:0.....g	0.000		0		1	0.000	0.000		
8:0.....g	0.000		0		1	0.000	0.000		
10:0.....g	0.000		0		1	0.000	0.000		
12:0.....g	0.000		0		1	0.000	0.000		
13:0.....g									
14:0.....g	0.001		0		1	0.002	0.000		
15:0.....g									
16:0.....g	0.229		0		1	0.442	0.027		
17:0.....g									
18:0.....g	0.005		0		1	0.010	0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.229		0	NC	4	0.442	0.027		
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	0.229		0		1	0.442	0.027		
20:1.....g	0.000		0		1	0.000	0.000		
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.407		0	NC	4	0.786	0.049		
18:2 undifferentiated.....g	0.170		0		1	0.328	0.020		
18:3 undifferentiated.....g	0.237		0		1	0.457	0.028		
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	0.000		0	Z	7	0.000	0.000		
Cholesterol.....mg	0		0		1	0	0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.237		0	JO	11	0.458	0.028		
Threonine.....g	0.810		0	JO	11	1.563	0.097		
Isoleucine.....g	0.871		0	JO	11	1.680	0.104		
Leucine.....g	1.558		0	JO	11	3.007	0.187		
Lysine.....g	1.356		0	JO	11	2.617	0.163		
Methionine.....g	0.259		0	JO	11	0.500	0.031		
Cystine.....g	0.187		0	JO	11	0.361	0.022		
Phenylalanine.....g	1.095		0	JO	11	2.113	0.131		
Tyrosine.....g	0.427		0	JO	11	0.825	0.051		
Valine.....g	0.998		0	JO	11	1.926	0.120		
Arginine.....g	1.096		0	JO	11	2.115	0.132		
Histidine.....g	0.556		0	JO	11	1.072	0.067		
Alanine.....g	0.872		0	JO	11	1.682	0.105		
Aspartic acid.....g	2.268		0	JO	11	4.377	0.272		
Glutamic acid.....g	3.027		0	JO	11	5.842	0.363		

**NDB No. 16042**  
**Beans, pinto, mature seeds, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Glycine.....g	0.796		0	JO	11	1.535	0.095
Proline.....g	1.072		0	JO	11	2.068	0.129
Serine.....g	1.171		0	JO	11	2.260	0.141
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

**Common Measures:**

Measure 1 = 193g: 1 cup

Measure 2 = 12.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	63.24	0.349	8		1		113.20		
Energy.....kcal	142		0	NC	4		254		
Energy.....kJ	594				4		1063		
Protein (N x 6.25).....g	8.97	0.280	9		1		16.06		
Total lipid (fat).....g	0.64	0.031	9		1		1.15		
Ash.....g	1.34	0.047	9		1		2.40		
Carbohydrate, by difference.....g	25.81		0	NC	4		46.20		
Fiber, total dietary.....g	10.4		0	BFZN	4		18.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	73	4.819	9		1		131		
Iron, Fe.....mg	2.84	0.154	9		1		5.08		
Magnesium, Mg.....mg	68	2.912	8		1		122		
Phosphorus, P.....mg	169	12.584	9		1		303		
Potassium, K.....mg	463	18.280	9		1		829		
Sodium, Na.....mg	238		0		1		426		
Zinc, Zn.....mg	1.09	0.047	9		1		1.95		
Copper, Cu.....mg	0.149	0.019	9		1		0.267		
Manganese, Mn.....mg	0.510	0.025	9		1		0.913		
Selenium, Se.....µg	1.3		0	BFSN	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.236	0.011	9		1		0.422		
Riboflavin.....mg	0.059	0.006	9		1		0.106		
Niacin.....mg	0.272	0.015	9		1		0.487		
Pantothenic acid.....mg	0.251	0.008	8		1		0.449		
Vitamin B-6.....mg	0.127	0.007	8		1		0.227		
Folate, total.....µg	137	7.607	8		1		245		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	137	7.607	8		1		245		
Folate, DFE.....µg	137		0	NC	4		245		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.166		0		1		0.297		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.155		0		1		0.277		
17:0.....g									
18:0.....g	0.010		0		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.100		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.494		
18:2 undifferentiated.....g	0.150		0		1		0.269		
18:3 undifferentiated.....g	0.126		0		1		0.226		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0		1		0.190		
Threonine.....g	0.377		0		1		0.675		
Isoleucine.....g	0.396		0		1		0.709		
Leucine.....g	0.716		0		1		1.282		
Lysine.....g	0.616		0		1		1.103		
Methionine.....g	0.135		0		1		0.242		
Cystine.....g	0.098		0		1		0.175		
Phenylalanine.....g	0.485		0		1		0.868		
Tyrosine.....g	0.253		0		1		0.453		
Valine.....g	0.469		0		1		0.840		
Arginine.....g	0.555		0		1		0.993		
Histidine.....g	0.250		0		1		0.448		
Alanine.....g	0.376		0		1		0.673		
Aspartic acid.....g	1.085		0		1		1.942		
Glutamic acid.....g	1.368		0		1		2.449		
Glycine.....g	0.350		0		1		0.627		
Proline.....g	0.380		0		1		0.680		
Serine.....g	0.488		0		1		0.874		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16346**

**Beans, small white, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 179g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.24	0.349	8		1		113.20		
Energy.....kcal	142		0	NC	4		254		
Energy.....kJ	594				4		1063		
Protein (N x 6.25).....g	8.97	0.280	9		1		16.06		
Total lipid (fat).....g	0.64	0.031	9		1		1.15		
Ash.....g	1.34	0.047	9		1		2.40		
Carbohydrate, by difference.....g	25.81		0	NC	4		46.20		
Fiber, total dietary.....g	10.4		0	BFSN	4		18.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	73	4.819	9		1		131		
Iron, Fe.....mg	2.84	0.154	9		1		5.08		
Magnesium, Mg.....mg	68	2.912	8		1		122		
Phosphorus, P.....mg	169	12.584	9		1		303		
Potassium, K.....mg	463	18.280	9		1		829		
Sodium, Na.....mg	2	0.542	5		1		4		
Zinc, Zn.....mg	1.09	0.047	9		1		1.95		
Copper, Cu.....mg	0.149	0.019	9		1		0.267		
Manganese, Mn.....mg	0.510	0.025	9		1		0.913		
Selenium, Se.....µg	1.3		0	BFSN	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.236	0.011	9		1		0.422		
Riboflavin.....mg	0.059	0.006	9		1		0.106		
Niacin.....mg	0.272	0.015	9		1		0.487		
Pantothenic acid.....mg	0.251	0.008	8		1		0.449		
Vitamin B-6.....mg	0.127	0.007	8		1		0.227		
Folate, total.....µg	137	7.607	8		1		245		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	137	7.607	8		1		245		
Folate, DFE.....µg	137		0	NC	4		245		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.166		0		1		0.297		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.155		0		1		0.277		
17:0.....g									
18:0.....g	0.010		0		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.100		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.494		
18:2 undifferentiated.....g	0.150		0		1		0.269		
18:3 undifferentiated.....g	0.126		0		1		0.226		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0		1		0.190		
Threonine.....g	0.377		0		1		0.675		
Isoleucine.....g	0.396		0		1		0.709		
Leucine.....g	0.716		0		1		1.282		
Lysine.....g	0.616		0		1		1.103		
Methionine.....g	0.135		0		1		0.242		
Cystine.....g	0.098		0		1		0.175		
Phenylalanine.....g	0.485		0		1		0.868		
Tyrosine.....g	0.253		0		1		0.453		
Valine.....g	0.469		0		1		0.840		
Arginine.....g	0.555		0		1		0.993		
Histidine.....g	0.250		0		1		0.448		
Alanine.....g	0.376		0		1		0.673		
Aspartic acid.....g	1.085		0		1		1.942		
Glutamic acid.....g	1.368		0		1		2.449		
Glycine.....g	0.350		0		1		0.627		
Proline.....g	0.380		0		1		0.680		
Serine.....g	0.488		0		1		0.874		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16046**

**Beans, small white, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 179g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16045

Beans, small white, mature seeds, raw

*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.71	0.346	15		1		25.18		
Energy.....kcal	336		0	NC	4		722		
Energy.....kJ	1406				4		3023		
Protein (N x 6.25).....g	21.11	0.723	18		1		45.39		
Total lipid (fat).....g	1.18	0.124	19		1		2.54		
Ash.....g	3.75	0.075	15		1		8.06		
Carbohydrate, by difference.....g	62.25		0	NC	4		133.84		
Fiber, total dietary.....g	24.9		0	BFSN	4		53.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	173	9.073	14		1		372		
Iron, Fe.....mg	7.73	0.590	14		1		16.62		
Magnesium, Mg.....mg	183	5.584	12		1		393		
Phosphorus, P.....mg	445	28.283	12		1		957		
Potassium, K.....mg	1542	45.578	14		1		3315		
Sodium, Na.....mg	12	2.993	8		1		26		
Zinc, Zn.....mg	2.81	0.120	14		1		6.04		
Copper, Cu.....mg	0.635	0.070	12		1		1.365		
Manganese, Mn.....mg	1.278	0.032	12		1		2.748		
Selenium, Se.....µg	12.8		0	BFSN	4		27.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.743	0.034	15		1		1.597		
Riboflavin.....mg	0.207	0.019	15		1		0.445		
Niacin.....mg	1.342	0.108	13		1		2.885		
Pantothenic acid.....mg	0.729	0.017	12		1		1.567		
Vitamin B-6.....mg	0.439	0.013	12		1		0.944		
Folate, total.....µg	386	18.131	12		1		830		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	386	18.131	12		1		830		
Folate, DFE.....µg	386		0	NC	4		830		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16045

Beans, small white, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.304		0		1		0.654		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.285		0		1		0.613		
17:0.....g									
18:0.....g	0.018		0		1		0.039		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.102		0		1		0.219		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.219		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.507		0		1		1.090		
18:2 undifferentiated.....g	0.276		0		1		0.593		
18:3 undifferentiated.....g	0.231		0		1		0.497		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.250		0		1		0.538		
Threonine.....g	0.888		0		1		1.909		
Isoleucine.....g	0.932		0		1		2.004		
Leucine.....g	1.685		0		1		3.623		
Lysine.....g	1.449		0		1		3.115		
Methionine.....g	0.317		0		1		0.682		
Cystine.....g	0.230		0		1		0.495		
Phenylalanine.....g	1.141		0		1		2.453		
Tyrosine.....g	0.594		0		1		1.277		
Valine.....g	1.104		0		1		2.374		
Arginine.....g	1.307		0		1		2.810		
Histidine.....g	0.588		0		1		1.264		
Alanine.....g	0.885		0		1		1.903		
Aspartic acid.....g	2.553		0		1		5.489		
Glutamic acid.....g	3.218		0		1		6.919		
Glycine.....g	0.824		0		1		1.772		
Proline.....g	0.895		0		1		1.924		
Serine.....g	1.148		0		1		2.468		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16045**

**Beans, small white, mature seeds, raw**

**Common Measures:**

Measure 1 = 215g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16051

Beans, white, mature seeds, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.10		1		1		183.66		
Energy.....kcal	114		0	NC	4		298		
Energy.....kJ	477		0	NC	4		1250		
Protein (N x 6.25).....g	7.26		1		1		19.02		
Total lipid (fat).....g	0.29		0		1		0.76		
Ash.....g	1.15		0	BFSN	4		3.02		
Carbohydrate, by difference.....g	21.20		0	NC	4		55.53		
Fiber, total dietary.....g	4.8		0		1		12.6		
Sugars, total.....g	0.29		0	BFSN	4		0.75		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	73		0		1		191		
Iron, Fe.....mg	2.99		0		1		7.83		
Magnesium, Mg.....mg	51		0		1		134		
Phosphorus, P.....mg	91		0		1		238		
Potassium, K.....mg	454		0		1		1189		
Sodium, Na.....mg	340		0	BFSN	4		891		
Zinc, Zn.....mg	1.12		0		1		2.93		
Copper, Cu.....mg	0.232		0		1		0.608		
Manganese, Mn.....mg	0.515		0		1		1.349		
Selenium, Se.....µg	1.6		0	BFSN	4		4.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.096		0		1		0.252		
Riboflavin.....mg	0.037		0		1		0.097		
Niacin.....mg	0.113		0		1		0.296		
Pantothenic acid.....mg	0.185		0		1		0.485		
Vitamin B-6.....mg	0.075		0		1		0.197		
Folate, total.....µg	65		0		1		171		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	65		0		1		171		
Folate, DFE.....µg	65		0	NC	4		171		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.79		0	BFSN	4		2.07		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	2.9		0	BFSN	4		7.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16051

Beans, white, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.074		0		1		0.194		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.069		0		1		0.181		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.066		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.123		0		1		0.322		
18:2 undifferentiated.....g	0.067		0		1		0.176		
18:3 undifferentiated.....g	0.056		0		1		0.147		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.086		0		1		0.225		
Threonine.....g	0.305		0		1		0.799		
Isoleucine.....g	0.320		0		1		0.838		
Leucine.....g	0.579		0		1		1.517		
Lysine.....g	0.498		0		1		1.305		
Methionine.....g	0.109		0		1		0.286		
Cystine.....g	0.079		0		1		0.207		
Phenylalanine.....g	0.392		0		1		1.027		
Tyrosine.....g	0.204		0		1		0.534		
Valine.....g	0.380		0		1		0.996		
Arginine.....g	0.449		0		1		1.176		
Histidine.....g	0.202		0		1		0.529		
Alanine.....g	0.304		0		1		0.796		
Aspartic acid.....g	0.878		0		1		2.300		
Glutamic acid.....g	1.106		0		1		2.898		
Glycine.....g	0.283		0		1		0.741		
Proline.....g	0.308		0		1		0.807		
Serine.....g	0.395		0		1		1.035		
Hydroxyproline.....g									

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

**NDB No. 16051**

**Beans, white, mature seeds, canned**

**Common Measures:**

Measure 1 = 262g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16350

Beans, white, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	63.08		0		1		112.91		
Energy.....kcal	139		0	NC	4		248		
Energy.....kJ	581		0	NC	4		1040		
Protein (N x 6.25).....g	9.73		0		1		17.42		
Total lipid (fat).....g	0.35		0		1		0.63		
Ash.....g	1.75		0		1		3.13		
Carbohydrate, by difference.....g	25.09		0	NC	4		44.91		
Fiber, total dietary.....g	6.3		0	BFSN	4		11.3		
Sugars, total.....g	0.34		0	BFSN	4		0.61		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		0		1		161		
Iron, Fe.....mg	3.70		0		1		6.62		
Magnesium, Mg.....mg	63		0		1		113		
Phosphorus, P.....mg	113		0		1		202		
Potassium, K.....mg	561		0		1		1004		
Sodium, Na.....mg	242		0		1		433		
Zinc, Zn.....mg	1.38		0		1		2.47		
Copper, Cu.....mg	0.287		0		1		0.514		
Manganese, Mn.....mg	0.636		0		1		1.138		
Selenium, Se.....µg	1.3		0	BFSN	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.118		0		1		0.211		
Riboflavin.....mg	0.046		0		1		0.082		
Niacin.....mg	0.140		0		1		0.251		
Pantothenic acid.....mg	0.229		0		1		0.410		
Vitamin B-6.....mg	0.093		0		1		0.166		
Folate, total.....µg	81		0		1		144		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	81		0		1		144		
Folate, DFE.....µg	81		0	NC	4		144		
Choline, total.....mg	35.1		0	BFSN	4		62.9		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.94		0	BFSN	4		1.68		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	3.5		0	BFSN	4		6.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16350

Beans, white, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.091		0		1		0.163		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.085		0		1		0.152		
17:0.....g									
18:0.....g	0.005		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.055		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.152		0		1		0.272		
18:2 undifferentiated.....g	0.083		0		1		0.149		
18:3 undifferentiated.....g	0.069		0		1		0.124		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		0		1		0.206		
Threonine.....g	0.409		0		1		0.732		
Isoleucine.....g	0.429		0		1		0.768		
Leucine.....g	0.776		0		1		1.389		
Lysine.....g	0.668		0		1		1.196		
Methionine.....g	0.146		0		1		0.261		
Cystine.....g	0.106		0		1		0.190		
Phenylalanine.....g	0.526		0		1		0.942		
Tyrosine.....g	0.274		0		1		0.490		
Valine.....g	0.509		0		1		0.911		
Arginine.....g	0.602		0		1		1.078		
Histidine.....g	0.271		0		1		0.485		
Alanine.....g	0.408		0		1		0.730		
Aspartic acid.....g	1.176		0		1		2.105		
Glutamic acid.....g	1.483		0		1		2.655		
Glycine.....g	0.380		0		1		0.680		
Proline.....g	0.412		0		1		0.737		
Serine.....g	0.529		0		1		0.947		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16350**

**Beans, white, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 179g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16050

Beans, white, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.091		0		1		0.163	0.010	
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	0.085		0		1		0.152	0.010	
17:0.....g									
18:0.....g	0.005		0		1		0.009	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.055	0.003	
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	0.031		0		1		0.055	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.152		0		1		0.272	0.017	
18:2 undifferentiated.....g	0.083		0		1		0.149	0.009	
18:3 undifferentiated.....g	0.069		0		1		0.124	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		0		1		0.206	0.013	
Threonine.....g	0.409		0		1		0.732	0.046	
Isoleucine.....g	0.429		0		1		0.768	0.048	
Leucine.....g	0.776		0		1		1.389	0.087	
Lysine.....g	0.668		0		1		1.196	0.075	
Methionine.....g	0.146		0		1		0.261	0.016	
Cystine.....g	0.106		0		1		0.190	0.012	
Phenylalanine.....g	0.526		0		1		0.942	0.059	
Tyrosine.....g	0.274		0		1		0.490	0.031	
Valine.....g	0.509		0		1		0.911	0.057	
Arginine.....g	0.602		0		1		1.078	0.067	
Histidine.....g	0.271		0		1		0.485	0.030	
Alanine.....g	0.408		0		1		0.730	0.046	
Aspartic acid.....g	1.176		0		1		2.105	0.132	
Glutamic acid.....g	1.483		0		1		2.655	0.166	
Glycine.....g	0.380		0		1		0.680	0.043	
Proline.....g	0.412		0		1		0.737	0.046	
Serine.....g	0.529		0		1		0.947	0.059	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16050

Beans, white, mature seeds, cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 179g: 1 cup

Measure 2 = 11.2g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16049**  
**Beans, white, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.219		0	1		0.442	0.028
4:0.....g	0.000		0	1		0.000	0.000
6:0.....g	0.000		0	1		0.000	0.000
8:0.....g	0.000		0	1		0.000	0.000
10:0.....g	0.000		0	1		0.000	0.000
12:0.....g	0.000		0	1		0.000	0.000
13:0.....g							
14:0.....g	0.001		0	1		0.002	0.000
15:0.....g							
16:0.....g	0.205		0	1		0.414	0.026
17:0.....g							
18:0.....g	0.013		0	1		0.026	0.002
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.074		0	1		0.149	0.009
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	0.074		0	1		0.149	0.009
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.364		0	1		0.735	0.046
18:2 undifferentiated.....g	0.198		0	1		0.400	0.025
18:3 undifferentiated.....g	0.166		0	1		0.335	0.021
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	1		0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g	0.000		0	7	Z	0.000	0.000
Cholesterol.....mg	0		0	1		0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.277		0	1		0.560	0.035
Threonine.....g	0.983		0	1		1.986	0.124
Isoleucine.....g	1.031		0	1		2.083	0.130
Leucine.....g	1.865		0	1		3.767	0.235
Lysine.....g	1.603		0	1		3.238	0.202
Methionine.....g	0.351		0	1		0.709	0.044
Cystine.....g	0.254		0	1		0.513	0.032
Phenylalanine.....g	1.263		0	1		2.551	0.159
Tyrosine.....g	0.658		0	1		1.329	0.083
Valine.....g	1.222		0	1		2.468	0.154
Arginine.....g	1.446		0	1		2.921	0.182
Histidine.....g	0.650		0	1		1.313	0.082
Alanine.....g	0.979		0	1		1.978	0.123
Aspartic acid.....g	2.825		0	1		5.707	0.356
Glutamic acid.....g	3.561		0	1		7.193	0.449
Glycine.....g	0.912		0	1		1.842	0.115
Proline.....g	0.990		0	1		2.000	0.125
Serine.....g	1.271		0	1		2.567	0.160
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg	0		0	7	Z	0	0

**NDB No. 16049**  
**Beans, white, mature seeds, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 202g: 1 cup  
 Measure 2 = 12.6g: 1 tbsp

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

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16348

Beans, yellow, mature seeds, cooked, boiled, 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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.279		0				0.494	
4:0.....g	0.000		0	BFSN	4		0.000	
6:0.....g	0.000		0	BFSN	4		0.000	
8:0.....g	0.000		0	BFSN	4		0.000	
10:0.....g	0.000		0	BFSN	4		0.000	
12:0.....g	0.000		0	BFSN	4		0.000	
13:0.....g								
14:0.....g	0.001		0		1		0.002	
15:0.....g								
16:0.....g	0.262		0		1		0.464	
17:0.....g								
18:0.....g	0.017		0		1		0.030	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.094		0		1		0.166	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
17:1.....g								
18:1 undifferentiated.....g	0.094		0		1		0.166	
20:1.....g	0.000		0	BFSN	4		0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.825	
18:2 undifferentiated.....g	0.253		0		1		0.448	
18:3 undifferentiated.....g	0.212		0		1		0.375	
18:4.....g	0.000		0	BFSN	4		0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
Cholesterol.....mg	0		0		1		0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.108		0		1		0.191	
Threonine.....g	0.386		0		1		0.683	
Isoleucine.....g	0.405		0		1		0.717	
Leucine.....g	0.732		0		1		1.296	
Lysine.....g	0.629		0		1		1.113	
Methionine.....g	0.138		0		1		0.244	
Cystine.....g	0.100		0		1		0.177	
Phenylalanine.....g	0.496		0		1		0.878	
Tyrosine.....g	0.258		0		1		0.457	
Valine.....g	0.479		0		1		0.848	
Arginine.....g	0.567		0		1		1.004	
Histidine.....g	0.255		0		1		0.451	
Alanine.....g	0.384		0		1		0.680	
Aspartic acid.....g	1.108		0		1		1.961	
Glutamic acid.....g	1.397		0		1		2.473	
Glycine.....g	0.358		0		1		0.634	
Proline.....g	0.388		0		1		0.687	
Serine.....g	0.498		0		1		0.881	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	
Caffeine.....mg	0		0	Z	7		0	

NDB No. 16348

Beans, yellow, mature seeds, cooked, boiled, with salt

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

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

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.279		0				0.494		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.262		0		1		0.464		
17:0.....g									
18:0.....g	0.017		0		1		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.094		0		1		0.166		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.094		0		1		0.166		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.825		
18:2 undifferentiated.....g	0.253		0		1		0.448		
18:3 undifferentiated.....g	0.212		0		1		0.375		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.386		0		1		0.683		
Isoleucine.....g	0.405		0		1		0.717		
Leucine.....g	0.732		0		1		1.296		
Lysine.....g	0.629		0		1		1.113		
Methionine.....g	0.138		0		1		0.244		
Cystine.....g	0.100		0		1		0.177		
Phenylalanine.....g	0.496		0		1		0.878		
Tyrosine.....g	0.258		0		1		0.457		
Valine.....g	0.479		0		1		0.848		
Arginine.....g	0.567		0		1		1.004		
Histidine.....g	0.255		0		1		0.451		
Alanine.....g	0.384		0		1		0.680		
Aspartic acid.....g	1.108		0		1		1.961		
Glutamic acid.....g	1.397		0		1		2.473		
Glycine.....g	0.358		0		1		0.634		
Proline.....g	0.388		0		1		0.687		
Serine.....g	0.498		0		1		0.881		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 16047**  
**Beans, yellow, mature seeds, raw**  
*Phaseolus vulgaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.10		1		1		21.76		
Energy.....kcal	345		0	NC	4		676		
Energy.....kJ	1443				4		2829		
Protein (N x 6.25).....g	22.00		1		1		43.12		
Total lipid (fat).....g	2.60		1		1		5.10		
Ash.....g	3.60		1		1		7.06		
Carbohydrate, by difference.....g	60.70		0	NC	4		118.97		
Fiber, total dietary.....g	25.1		0	BFSN	4		49.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	166		1		1		325		
Iron, Fe.....mg	7.01		1		1		13.74		
Magnesium, Mg.....mg	222		1		1		435		
Phosphorus, P.....mg	488		1		1		956		
Potassium, K.....mg	1042		1		1		2042		
Sodium, Na.....mg	12		0		1		24		
Zinc, Zn.....mg	2.83		0		1		5.55		
Copper, Cu.....mg	0.639		0		1		1.252		
Manganese, Mn.....mg	1.286		0		1		2.521		
Selenium, Se.....µg	12.8		0	BFSN	4		25.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.690		1		1		1.352		
Riboflavin.....mg	0.330		1		1		0.647		
Niacin.....mg	2.430		1		1		4.763		
Pantothenic acid.....mg	0.734		0		1		1.439		
Vitamin B-6.....mg	0.442		0		1		0.866		
Folate, total.....µg	389		0		1		762		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	389		0		1		762		
Folate, DFE.....µg	389		0	NC	4		762		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		1		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		1		1		12		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16047**  
**Beans, yellow, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.671		0		1		1.315		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.004		
15:0.....g									
16:0.....g	0.629		0		1		1.233		
17:0.....g									
18:0.....g	0.040		0		1		0.078		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.226		0		1		0.443		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.226		0		1		0.443		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.118		0		1		2.191		
18:2 undifferentiated.....g	0.609		0		1		1.194		
18:3 undifferentiated.....g	0.510		0		1		1.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.260		0		1		0.510		
Threonine.....g	0.926		0		1		1.815		
Isoleucine.....g	0.972		0		1		1.905		
Leucine.....g	1.756		0		1		3.442		
Lysine.....g	1.510		0		1		2.960		
Methionine.....g	0.331		0		1		0.649		
Cystine.....g	0.239		0		1		0.468		
Phenylalanine.....g	1.190		0		1		2.332		
Tyrosine.....g	0.620		0		1		1.215		
Valine.....g	1.151		0		1		2.256		
Arginine.....g	1.362		0		1		2.670		
Histidine.....g	0.612		0		1		1.200		
Alanine.....g	0.922		0		1		1.807		
Aspartic acid.....g	2.661		0		1		5.216		
Glutamic acid.....g	3.355		0		1		6.576		
Glycine.....g	0.859		0		1		1.684		
Proline.....g	0.933		0		1		1.829		
Serine.....g	1.197		0		1		2.346		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16047**

**Beans, yellow, mature seeds, raw**

**Common Measures:**

Measure 1 = 196g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16054

Broadbeans (fava beans), mature seeds, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.32		1		1		205.62		
Energy.....kcal	71		0	NC	4		182		
Energy.....kJ	297				4		760		
Protein (N x 6.25).....g	5.47		1		1		14.00		
Total lipid (fat).....g	0.22		1		1		0.56		
Ash.....g	1.58		1		1		4.04		
Carbohydrate, by difference.....g	12.41		0	NC	4		31.77		
Fiber, total dietary.....g	3.7		0	BFSN	4		9.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		1		1		67		
Iron, Fe.....mg	1.00		1		1		2.56		
Magnesium, Mg.....mg	32		0		1		82		
Phosphorus, P.....mg	79		0		1		202		
Potassium, K.....mg	242		0		1		620		
Sodium, Na.....mg	453		1		1		1160		
Zinc, Zn.....mg	0.62		0		1		1.59		
Copper, Cu.....mg	0.109		0		1		0.279		
Manganese, Mn.....mg	0.288		0		1		0.737		
Selenium, Se.....µg	1.8		0	BFSN	4		4.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		1		1		4.6		
Thiamin.....mg	0.020		1		1		0.051		
Riboflavin.....mg	0.050		1		1		0.128		
Niacin.....mg	0.960		1		1		2.458		
Pantothenic acid.....mg	0.119		0		1		0.305		
Vitamin B-6.....mg	0.045		0		1		0.115		
Folate, total.....µg	33		0		1		84		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	33		0		1		84		
Folate, DFE.....µg	33		0	NC	4		84		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		1		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		1		1		26		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16054

Broadbeans (fava beans), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.037		0		1		0.095		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.003		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.029		0		1		0.074		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.044		0		1		0.113		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.043		0		1		0.110		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		1		0.230		
18:2 undifferentiated.....g	0.084		0		1		0.215		
18:3 undifferentiated.....g	0.007		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.052		0		1		0.133		
Threonine.....g	0.194		0		1		0.497		
Isoleucine.....g	0.221		0		1		0.566		
Leucine.....g	0.411		0		1		1.052		
Lysine.....g	0.350		0		1		0.896		
Methionine.....g	0.045		0		1		0.115		
Cystine.....g	0.070		0		1		0.179		
Phenylalanine.....g	0.231		0		1		0.591		
Tyrosine.....g	0.173		0		1		0.443		
Valine.....g	0.243		0		1		0.622		
Arginine.....g	0.505		0		1		1.293		
Histidine.....g	0.139		0		1		0.356		
Alanine.....g	0.224		0		1		0.573		
Aspartic acid.....g	0.611		0		1		1.564		
Glutamic acid.....g	0.929		0		1		2.378		
Glycine.....g	0.229		0		1		0.586		
Proline.....g	0.230		0		1		0.589		
Serine.....g	0.250		0		1		0.640		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16054**

**Broadbeans (fava beans), mature seeds, canned**

**Common Measures:**

Measure 1 = 256g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16353

Broadbeans (fava beans), mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0		1		0.112		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.054		0		1		0.092		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.079		0		1		0.134		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.164		0		1		0.279		
18:2 undifferentiated.....g	0.152		0		1		0.258		
18:3 undifferentiated.....g	0.012		0		1		0.020		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.122		
Threonine.....g	0.270		0		1		0.459		
Isoleucine.....g	0.306		0		1		0.520		
Leucine.....g	0.572		0		1		0.972		
Lysine.....g	0.486		0		1		0.826		
Methionine.....g	0.062		0		1		0.105		
Cystine.....g	0.097		0		1		0.165		
Phenylalanine.....g	0.321		0		1		0.546		
Tyrosine.....g	0.241		0		1		0.410		
Valine.....g	0.338		0		1		0.575		
Arginine.....g	0.702		0		1		1.193		
Histidine.....g	0.193		0		1		0.328		
Alanine.....g	0.311		0		1		0.529		
Aspartic acid.....g	0.849		0		1		1.443		
Glutamic acid.....g	1.291		0		1		2.195		
Glycine.....g	0.319		0		1		0.542		
Proline.....g	0.320		0		1		0.544		
Serine.....g	0.348		0		1		0.592		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16353

Broadbeans (fava beans), mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16053

Broadbeans (fava beans), mature seeds, cooked, boiled, 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.066		0		1		0.112
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.001		0		1		0.002
13:0.....g							
14:0.....g	0.001		0		1		0.002
15:0.....g							
16:0.....g	0.054		0		1		0.092
17:0.....g							
18:0.....g	0.008		0		1		0.014
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.079		0		1		0.134
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.001		0		1		0.002
17:1.....g							
18:1 undifferentiated.....g	0.078		0		1		0.133
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.164		0		1		0.279
18:2 undifferentiated.....g	0.152		0		1		0.258
18:3 undifferentiated.....g	0.012		0		1		0.020
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.072		0		1		0.122
Threonine.....g	0.270		0		1		0.459
Isoleucine.....g	0.306		0		1		0.520
Leucine.....g	0.572		0		1		0.972
Lysine.....g	0.486		0		1		0.826
Methionine.....g	0.062		0		1		0.105
Cystine.....g	0.097		0		1		0.165
Phenylalanine.....g	0.321		0		1		0.546
Tyrosine.....g	0.241		0		1		0.410
Valine.....g	0.338		0		1		0.575
Arginine.....g	0.702		0		1		1.193
Histidine.....g	0.193		0		1		0.328
Alanine.....g	0.311		0		1		0.529
Aspartic acid.....g	0.849		0		1		1.443
Glutamic acid.....g	1.291		0		1		2.195
Glycine.....g	0.319		0		1		0.542
Proline.....g	0.320		0		1		0.544
Serine.....g	0.348		0		1		0.592
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

NDB No. 16053

Broadbeans (fava beans), mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16052

Broadbeans (fava beans), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.254		0		1		0.381	0.024	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.004		0		1		0.006	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.000	
15:0.....g									
16:0.....g	0.204		0		1		0.306	0.019	
17:0.....g									
18:0.....g	0.031		0		1		0.047	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.303		0		1		0.455	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.297		0		1		0.446	0.028	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.627		0		1		0.941	0.059	
18:2 undifferentiated.....g	0.581		0		1		0.872	0.055	
18:3 undifferentiated.....g	0.046		0		1		0.069	0.004	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	124		0		1		186	12	
<b>Amino Acids:</b>									
Tryptophan.....g	0.247		32		1		0.371	0.023	
Threonine.....g	0.928		63		1		1.392	0.087	
Isoleucine.....g	1.053		63		1		1.580	0.099	
Leucine.....g	1.964		63		1		2.946	0.185	
Lysine.....g	1.671		66		1		2.507	0.157	
Methionine.....g	0.213		176		1		0.320	0.020	
Cystine.....g	0.334		146		1		0.501	0.031	
Phenylalanine.....g	1.103		63		1		1.655	0.104	
Tyrosine.....g	0.827		60		1		1.241	0.078	
Valine.....g	1.161		63		1		1.742	0.109	
Arginine.....g	2.411		64		1		3.617	0.227	
Histidine.....g	0.664		62		1		0.996	0.062	
Alanine.....g	1.070		54		1		1.605	0.101	
Aspartic acid.....g	2.916		54		1		4.374	0.274	
Glutamic acid.....g	4.437		54		1		6.656	0.417	
Glycine.....g	1.095		61		1		1.643	0.103	
Proline.....g	1.099		48		1		1.649	0.103	
Serine.....g	1.195		54		1		1.793	0.112	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16052

Broadbeans (fava beans), mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 150g: 1 cup

Measure 2 = 9.4g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16200

**Campbell's Brown Sugar And Bacon Flavored Baked Beans**

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

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

**Common Measures:**

Measure 1 = 130g: .5 cup

Measure 2 = 130g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16201  
Campbell's Pork and Beans

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

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

**Common Measures:**

Measure 1 = 130g: .5 cup

Measure 2 = 130g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.090		0		1		0.093	0.005	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.072		0		1		0.074	0.004	
17:0.....g									
18:0.....g	0.014		0		1		0.014	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.197		0		1		0.203	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.194		0		1		0.200	0.012	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.216		0		1		0.222	0.013	
18:2 undifferentiated.....g	0.212		0		1		0.218	0.013	
18:3 undifferentiated.....g	0.004		0		1		0.004	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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.049	0.003	
Threonine.....g	0.271		0		1		0.279	0.016	
Isoleucine.....g	0.209		0		1		0.215	0.013	
Leucine.....g	0.442		0		1		0.455	0.027	
Lysine.....g	0.196		0		1		0.202	0.012	
Methionine.....g	0.081		0		1		0.083	0.005	
Cystine.....g	0.029		0		1		0.030	0.002	
Phenylalanine.....g	0.151		0		1		0.156	0.009	
Tyrosine.....g	0.120		0		1		0.124	0.007	
Valine.....g	0.446		0		1		0.459	0.027	
Arginine.....g	0.130		0		1		0.134	0.008	
Histidine.....g	0.122		0		1		0.126	0.007	
Alanine.....g	0.584		0		1		0.602	0.035	
Aspartic acid.....g	0.503		0		1		0.518	0.030	
Glutamic acid.....g	0.362		0		1		0.373	0.022	
Glycine.....g	0.267		0		1		0.275	0.016	
Proline.....g	0.354		0		1		0.365	0.021	
Serine.....g	0.304		0		1		0.313	0.018	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



NDB No. 16055

Carob flour

Nutrients and Units	<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 = 103g: 1 cup

Measure 2 = 6.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 43128  
 Chicken, meatless

Nutrients 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			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.534		0	NC	4		2.577	
4:0.....g	0.000		0		4		0.000	
6:0.....g	0.000		0		4		0.000	
8:0.....g	0.000		0		4		0.000	
10:0.....g	0.000		0		4		0.000	
12:0.....g	0.094		0		4		0.158	
13:0.....g								
14:0.....g	0.047		0		4		0.079	
15:0.....g								
16:0.....g	0.995		0		4		1.672	
17:0.....g								
18:0.....g	0.397		0		4		0.667	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.355		0	NC	4		3.957	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4		0.000	
17:1.....g								
18:1 undifferentiated.....g	2.355		0		4		3.957	
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	5.022		0	NC	4		8.437	
18:2 undifferentiated.....g	4.462		0		4		7.496	
18:3 undifferentiated.....g	0.560		0		4		0.941	
18:4.....g	0.000		0		4		0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4		0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		7		0	
Phytosterols.....mg								
<b>Others:</b>								
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 = 168g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



NDB No. 43410  
 Chicken, meatless, breaded, fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.130		0	NC	4		1.469	1.898	0.407
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	0.008		0		4		0.010	0.013	0.003
15:0.....g									
16:0.....g	0.823		0		4		1.069	1.382	0.296
17:0.....g									
18:0.....g	0.299		0		4		0.389	0.503	0.108
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.226		0	NC	4		4.193	5.419	1.161
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.409		0	LC	8		1.832	2.368	0.507
17:1.....g									
18:1 undifferentiated.....g	1.800		0		4		2.340	3.024	0.648
20:1.....g	0.016		0		4		0.021	0.027	0.006
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.581		0	NC	4		5.955	7.696	1.649
18:2 undifferentiated.....g	4.044		0		4		5.257	6.794	1.456
18:3 undifferentiated.....g	0.536		0		4		0.697	0.901	0.193
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
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 = 130g: 1 cup, diced
- Measure 2 = 168g: 1 cup pieces
- Measure 3 = 36g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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

**NDB No. 16157**  
**Chickpea flour (besan)**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.28		2	A	1		9.46		
Energy.....kcal	387		0	NC	4		356		
Energy.....kJ	1619		0	NC	4		1489		
Protein (N x 6.25).....g	22.39		2	A	1		20.60		
Total lipid (fat).....g	6.69		2	A	1		6.15		
Ash.....g	2.82		2	A	1		2.59		
Carbohydrate, by difference.....g	57.82		0	NC	4		53.19		
Fiber, total dietary.....g	10.8		2	A	1		9.9		
Sugars, total.....g	10.85		0	BFSN	4		9.98		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		2	A	1		41		
Iron, Fe.....mg	4.86		2	A	1		4.47		
Magnesium, Mg.....mg	166		2	A	1		153		
Phosphorus, P.....mg	318		2	A	1		293		
Potassium, K.....mg	846		2	A	1		778		
Sodium, Na.....mg	64		2	A	1		59		
Zinc, Zn.....mg	2.81		2	A	1		2.59		
Copper, Cu.....mg	0.912		2	A	1		0.839		
Manganese, Mn.....mg	1.600		2	A	1		1.472		
Selenium, Se.....µg	8.3		0	BFSN	4		7.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.486		2	A	1		0.447		
Riboflavin.....mg	0.106		2	A	1		0.098		
Niacin.....mg	1.762		2	A	1		1.621		
Pantothenic acid.....mg	0.606		2	A	1		0.558		
Vitamin B-6.....mg	0.492		2	A	1		0.453		
Folate, total.....µg	437		2	A	1		402		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	437		2	A	1		402		
Folate, DFE.....µg	437		0	NC	4		402		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0	NC	4		2		
Retinol.....µg	0		0	BNA	4		0		
Carotene, beta.....µg	25		0	BNA	4		23		
Carotene, alpha.....µg	0		0	BNA	4		0		
Cryptoxanthin, beta.....µg	0		0	BNA	4		0		
Vitamin A, IU.....IU	41		0	NC	4		38		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.83		0	BFSN	4		0.77		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	9.1		0	BFSN	4		8.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16157**  
**Chickpea flour (besan)**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.693		0	BFFN	4		0.638		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.010		0	BFFN	4		0.009		
15:0.....g									
16:0.....g	0.555		0	BFFN	4		0.511		
17:0.....g									
18:0.....g	0.094		0	BFFN	4		0.086		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.504		0	BFFN	4		1.384		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	BFFN	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	1.490		0	BFFN	4		1.371		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.983		0	BFFN	4		2.744		
18:2 undifferentiated.....g	2.871		0	BFFN	4		2.641		
18:3 undifferentiated.....g	0.112		0	BFFN	4		0.103		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	39		0	BFFN	4		36		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 92g: 1 cup

**Calories Factors: Protein 4.27**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 16358

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.214		0	NC	4		0.542		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.003		0	BFSN	4		0.008		
15:0.....g									
16:0.....g	0.180		0	BFSN	4		0.455		
17:0.....g									
18:0.....g	0.031		0	BFSN	4		0.078		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.488		0	NC	4		1.233		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFSN	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.483		0	BFSN	4		1.223		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.967		0	NC	4		2.446		
18:2 undifferentiated.....g	0.931		0	BFSN	4		2.355		
18:3 undifferentiated.....g	0.036		0	BFSN	4		0.091		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0	A	1		0.174		
Threonine.....g	0.264		0	A	1		0.667		
Isoleucine.....g	0.304		0	A	1		0.769		
Leucine.....g	0.505		0	A	1		1.277		
Lysine.....g	0.475		0	A	1		1.201		
Methionine.....g	0.093		0	A	1		0.236		
Cystine.....g	0.096		0	A	1		0.243		
Phenylalanine.....g	0.380		0	A	1		0.961		
Tyrosine.....g	0.176		0	A	1		0.446		
Valine.....g	0.298		0	A	1		0.755		
Arginine.....g	0.668		0	A	1		1.691		
Histidine.....g	0.195		0	A	1		0.493		
Alanine.....g	0.304		0	A	1		0.769		
Aspartic acid.....g	0.835		0	A	1		2.111		
Glutamic acid.....g	1.242		0	A	1		3.142		
Glycine.....g	0.295		0	A	1		0.747		
Proline.....g	0.293		0	A	1		0.740		
Serine.....g	0.357		0	A	1		0.903		
Hydroxyproline.....g									
<b>Others:</b>									

NDB No. 16358

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 253g: 1 can drained

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16359

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.87	0.536	4	A	1		169.86	101.65	
Energy.....kcal	138		0	NC	4		351	210	
Energy.....kJ	578		0	NC	4		1468	879	
Protein (N x 6.25).....g	7.04	0.244	4	A	1		17.87	10.70	
Total lipid (fat).....g	2.47	0.144	4	A	1		6.29	3.76	
Ash.....g	0.74	0.042	4	A	1		1.89	1.13	
Carbohydrate, by difference.....g	22.87		0	NC	4		58.09	34.76	
Fiber, total dietary.....g	6.3		0	BFSN	4		16.1	9.6	
Sugars, total.....g	4.00		0	BFSN	4		10.15	6.07	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	4.856	4	A	1		109	65	
Iron, Fe.....mg	0.98	0.048	4	A	1		2.48	1.48	
Magnesium, Mg.....mg	24	1.377	4	A	1		61	37	
Phosphorus, P.....mg	80	5.532	4	A	1		202	121	
Potassium, K.....mg	109	8.104	4	A	1		277	166	
Sodium, Na.....mg	212	17.318	4	A	1		539	323	
Zinc, Zn.....mg	0.59	0.074	4	A	1		1.49	0.89	
Copper, Cu.....mg	0.250	0.015	4	A	1		0.634	0.379	
Manganese, Mn.....mg	0.800	0.163	4	A	1		2.031	1.216	
Selenium, Se.....µg	3.1		0	BFSN	4		7.8	4.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1	0.054	4	A	1		0.3	0.2	
Thiamin.....mg	0.025	0.003	4	A	1		0.063	0.038	
Riboflavin.....mg	0.015	0.000	4	A	1		0.038	0.022	
Niacin.....mg	0.125	0.006	4	A	1		0.317	0.190	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.116		0	BFSN	4		0.294	0.176	
Folate, total (1).....µg	41		0	A	1		105	63	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food (1).....µg	41		0	A	1		105	63	
Folate, DFE (1).....µg	41		0	NC	4		105	63	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		3	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	13		0	BFSN	4		34	20	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	22		0	NC	4		57	34	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.29		0	BFSN	4		0.74	0.44	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.4		0	BFSN	4		8.6	5.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.213		0	NC	4		0.541	0.324	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.000		0	BFSN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0	BFSN	4		0.008	0.005	
15:0.....g									
16:0.....g	0.179		0	BFSN	4		0.455	0.272	
17:0.....g									
18:0.....g	0.031		0	BFSN	4		0.078	0.047	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.485		0	NC	4		1.233	0.738	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFSN	4		0.011	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.481		0	BFSN	4		1.222	0.731	
20:1.....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.962		0	NC	4		2.444	1.463	
18:2 undifferentiated.....g	0.927		0	BFSN	4		2.353	1.408	
18:3 undifferentiated.....g	0.036		0	BFSN	4		0.091	0.054	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0	A	1		0.174	0.104	
Threonine.....g	0.263		0	A	1		0.668	0.400	
Isoleucine.....g	0.303		0	A	1		0.770	0.461	
Leucine.....g	0.503		0	A	1		1.279	0.765	
Lysine.....g	0.473		0	A	1		1.203	0.720	
Methionine.....g	0.093		0	A	1		0.236	0.141	
Cystine.....g	0.096		0	A	1		0.243	0.146	
Phenylalanine.....g	0.379		0	A	1		0.963	0.576	
Tyrosine.....g	0.176		0	A	1		0.447	0.267	
Valine.....g	0.298		0	A	1		0.756	0.452	
Arginine.....g	0.667		0	A	1		1.693	1.013	
Histidine.....g	0.195		0	A	1		0.494	0.296	
Alanine.....g	0.303		0	A	1		0.770	0.461	
Aspartic acid.....g	0.832		0	A	1		2.114	1.265	
Glutamic acid.....g	1.239		0	A	1		3.146	1.883	
Glycine.....g	0.295		0	A	1		0.748	0.448	
Proline.....g	0.292		0	A	1		0.741	0.444	
Serine.....g	0.356		0	A	1		0.905	0.541	
Hydroxyproline.....g									
<b>Others:</b>									
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. 16359

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water

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

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

**Common Measures:**

Measure 1 = 254g: 1 can drained, rinsed

Measure 2 = 152g: 1 cup drained, rinsed

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16058

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.55	0.318	4	A	1		188.52	351.90	
Energy.....kcal	88		0	NC	4		212	396	
Energy.....kJ	369		0	NC	4		886	1653	
Protein (N x 6.25).....g	4.92	0.051	4	A	1		11.81	22.04	
Total lipid (fat).....g	1.95	0.150	4	A	1		4.68	8.74	
Ash.....g	1.09	0.110	4	A	1		2.61	4.87	
Carbohydrate, by difference.....g	13.49		0	NC	4		32.38	60.45	
Fiber, total dietary.....g	4.4		0		1		10.6	19.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35	3.782	4	A	1		84	156	
Iron, Fe.....mg	1.23	0.015	4	A	1		2.96	5.53	
Magnesium, Mg.....mg	27	0.399	4	A	1		64	119	
Phosphorus, P.....mg	80	2.952	4	A	1		191	357	
Potassium, K.....mg	144	11.456	4	A	1		346	646	
Sodium, Na.....mg	278	22.646	4	A	1		667	1245	
Zinc, Zn.....mg	0.69	0.030	4	A	1		1.65	3.09	
Copper, Cu.....mg	0.153	0.010	4	A	1		0.368	0.687	
Manganese, Mn.....mg	0.818	0.100	4	A	1		1.964	3.665	
Selenium, Se.....µg	2.0		0	BFSN	4		4.8	8.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1	0.076	4	A	1		0.3	0.6	
Thiamin.....mg	0.032	0.005	4	A	1		0.078	0.145	
Riboflavin.....mg	0.015	0.000	4	A	1		0.036	0.066	
Niacin.....mg	0.130	0.012	4	A	1		0.312	0.582	
Pantothenic acid.....mg	0.299		0		1		0.718	1.340	
Vitamin B-6.....mg	0.473	0.060	21		1		1.135	2.119	
Folate, total (1).....µg	25		0	A	1		60	112	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food (1).....µg	25	1.915	4	A	1		60	112	
Folate, DFE (1).....µg	25		0	NC	4		60	112	
Choline, total.....mg	32.6		0	CASN	4		78.3	146.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		2	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	9		0	BFSN	4		21	39	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	15		0	NC	4		35	65	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.204		0		1		0.489	0.914	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		0		1		0.008	0.015	
15:0.....g									
16:0.....g	0.164		0		1		0.394	0.736	
17:0.....g									
18:0.....g	0.028		0		1		0.066	0.124	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.444		0		1		1.066	1.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.441		0		1		1.058	1.974	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.881		0		1		2.116	3.949	
18:2 undifferentiated.....g	0.849		0		1		2.037	3.802	
18:3 undifferentiated.....g	0.033		0		1		0.079	0.147	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0	A	1		0.115	0.215	
Threonine.....g	0.184		0	A	1		0.442	0.824	
Isoleucine.....g	0.212		0	A	1		0.509	0.950	
Leucine.....g	0.352		0	A	1		0.845	1.577	
Lysine.....g	0.331		0	A	1		0.794	1.483	
Methionine.....g	0.065		0	A	1		0.156	0.291	
Cystine.....g	0.067		0	A	1		0.161	0.300	
Phenylalanine.....g	0.265		0	A	1		0.636	1.187	
Tyrosine.....g	0.123		0	A	1		0.295	0.551	
Valine.....g	0.208		0	A	1		0.499	0.932	
Arginine.....g	0.466		0	A	1		1.118	2.088	
Histidine.....g	0.136		0	A	1		0.326	0.609	
Alanine.....g	0.212		0	A	1		0.509	0.950	
Aspartic acid.....g	0.582		0	A	1		1.397	2.607	
Glutamic acid.....g	0.866		0	A	1		2.078	3.879	
Glycine.....g	0.206		0	A	1		0.494	0.923	
Proline.....g	0.204		0	A	1		0.490	0.914	
Serine.....g	0.249		0	A	1		0.598	1.115	
Hydroxyproline.....g									
<b>Others:</b>									
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. 16058

**Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids**

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 448g: 1 can (total can contents)

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.204		0		1		0.489	0.914	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.000		0	BFSN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.008	0.015	
15:0.....g									
16:0.....g	0.164		0		1		0.394	0.736	
17:0.....g									
18:0.....g	0.028		0		1		0.066	0.124	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.444		0		1		1.066	1.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.441		0		1		1.058	1.974	
20:1.....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.881		0		1		2.116	3.949	
18:2 undifferentiated.....g	0.849		0		1		2.037	3.802	
18:3 undifferentiated.....g	0.033		0		1		0.079	0.147	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0	A	1		0.115	0.215	
Threonine.....g	0.184		0	A	1		0.442	0.824	
Isoleucine.....g	0.212		0	A	1		0.509	0.950	
Leucine.....g	0.352		0	A	1		0.845	1.577	
Lysine.....g	0.331		0	A	1		0.794	1.483	
Methionine.....g	0.065		0	A	1		0.156	0.291	
Cystine.....g	0.067		0	A	1		0.161	0.300	
Phenylalanine.....g	0.265		0	A	1		0.636	1.187	
Tyrosine.....g	0.123		0	A	1		0.295	0.551	
Valine.....g	0.208		0	A	1		0.499	0.932	
Arginine.....g	0.466		0	A	1		1.118	2.088	
Histidine.....g	0.136		0	A	1		0.326	0.609	
Alanine.....g	0.212		0	A	1		0.509	0.950	
Aspartic acid.....g	0.582		0	A	1		1.397	2.607	
Glutamic acid.....g	0.866		0	A	1		2.078	3.879	
Glycine.....g	0.206		0	A	1		0.494	0.923	
Proline.....g	0.204		0	A	1		0.490	0.914	
Serine.....g	0.249		0	A	1		0.598	1.115	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16360

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 448g: 1 can total can contents

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.269		0		1		0.441
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.004		0		1		0.007
15:0.....g							
16:0.....g	0.215		0		1		0.353
17:0.....g							
18:0.....g	0.037		0		1		0.061
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.583		0		1		0.956
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.005		0		1		0.008
17:1.....g							
18:1 undifferentiated.....g	0.578		0		1		0.948
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.156		0		1		1.896
18:2 undifferentiated.....g	1.113		0		1		1.825
18:3 undifferentiated.....g	0.043		0		1		0.071
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.085		0		1		0.139
Threonine.....g	0.329		0		1		0.540
Isoleucine.....g	0.380		0		1		0.623
Leucine.....g	0.631		0		1		1.035
Lysine.....g	0.593		0		1		0.973
Methionine.....g	0.116		0		1		0.190
Cystine.....g	0.119		0		1		0.195
Phenylalanine.....g	0.475		0		1		0.779
Tyrosine.....g	0.220		0		1		0.361
Valine.....g	0.372		0		1		0.610
Arginine.....g	0.835		0		1		1.369
Histidine.....g	0.244		0		1		0.400
Alanine.....g	0.380		0		1		0.623
Aspartic acid.....g	1.042		0		1		1.709
Glutamic acid.....g	1.550		0		1		2.542
Glycine.....g	0.369		0		1		0.605
Proline.....g	0.366		0		1		0.600
Serine.....g	0.447		0		1		0.733
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 164g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.269		0		1		0.441
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.004		0		1		0.007
15:0.....g							
16:0.....g	0.215		0		1		0.353
17:0.....g							
18:0.....g	0.037		0		1		0.061
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.583		0		1		0.956
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.005		0		1		0.008
17:1.....g							
18:1 undifferentiated.....g	0.578		0		1		0.948
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.156		0		1		1.896
18:2 undifferentiated.....g	1.113		0		1		1.825
18:3 undifferentiated.....g	0.043		0		1		0.071
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.085		0		1		0.139
Threonine.....g	0.329		0		1		0.540
Isoleucine.....g	0.380		0		1		0.623
Leucine.....g	0.631		0		1		1.035
Lysine.....g	0.593		0		1		0.973
Methionine.....g	0.116		0		1		0.190
Cystine.....g	0.119		0		1		0.195
Phenylalanine.....g	0.475		0		1		0.779
Tyrosine.....g	0.220		0		1		0.361
Valine.....g	0.372		0		1		0.610
Arginine.....g	0.835		0		1		1.369
Histidine.....g	0.244		0		1		0.400
Alanine.....g	0.380		0		1		0.623
Aspartic acid.....g	1.042		0		1		1.709
Glutamic acid.....g	1.550		0		1		2.542
Glycine.....g	0.369		0		1		0.605
Proline.....g	0.366		0		1		0.600
Serine.....g	0.447		0		1		0.733
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0



NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 164g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16056

Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.603		0	NC	4	1.206	0.075
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	0.009		0		1	0.018	0.001
15:0.....g							
16:0.....g	0.508		0		1	1.016	0.063
17:0.....g							
18:0.....g	0.086		0		1	0.172	0.011
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.377		0	NC	4	2.754	0.172
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.012		0		1	0.024	0.002
17:1.....g							
18:1 undifferentiated.....g	1.365		0		1	2.729	0.171
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	2.731		0	NC	4	5.462	0.341
18:2 undifferentiated.....g	2.629		0		1	5.258	0.329
18:3 undifferentiated.....g	0.102		0		1	0.205	0.013
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.200		0	A	1	0.399	0.025
Threonine.....g	0.766		0	A	1	1.531	0.096
Isoleucine.....g	0.882		0	A	1	1.764	0.110
Leucine.....g	1.465		0	A	1	2.929	0.183
Lysine.....g	1.377		0	A	1	2.754	0.172
Methionine.....g	0.270		0	A	1	0.541	0.034
Cystine.....g	0.279		0	A	1	0.558	0.035
Phenylalanine.....g	1.103		0	A	1	2.205	0.138
Tyrosine.....g	0.512		0	A	1	1.024	0.064
Valine.....g	0.865		0	A	1	1.731	0.108
Arginine.....g	1.939		0	A	1	3.878	0.242
Histidine.....g	0.566		0	A	1	1.132	0.071
Alanine.....g	0.882		0	A	1	1.764	0.110
Aspartic acid.....g	2.422		0	A	1	4.843	0.303
Glutamic acid.....g	3.603		0	A	1	7.206	0.450
Glycine.....g	0.857		0	A	1	1.714	0.107
Proline.....g	0.849		0	A	1	1.698	0.106
Serine.....g	1.036		0	A	1	2.072	0.130
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 16056

Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 200g: 1 cup

Measure 2 = 12.5g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16059**  
**Chili with beans, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.133		0	LC	8		2.900	0.181	
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	0.010		0		1		0.025	0.002	
12:0.....g	0.006		0		1		0.016	0.001	
13:0.....g									
14:0.....g	0.069		0		1		0.176	0.011	
15:0.....g									
16:0.....g	0.810		0		1		2.074	0.130	
17:0.....g									
18:0.....g	0.238		0		1		0.609	0.038	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.601		0		1		4.098	0.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.144	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.545		0		1		3.954	0.247	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.249		0		1		0.636	0.040	
18:2 undifferentiated.....g	0.143		0		1		0.366	0.023	
18:3 undifferentiated.....g	0.105		0		1		0.269	0.017	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	17		0		1		44	3	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0		1		0.177	0.011	
Threonine.....g	0.240		0		1		0.614	0.038	
Isoleucine.....g	0.250		0		1		0.640	0.040	
Leucine.....g	0.456		0		1		1.167	0.073	
Lysine.....g	0.409		0		1		1.047	0.065	
Methionine.....g	0.095		0		1		0.243	0.015	
Cystine.....g	0.061		0		1		0.156	0.010	
Phenylalanine.....g	0.292		0		1		0.748	0.047	
Tyrosine.....g	0.164		0		1		0.420	0.026	
Valine.....g	0.294		0		1		0.753	0.047	
Arginine.....g	0.360		0		1		0.922	0.058	
Histidine.....g	0.164		0		1		0.420	0.026	
Alanine.....g	0.265		0		1		0.678	0.042	
Aspartic acid.....g	0.659		0		1		1.687	0.105	
Glutamic acid.....g	0.877		0		1		2.245	0.140	
Glycine.....g	0.261		0		1		0.668	0.042	
Proline.....g	0.251		0		1		0.643	0.040	
Serine.....g	0.293		0		1		0.750	0.047	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

**NDB No. 16059**  
**Chili with beans, canned**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	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 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors: Protein 4**

**Fat 8.7**

**Carbohydrate 3.5**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16361

Cow peas, catjang, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	69.70		0		1		119.19		
Energy.....kcal	117		0	NC	4		200		
Energy.....kJ	490				4		837		
Protein (N x 6.25).....g	8.13		0		1		13.90		
Total lipid (fat).....g	0.71		0		1		1.21		
Ash.....g	1.16		0		1		1.98		
Carbohydrate, by difference.....g	20.32		0	NC	4		34.75		
Fiber, total dietary.....g	3.6		0	BFSN	4		6.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0		1		44		
Iron, Fe.....mg	3.05		0		1		5.22		
Magnesium, Mg.....mg	96		0		1		164		
Phosphorus, P.....mg	142		0		1		243		
Potassium, K.....mg	375		0		1		641		
Sodium, Na.....mg	255		0		1		436		
Zinc, Zn.....mg	1.87		0		1		3.20		
Copper, Cu.....mg	0.271		0		1		0.463		
Manganese, Mn.....mg	0.473		0		1		0.809		
Selenium, Se.....µg	2.5		0	BFSN	4		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.7		
Thiamin.....mg	0.162		0		1		0.277		
Riboflavin.....mg	0.046		0		1		0.079		
Niacin.....mg	0.714		0		1		1.221		
Pantothenic acid.....mg	0.386		0		1		0.660		
Vitamin B-6.....mg	0.092		0		1		0.157		
Folate, total.....µg	142		0		1		242		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	142		0		1		242		
Folate, DFE.....µg	142		0	NC	4		242		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		0		1		17		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



NDB No. 16361

Cowpeas, catjang, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.185		0		1		0.316		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.142		0		1		0.243		
17:0.....g									
18:0.....g	0.030		0		1		0.051		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.059		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.084		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.007		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.518		
18:2 undifferentiated.....g	0.192		0		1		0.328		
18:3 undifferentiated.....g	0.111		0		1		0.190		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0		1		0.171		
Threonine.....g	0.309		0		1		0.528		
Isoleucine.....g	0.330		0		1		0.564		
Leucine.....g	0.623		0		1		1.065		
Lysine.....g	0.550		0		1		0.941		
Methionine.....g	0.116		0		1		0.198		
Cystine.....g	0.090		0		1		0.154		
Phenylalanine.....g	0.475		0		1		0.812		
Tyrosine.....g	0.263		0		1		0.450		
Valine.....g	0.387		0		1		0.662		
Arginine.....g	0.563		0		1		0.963		
Histidine.....g	0.252		0		1		0.431		
Alanine.....g	0.371		0		1		0.634		
Aspartic acid.....g	0.982		0		1		1.679		
Glutamic acid.....g	1.539		0		1		2.632		
Glycine.....g	0.335		0		1		0.573		
Proline.....g	0.365		0		1		0.624		
Serine.....g	0.407		0		1		0.696		
Hydroxyproline.....g									

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

**NDB No. 16361**

**Cow peas, catjang, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16061

Cow peas, catjang, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.70		0		1		119.19		
Energy.....kcal	117		0	NC	4		200		
Energy.....kJ	490				4		837		
Protein (N x 6.25).....g	8.13		0		1		13.90		
Total lipid (fat).....g	0.71		0		1		1.21		
Ash.....g	1.16		0		1		1.98		
Carbohydrate, by difference.....g	20.32		0	NC	4		34.75		
Fiber, total dietary.....g	3.6		0	BFSN	4		6.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0		1		44		
Iron, Fe.....mg	3.05		0		1		5.22		
Magnesium, Mg.....mg	96		0		1		164		
Phosphorus, P.....mg	142		0		1		243		
Potassium, K.....mg	375		0		1		641		
Sodium, Na.....mg	19		0		1		32		
Zinc, Zn.....mg	1.87		0		1		3.20		
Copper, Cu.....mg	0.271		0		1		0.463		
Manganese, Mn.....mg	0.473		0		1		0.809		
Selenium, Se.....µg	2.5		0	BFSN	4		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.7		
Thiamin.....mg	0.162		0		1		0.277		
Riboflavin.....mg	0.046		0		1		0.079		
Niacin.....mg	0.714		0		1		1.221		
Pantothenic acid.....mg	0.386		0		1		0.660		
Vitamin B-6.....mg	0.092		0		1		0.157		
Folate, total.....µg	142		0		1		242		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	142		0		1		242		
Folate, DFE.....µg	142		0	NC	4		242		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		0		1		17		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16061

Cowpeas, catjang, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.185		0		1		0.316		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.142		0		1		0.243		
17:0.....g									
18:0.....g	0.030		0		1		0.051		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.059		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.084		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.007		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.518		
18:2 undifferentiated.....g	0.192		0		1		0.328		
18:3 undifferentiated.....g	0.111		0		1		0.190		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0		1		0.171		
Threonine.....g	0.309		0		1		0.528		
Isoleucine.....g	0.330		0		1		0.564		
Leucine.....g	0.623		0		1		1.065		
Lysine.....g	0.550		0		1		0.941		
Methionine.....g	0.116		0		1		0.198		
Cystine.....g	0.090		0		1		0.154		
Phenylalanine.....g	0.475		0		1		0.812		
Tyrosine.....g	0.263		0		1		0.450		
Valine.....g	0.387		0		1		0.662		
Arginine.....g	0.563		0		1		0.963		
Histidine.....g	0.252		0		1		0.431		
Alanine.....g	0.371		0		1		0.634		
Aspartic acid.....g	0.982		0		1		1.679		
Glutamic acid.....g	1.539		0		1		2.632		
Glycine.....g	0.335		0		1		0.573		
Proline.....g	0.365		0		1		0.624		
Serine.....g	0.407		0		1		0.696		
Hydroxyproline.....g									

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

**NDB No. 16061**

**Cow peas, catjang, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16060

Cow peas, catjang, mature seeds, raw

*Vigna unguiculata subsp. cylindrica*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.05	0.727	3		1		18.45		
Energy.....kcal	343		0	NC	4		573		
Energy.....kJ	1435				4		2397		
Protein (N x 6.25).....g	23.85	0.614	3		1		39.83		
Total lipid (fat).....g	2.07	0.341	3		1		3.46		
Ash.....g	3.39	0.045	4		1		5.66		
Carbohydrate, by difference.....g	59.64		0	NC	4		99.60		
Fiber, total dietary.....g	10.7		0	BFSN	4		17.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	85	15.315	4		1		142		
Iron, Fe.....mg	9.95	2.099	4		1		16.62		
Magnesium, Mg.....mg	333	92.738	4		1		556		
Phosphorus, P.....mg	438	55.183	4		1		731		
Potassium, K.....mg	1375	152.137	4		1		2296		
Sodium, Na.....mg	58	36.039	3		1		97		
Zinc, Zn.....mg	6.11		2		1		10.20		
Copper, Cu.....mg	1.059	0.170	4		1		1.769		
Manganese, Mn.....mg	1.544		0		1		2.578		
Selenium, Se.....µg	9.1		0	BFSN	4		15.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		0		1		2.5		
Thiamin.....mg	0.680		1		1		1.136		
Riboflavin.....mg	0.170		2		1		0.284		
Niacin.....mg	2.795		2		1		4.668		
Pantothenic acid.....mg	1.511		0		1		2.523		
Vitamin B-6.....mg	0.361		0		1		0.603		
Folate, total.....µg	639		0		1		1067		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	639		0		1		1067		
Folate, DFE.....µg	639		0	NC	4		1067		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	2		1		1		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	33		1		1		55		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16060

Cowpeas, catjang, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.542		0		1		0.905		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.417		0		1		0.696		
17:0.....g									
18:0.....g	0.087		0		1		0.145		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.173		0		1		0.289		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.144		0		1		0.240		
20:1.....g	0.002		0		1		0.003		
22:1 undifferentiated.....g	0.019		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.889		0		1		1.485		
18:2 undifferentiated.....g	0.563		0		1		0.940		
18:3 undifferentiated.....g	0.326		0		1		0.544		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.294		49		1		0.491		
Threonine.....g	0.908		72		1		1.516		
Isoleucine.....g	0.969		72		1		1.618		
Leucine.....g	1.828		72		1		3.053		
Lysine.....g	1.614		78		1		2.695		
Methionine.....g	0.340		108		1		0.568		
Cystine.....g	0.263		92		1		0.439		
Phenylalanine.....g	1.393		72		1		2.326		
Tyrosine.....g	0.771		54		1		1.288		
Valine.....g	1.137		71		1		1.899		
Arginine.....g	1.652		71		1		2.759		
Histidine.....g	0.740		71		1		1.236		
Alanine.....g	1.088		52		1		1.817		
Aspartic acid.....g	2.881		52		1		4.811		
Glutamic acid.....g	4.518		52		1		7.545		
Glycine.....g	0.985		52		1		1.645		
Proline.....g	1.072		51		1		1.790		
Serine.....g	1.194		52		1		1.994		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16060**

**Cow peas, catjang, mature seeds, raw**

**Common Measures:**

Measure 1 = 167g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16065

Cow peas, common (blackeyes, crowder, southern), mature seeds, canned with pork

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.59	0.282	34				186.22		
Energy.....kcal	83		0	NC	4		199		
Energy.....kJ	347				4		833		
Protein (N x 6.25).....g	2.74	0.048	34		1		6.58		
Total lipid (fat).....g	1.60	0.065	34		1		3.84		
Ash.....g	1.54	0.043	34		1		3.70		
Carbohydrate, by difference.....g	16.53		0	NC	4		39.67		
Fiber, total dietary.....g	3.3		0		4		7.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	0.845	33		1		41		
Iron, Fe.....mg	1.42	0.035	33		1		3.41		
Magnesium, Mg.....mg	43	0.570	30		1		103		
Phosphorus, P.....mg	96	2.308	30		1		230		
Potassium, K.....mg	178	5.712	31		1		427		
Sodium, Na.....mg	350	12.206	33		1		840		
Zinc, Zn.....mg	1.04	0.034	30		1		2.50		
Copper, Cu.....mg	0.170	0.007	30		1		0.408		
Manganese, Mn.....mg	0.392	0.021	30		1		0.941		
Selenium, Se.....µg	2.3		0	BFSN	4		5.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2	0.060	30		1		0.5		
Thiamin.....mg	0.063	0.004	34		1		0.151		
Riboflavin.....mg	0.050	0.002	34		1		0.120		
Niacin.....mg	0.431	0.014	34		1		1.034		
Pantothenic acid.....mg	0.191		0		4		0.458		
Vitamin B-6.....mg	0.045		0		4		0.108		
Folate, total.....µg	51		0		4		122		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	51		0		4		122		
Folate, DFE.....µg	51		0	NC	4		122		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0	0.000	30		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	30		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.605		0		1		1.452		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.001		0		1		0.002		
12:0.....g	0.003		0		1		0.007		
13:0.....g									
14:0.....g	0.020		0		1		0.048		
15:0.....g									
16:0.....g	0.374		0		1		0.898		
17:0.....g									
18:0.....g	0.201		0		1		0.482		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.656		0		1		1.574		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	0.603		0		1		1.447		
20:1.....g	0.015		0		1		0.036		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.229		0		1		0.550		
18:2 undifferentiated.....g	0.190		0		1		0.456		
18:3 undifferentiated.....g	0.039		0		1		0.094		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	7		0		1		17		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.082		
Threonine.....g	0.104		0		1		0.250		
Isoleucine.....g	0.112		0		1		0.269		
Leucine.....g	0.210		0		1		0.504		
Lysine.....g	0.186		0		1		0.446		
Methionine.....g	0.039		0		1		0.094		
Cystine.....g	0.030		0		1		0.072		
Phenylalanine.....g	0.160		0		1		0.384		
Tyrosine.....g	0.089		0		1		0.214		
Valine.....g	0.131		0		1		0.314		
Arginine.....g	0.190		0		1		0.456		
Histidine.....g	0.085		0		1		0.204		
Alanine.....g	0.125		0		1		0.300		
Aspartic acid.....g	0.331		0		1		0.794		
Glutamic acid.....g	0.519		0		1		1.246		
Glycine.....g	0.113		0		1		0.271		
Proline.....g	0.123		0		1		0.295		
Serine.....g	0.137		0		1		0.329		
Hydroxyproline.....g									

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

**NDB No. 16065**

**Cow peas, common (blackeyes, crowder, southern), mature seeds, canned with pork**

**Common Measures:**

Measure 1 = 240g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16064

Cow peas, common (blackeyes, crowder, southern), mature seeds, canned, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.63		6		1		191.11		
Energy.....kcal	77		0	NC	4		185		
Energy.....kJ	322		0		4		773		
Protein (N x 6.25).....g	4.74		6		1		11.38		
Total lipid (fat).....g	0.55		5		1		1.32		
Ash.....g	1.45		6		1		3.48		
Carbohydrate, by difference.....g	13.63		0	NC	4		32.71		
Fiber, total dietary.....g	3.3		0		1		7.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		6		1		48		
Iron, Fe.....mg	0.97		6		1		2.33		
Magnesium, Mg.....mg	28		2		1		67		
Phosphorus, P.....mg	70		2		1		168		
Potassium, K.....mg	172	18.502	3		1		413		
Sodium, Na.....mg	293	13.262	3	LC	8		704		
Zinc, Zn.....mg	0.70		0		1		1.68		
Copper, Cu.....mg	0.117		0		1		0.281		
Manganese, Mn.....mg	0.283		0		1		0.679		
Selenium, Se.....µg	2.3	1.137	3	A	1		5.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.7		4		1		6.5		
Thiamin.....mg	0.076		6		1		0.182		
Riboflavin.....mg	0.074		6		1		0.178		
Niacin.....mg	0.354		6		1		0.850		
Pantothenic acid.....mg	0.190		0		1		0.456		
Vitamin B-6.....mg	0.045		0		1		0.108		
Folate, total.....µg	51		0		1		123		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	51		0		1		123		
Folate, DFE.....µg	51		0	NC	4		123		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		4		1		31		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.144		0		1		0.346		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.111		0		1		0.266		
17:0.....g									
18:0.....g	0.023		0		1		0.055		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.046		0		1		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.091		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.569		
18:2 undifferentiated.....g	0.150		0		1		0.360		
18:3 undifferentiated.....g	0.087		0		1		0.209		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.139		
Threonine.....g	0.180		0		1		0.432		
Isoleucine.....g	0.193		0		1		0.463		
Leucine.....g	0.363		0		1		0.871		
Lysine.....g	0.321		0		1		0.770		
Methionine.....g	0.067		0		1		0.161		
Cystine.....g	0.052		0		1		0.125		
Phenylalanine.....g	0.277		0		1		0.665		
Tyrosine.....g	0.153		0		1		0.367		
Valine.....g	0.226		0		1		0.542		
Arginine.....g	0.328		0		1		0.787		
Histidine.....g	0.147		0		1		0.353		
Alanine.....g	0.216		0		1		0.518		
Aspartic acid.....g	0.572		0		1		1.373		
Glutamic acid.....g	0.897		0		1		2.153		
Glycine.....g	0.196		0		1		0.470		
Proline.....g	0.213		0		1		0.511		
Serine.....g	0.237		0		1		0.569		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16064**

**Cow peas, common (blackeyes, crowder, southern), mature seeds, canned, plain**

**Common Measures:**

Measure 1 = 240g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.138		0		1		0.236		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.106		0		1		0.181		
17:0.....g									
18:0.....g	0.022		0		1		0.038		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.044		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.062		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.225		0		1		0.385		
18:2 undifferentiated.....g	0.143		0		1		0.245		
18:3 undifferentiated.....g	0.083		0		1		0.142		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.162		
Threonine.....g	0.294		0		1		0.503		
Isoleucine.....g	0.314		0		1		0.537		
Leucine.....g	0.592		0		1		1.012		
Lysine.....g	0.523		0		1		0.894		
Methionine.....g	0.110		0		1		0.188		
Cystine.....g	0.085		0		1		0.145		
Phenylalanine.....g	0.451		0		1		0.771		
Tyrosine.....g	0.250		0		1		0.428		
Valine.....g	0.368		0		1		0.629		
Arginine.....g	0.535		0		1		0.915		
Histidine.....g	0.240		0		1		0.410		
Alanine.....g	0.352		0		1		0.602		
Aspartic acid.....g	0.933		0		1		1.595		
Glutamic acid.....g	1.463		0		1		2.502		
Glycine.....g	0.319		0		1		0.545		
Proline.....g	0.347		0		1		0.593		
Serine.....g	0.387		0		1		0.662		
Hydroxyproline.....g									

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



NDB No. 16363

Cow peas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.138		0		1		0.236		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.106		0		1		0.181		
17:0.....g									
18:0.....g	0.022		0		1		0.038		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.044		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.062		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.225		0		1		0.385		
18:2 undifferentiated.....g	0.143		0		1		0.245		
18:3 undifferentiated.....g	0.083		0		1		0.142		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.162		
Threonine.....g	0.294		0		1		0.503		
Isoleucine.....g	0.314		0		1		0.537		
Leucine.....g	0.592		0		1		1.012		
Lysine.....g	0.523		0		1		0.894		
Methionine.....g	0.110		0		1		0.188		
Cystine.....g	0.085		0		1		0.145		
Phenylalanine.....g	0.451		0		1		0.771		
Tyrosine.....g	0.250		0		1		0.428		
Valine.....g	0.368		0		1		0.629		
Arginine.....g	0.535		0		1		0.915		
Histidine.....g	0.240		0		1		0.410		
Alanine.....g	0.352		0		1		0.602		
Aspartic acid.....g	0.933		0		1		1.595		
Glutamic acid.....g	1.463		0		1		2.502		
Glycine.....g	0.319		0		1		0.545		
Proline.....g	0.347		0		1		0.593		
Serine.....g	0.387		0		1		0.662		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16063

Cow peas, common (blackeyes, crow der, southern), mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number	Source	measures of food		
			of Data Points		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.331		0		1	0.553	0.035
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.001		0		1	0.002	0.000
13:0.....g							
14:0.....g	0.003		0		1	0.005	0.000
15:0.....g							
16:0.....g	0.254		0		1	0.424	0.027
17:0.....g							
18:0.....g	0.053		0		1	0.089	0.006
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.106		0		1	0.177	0.011
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.004		0		1	0.007	0.000
17:1.....g							
18:1 undifferentiated.....g	0.088		0		1	0.147	0.009
20:1.....g	0.001		0		1	0.002	0.000
22:1 undifferentiated.....g	0.012		0		1	0.020	0.001
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.542		0		1	0.905	0.057
18:2 undifferentiated.....g	0.343		0		1	0.573	0.036
18:3 undifferentiated.....g	0.199		0		1	0.332	0.021
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.290		0		1	0.484	0.030
Threonine.....g	0.895		0		1	1.495	0.094
Isoleucine.....g	0.956		0		1	1.597	0.100
Leucine.....g	1.802		0		1	3.009	0.189
Lysine.....g	1.591		0		1	2.657	0.167
Methionine.....g	0.335		0		1	0.559	0.035
Cystine.....g	0.260		0		1	0.434	0.027
Phenylalanine.....g	1.373		0		1	2.293	0.144
Tyrosine.....g	0.760		0		1	1.269	0.080
Valine.....g	1.121		0		1	1.872	0.118
Arginine.....g	1.629		0		1	2.720	0.171
Histidine.....g	0.730		0		1	1.219	0.077
Alanine.....g	1.072		0		1	1.790	0.113
Aspartic acid.....g	2.840		0		1	4.743	0.298
Glutamic acid.....g	4.454		0		1	7.438	0.468
Glycine.....g	0.971		0		1	1.622	0.102
Proline.....g	1.057		0		1	1.765	0.111
Serine.....g	1.178		0		1	1.967	0.124
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 167g: 1 cup

Measure 2 = 10.5g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16138  
Falafel, home-prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	34.62		0		1		5.89		
Energy.....kcal	333		0	NC	4		57		
Energy.....kJ	1393				4		237		
Protein (N x 0).....g	13.31		0		1		2.26		
Total lipid (fat).....g	17.80		0		1		3.03		
Ash.....g	2.43		0		1		0.41		
Carbohydrate, by difference.....g	31.84		0	NC	4		5.41		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		0		1		9		
Iron, Fe.....mg	3.42		0		1		0.58		
Magnesium, Mg.....mg	82		0		1		14		
Phosphorus, P.....mg	192		0		1		33		
Potassium, K.....mg	585		0		1		99		
Sodium, Na.....mg	294		0		1		50		
Zinc, Zn.....mg	1.50		0		1		0.26		
Copper, Cu.....mg	0.258		0		1		0.044		
Manganese, Mn.....mg	0.691		0		1		0.117		
Selenium, Se.....µg	1.0		0	RA	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		0		1		0.3		
Thiamin.....mg	0.146		0		1		0.025		
Riboflavin.....mg	0.166		0		1		0.028		
Niacin.....mg	1.044		0		1		0.177		
Pantothenic acid.....mg	0.292		0		1		0.050		
Vitamin B-6.....mg	0.125		0		1		0.021		
Folate, total.....µg	93		0	RA	4		16		
Folic acid.....µg	15		0	NC	4		3		
Folate, food.....µg	78		0		1		13		
Folate, DFE.....µg	104		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		1		2		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



**NDB No. 16138**  
**Falafel, home-prepared**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	2.383		0		1		0.405
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.011		0		1		0.002
15:0.....g							
16:0.....g	1.782		0		1		0.303
17:0.....g							
18:0.....g	0.529		0		1		0.090
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	10.171		0		1		1.729
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.095		0		1		0.016
17:1.....g							
18:1 undifferentiated.....g	9.670		0		1		1.644
20:1.....g	0.042		0		1		0.007
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.160		0		1		0.707
18:2 undifferentiated.....g	0.495		0		1		0.084
18:3 undifferentiated.....g	0.111		0		1		0.019
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.134		0		1		0.023
Threonine.....g	0.492		0		1		0.084
Isoleucine.....g	0.567		0		1		0.096
Leucine.....g	0.944		0		1		0.160
Lysine.....g	0.856		0		1		0.146
Methionine.....g	0.187		0		1		0.032
Cystine.....g	0.183		0		1		0.031
Phenylalanine.....g	0.707		0		1		0.120
Tyrosine.....g	0.339		0		1		0.058
Valine.....g	0.562		0		1		0.096
Arginine.....g	1.280		0		1		0.218
Histidine.....g	0.364		0		1		0.062
Alanine.....g	0.573		0		1		0.097
Aspartic acid.....g	1.531		0		1		0.260
Glutamic acid.....g	2.341		0		1		0.398
Glycine.....g	0.567		0		1		0.096
Proline.....g	0.545		0		1		0.093
Serine.....g	0.667		0		1		0.113
Hydroxyproline.....g							

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

**NDB No. 16138**

**Falafel, home-prepared**

**Common Measures:**

Measure 1 = 17g: 1 patty (approx 2-1/4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 43130  
Frankfurter, meatless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.653		0	NC	4	2.314	1.157	
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	0.101		0		4	0.142	0.071	
13:0.....g								
14:0.....g	0.050		0		4	0.070	0.035	
15:0.....g								
16:0.....g	1.074		0		4	1.503	0.751	
17:0.....g								
18:0.....g	0.428		0		4	0.599	0.300	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.540		0	NC	4	3.556	1.778	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	2.540		0		4	3.556	1.778	
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	5.415		0	NC	4	7.581	3.790	
18:2 undifferentiated.....g	4.811		0		4	6.735	3.368	
18:3 undifferentiated.....g	0.604		0		4	0.845	0.423	
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	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		0		7	0	0	
Phytosterols.....mg								
<b>Others:</b>								
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 = 140g: 1 cup, sliced

Measure 2 = 70g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



Frijoles rojos volteados (Refried beans, red, canned)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.926		0	NC	4		2.157	0.139	
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	0.015		2	A	1		0.036	0.002	
12:0.....g	0.002		2	A	1		0.006	0.000	
13:0.....g									
14:0.....g	0.007		2	A	1		0.017	0.001	
15:0.....g	0.001		2	A	1		0.002	0.000	
16:0.....g	0.715		2	A	1		1.666	0.107	
17:0.....g	0.007		2	A	1		0.016	0.001	
18:0.....g	0.140		2	A	1		0.325	0.021	
20:0.....g	0.012		2	A	1		0.027	0.002	
22:0.....g	0.012		2	A	1		0.028	0.002	
24:0.....g	0.014		2	A	1		0.034	0.002	
Fatty acids, total monounsaturated.....g	1.676		0	NC	4		3.906	0.251	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.007		0	AS	1		0.016	0.001	
16:1 c.....g	0.007		2	A	1		0.016	0.001	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.002		2	A	1		0.005	0.000	
18:1 undifferentiated.....g	1.604		0	AS	1		3.737	0.241	
18:1 c.....g	1.597		2	A	1		3.721	0.240	
18:1 t.....g	0.007		2	A	1		0.016	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.064		2	A	1		0.149	0.010	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.379		0	NC	4		10.203	0.657	
18:2 undifferentiated.....g	3.895		0	AS	1		9.075	0.584	
18:2 n-6 c,c.....g	3.718		2	A	1		8.663	0.558	
18:2 CLAs.....g	0.014		2	A	1		0.031	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.164		2	A	1		0.381	0.025	
18:3 undifferentiated.....g	0.479		0	AS	1		1.117	0.072	
18:3 n-3 c,c,c (ALA).....g	0.426		2	A	1		0.992	0.064	
18:3 n-6 c,c,c.....g	0.053		2	A	1		0.125	0.008	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002		2	A	1		0.003	0.000	
20:3 undifferentiated.....g	0.003		0	AS	1		0.007	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.003		2	A	1		0.007	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.171		0	NC	4		0.397	0.026	
Fatty acids, total trans-monoenoic.....g	0.007		0	NC	4		0.016	0.001	
Fatty acids, total trans-polyenoic.....g	0.164		0	NC	4		0.381	0.025	
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.049		0	A	1		0.115	0.007	
Threonine.....g	0.162		0	A	1		0.377	0.024	

NDB No. 16173

**Frijoles rojos volteados (Refried beans, red, canned)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.208		0	A	1		0.484	0.031	
Leucine.....g	0.407		0	A	1		0.949	0.061	
Lysine.....g	0.271		0	A	1		0.631	0.041	
Methionine.....g	0.133		0	A	1		0.309	0.020	
Cystine.....g	0.010		0	A	1		0.023	0.001	
Phenylalanine.....g	0.277		0	A	1		0.645	0.042	
Tyrosine.....g	0.172		0	A	1		0.402	0.026	
Valine.....g	0.290		0	A	1		0.676	0.044	
Arginine.....g	0.206		0	A	1		0.479	0.031	
Histidine.....g	0.108		0	A	1		0.251	0.016	
Alanine.....g	0.265		0	A	1		0.617	0.040	
Aspartic acid.....g	0.565		0	A	1		1.316	0.085	
Glutamic acid.....g	0.797		0	A	1		1.857	0.120	
Glycine.....g	0.207		0	A	1		0.483	0.031	
Proline.....g	0.344		0	A	1		0.802	0.052	
Serine.....g	0.312		0	A	1		0.726	0.047	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	

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

**Common Measures:**

Measure 1 = 233g: 1 cup

Measure 2 = 15g: 1 tbsp

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolate

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16570**  
**GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.50		0	MC	9		46.51		
Energy.....kcal	133		0	MC	9		94		
Energy.....kJ	556		0	MC	9		395		
Protein (N x 6.25).....g	6.50		0	MC	9		4.62		
Total lipid (fat).....g	3.90		0	MC	9		2.77		
Ash.....g	2.10		0	MC	9		1.49		
Carbohydrate, by difference.....g	22.00		0	MC	9		15.62		
Fiber, total dietary.....g	6.1		0	MC	9		4.3		
Sugars, total.....g	3.60		0	MC	9		2.56		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0	MC	9		35		
Iron, Fe.....mg	2.40		0	MC	9		1.70		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	110		0	MC	9		78		
Potassium, K.....mg	223		0	MC	9		158		
Sodium, Na.....mg	545		0	MC	9		387		
Zinc, Zn.....mg	0.70		0	MC	9		0.50		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.071		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.900		0	MC	9		0.639		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.110		0	MC	9		0.078		
Folate, total.....µg	31		0	MC	9		22		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	31		0	MC	9		22		
Folate, DFE.....µg	31		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



NDB No. 16570

**GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.400		0	MC	9		0.284		
Fatty acids, total monounsaturated.....g	2.200		0	MC	9		1.562		
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.639		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16581**  
**GARDENBURGER Flame Grilled Burger, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.40		0	MC	9		68.54		
Energy.....kcal	122		0	MC	9		117		
Energy.....kJ	510		0	MC	9		490		
Protein (N x 6.25).....g	15.20		0	MC	9		14.59		
Total lipid (fat).....g	4.40		0	MC	9		4.22		
Ash.....g	2.20		0	MC	9		2.11		
Carbohydrate, by difference.....g	6.80		0	MC	9		6.53		
Fiber, total dietary.....g	3.7		0	MC	9		3.6		
Sugars, total.....g	0.40		0	MC	9		0.38		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88		0	MC	9		84		
Iron, Fe.....mg	2.90		0	MC	9		2.78		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	214		0	MC	9		205		
Potassium, K.....mg	512		0	MC	9		492		
Sodium, Na.....mg	445		0	MC	9		427		
Zinc, Zn.....mg	0.90		0	MC	9		0.86		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		1.0		
Thiamin.....mg	0.000		0	MC	9		0.000		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.100		0	MC	9		0.096		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0	MC	9		0.019		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9				

NDB No. 16581

GARDENBURGER Flame Grilled Burger, frozen, unprepared

Nutrients and Units	<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	0.400			MC	9	0.384		
Fatty acids, total monounsaturated.....g	2.000		0	MC	9	1.920		
Fatty acids, total polyunsaturated.....g	1.400		0	MC	9	1.344		
Fatty acids, total trans.....g	0.200		0	MC	9	0.192		
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 = 96g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16579

GARDENBURGER Original, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.90		0	MC	9		43.95		
Energy.....kcal	155		0	MC	9		110		
Energy.....kJ	649		0	MC	9		461		
Protein (N x 6.25).....g	7.20		0	MC	9		5.11		
Total lipid (fat).....g	4.60		0	MC	9		3.27		
Ash.....g	4.20		0	MC	9		2.98		
Carbohydrate, by difference.....g	22.10		0	MC	9		15.69		
Fiber, total dietary.....g	5.0		0	MC	9		3.6		
Sugars, total.....g	0.60		0	MC	9		0.43		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	65		0	MC	9		46		
Iron, Fe.....mg	1.40		0	MC	9		0.99		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	118		0	MC	9		84		
Potassium, K.....mg	177		0	MC	9		126		
Sodium, Na.....mg	684		0	MC	9		486		
Zinc, Zn.....mg	0.30		0	MC	9		0.21		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.071		
Riboflavin.....mg	0.100		0	MC	9		0.071		
Niacin.....mg	1.200		0	MC	9		0.852		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.043		
Folate, total.....µg	12		0	MC	9		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	12		0	MC	9		9		
Folate, DFE.....µg	12		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16579

GARDENBURGER Original, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.400		0	MC	9	1.704			
Fatty acids, total monounsaturated.....g	0.500		0	MC	9	0.355			
Fatty acids, total polyunsaturated.....g	0.600		0	MC	9	0.426			
Fatty acids, total trans.....g	0.000		0	MC	9	0.000			
Cholesterol.....mg	9		0	MC	9	6			
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16584

GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.50		0	MC	9		46.51		
Energy.....kcal	138		0	MC	9		98		
Energy.....kJ	577		0	MC	9		410		
Protein (N x 6.25).....g	5.90		0	MC	9		4.19		
Total lipid (fat).....g	3.30		0	MC	9		2.34		
Ash.....g	3.20		0	MC	9		2.27		
Carbohydrate, by difference.....g	22.10		0	MC	9		15.69		
Fiber, total dietary.....g	7.1		0	MC	9		5.0		
Sugars, total.....g	1.20		0	MC	9		0.85		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67		0	MC	9		48		
Iron, Fe.....mg	0.70		0	MC	9		0.50		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	98		0	MC	9		70		
Potassium, K.....mg	176		0	MC	9		125		
Sodium, Na.....mg	633		0	MC	9		449		
Zinc, Zn.....mg	0.40		0	MC	9		0.28		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.071		
Riboflavin.....mg	0.100		0	MC	9		0.071		
Niacin.....mg	1.000		0	MC	9		0.710		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0	MC	9		0.071		
Folate, total.....µg	21		0	MC	9		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	21		0	MC	9		15		
Folate, DFE.....µg	21		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16584

**GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.100		0	MC	9		0.781			
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.710			
Fatty acids, total polyunsaturated.....g	0.700		0	MC	9		0.497			
Fatty acids, total trans.....g	0.000		0	MC	9		0.000			
Cholesterol.....mg	4		0	MC	9		3			
Phytosterols.....mg										

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16585

**GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16586

GARDENBURGER Veggie Medley Burger, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.00		0	MC	9		46.86		
Energy.....kcal	121		0	MC	9		86		
Energy.....kJ	506		0	MC	9		359		
Protein (N x 6.25).....g	4.10		0	MC	9		2.91		
Total lipid (fat).....g	3.60		0	MC	9		2.56		
Ash.....g	2.30		0	MC	9		1.63		
Carbohydrate, by difference.....g	24.00		0	MC	9		17.04		
Fiber, total dietary.....g	7.1		0	MC	9		5.0		
Sugars, total.....g	2.00		0	MC	9		1.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		0	MC	9		26		
Iron, Fe.....mg	1.20		0	MC	9		0.85		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	118		0	MC	9		84		
Potassium, K.....mg	178		0	MC	9		126		
Sodium, Na.....mg	559		0	MC	9		397		
Zinc, Zn.....mg	0.50		0	MC	9		0.36		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.071		
Riboflavin.....mg	0.100		0	MC	9		0.071		
Niacin.....mg	1.000		0	MC	9		0.710		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0	MC	9		0.071		
Folate, total.....µg	11		0	MC	9		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	11		0	MC	9		8		
Folate, DFE.....µg	11		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16586

GARDENBURGER Veggie Medley Burger, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.400		0	MC	9		0.284		
Fatty acids, total monounsaturated.....g	1.500		0	MC	9		1.065		
Fatty acids, total polyunsaturated.....g	1.600		0	MC	9		1.136		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16281  
HOUSE FOODS Premium Firm Tofu

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

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

**Common Measures:**

Measure 1 = 56g: 2 oz

Measure 2 = 84g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16279  
HOUSE FOODS Premium Soft Tofu

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

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

**Common Measures:**

Measure 1 = 56g: 2 oz

Measure 2 = 84g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.59		2	A	1		9.99	163.81	
Energy.....kcal	166		0	NC	4		25	408	
Energy.....kJ	695		0		4		104	1709	
Protein (N x 6.25).....g	7.90		2	A	1		1.19	19.43	
Total lipid (fat).....g	9.60		2	A	1		1.44	23.62	
Ash.....g	1.66		2	A	1		0.25	4.08	
Carbohydrate, by difference.....g	14.29		0	NC	4		2.14	35.15	
Fiber, total dietary.....g	6.0		2	A	1		0.9	14.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		2	A	1		6	93	
Iron, Fe.....mg	2.44		2	A	1		0.37	6.00	
Magnesium, Mg.....mg	71		2	A	1		11	175	
Phosphorus, P.....mg	176		2	A	1		26	433	
Potassium, K.....mg	228		2	A	1		34	561	
Sodium, Na.....mg	379		2	A	1		57	932	
Zinc, Zn.....mg	1.83		2	A	1		0.27	4.50	
Copper, Cu.....mg	0.527		2	A	1		0.079	1.296	
Manganese, Mn.....mg	0.773		2	A	1		0.116	1.902	
Selenium, Se.....µg	2.6		0	BFZN	4		0.4	6.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.180		2	A	1		0.027	0.443	
Riboflavin.....mg	0.064		2	A	1		0.010	0.157	
Niacin.....mg	0.582		2	A	1		0.087	1.432	
Pantothenic acid.....mg	0.132		2	A	1		0.020	0.325	
Vitamin B-6.....mg	0.200		2	A	1		0.030	0.492	
Folate, total.....µg	83		2	A	1		12	204	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	83		2	A	1		12	204	
Folate, DFE.....µg	83		0	NC	4		12	204	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	30		2	A	1		5	74	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 16158**  
**Hummus, commercial**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.437		0	O	4	0.216	3.535	
Fatty acids, total monounsaturated.....g	4.039		0	O	4	0.606	9.936	
Fatty acids, total polyunsaturated.....g	3.613		0	O	4	0.542	8.888	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	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 = 15.0g: 1 tbsp

Measure 2 = 246g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.141		0	RA	4		0.171	2.806	
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	0.000		0	RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.008		0	RA	4		0.001	0.020	
15:0.....g									
16:0.....g	0.881		0	RA	4		0.132	2.167	
17:0.....g	0.001		0	RA	4		0.000	0.003	
18:0.....g	0.223		0	RA	4		0.034	0.550	
20:0.....g	0.021		0	RA	4		0.003	0.051	
22:0.....g	0.006		0	RA	4		0.001	0.016	
24:0.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.865		0	RA	4		0.730	11.968	
14:1.....g	0.000		0	RA	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.072		0	RA	4		0.011	0.178	
17:1.....g	0.006		0	RA	4		0.001	0.015	
18:1 undifferentiated.....g	4.767		0	RA	4		0.715	11.727	
20:1.....g	0.019		0	RA	4		0.003	0.048	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.109		0	RA	4		0.316	5.187	
18:2 undifferentiated.....g	2.035		0	RA	4		0.305	5.006	
18:3 undifferentiated.....g	0.074		0	RA	4		0.011	0.181	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg	11		0	RA	4		2	27	
<b>Amino Acids:</b>									
Tryptophan.....g	0.057		0	RA	4		0.009	0.141	
Threonine.....g	0.182		0	RA	4		0.027	0.448	
Isoleucine.....g	0.206		0	RA	4		0.031	0.507	
Leucine.....g	0.346		0	RA	4		0.052	0.852	
Lysine.....g	0.291		0	RA	4		0.044	0.717	
Methionine.....g	0.080		0	RA	4		0.012	0.197	
Cystine.....g	0.071		0	RA	4		0.011	0.174	
Phenylalanine.....g	0.256		0	RA	4		0.038	0.630	
Tyrosine.....g	0.134		0	RA	4		0.020	0.329	
Valine.....g	0.215		0	RA	4		0.032	0.528	
Arginine.....g	0.501		0	RA	4		0.075	1.231	
Histidine.....g	0.134		0	RA	4		0.020	0.329	
Alanine.....g	0.213		0	RA	4		0.032	0.525	
Aspartic acid.....g	0.544		0	RA	4		0.082	1.337	
Glutamic acid.....g	0.882		0	RA	4		0.132	2.169	
Glycine.....g	0.223		0	RA	4		0.033	0.549	
Proline.....g	0.201		0	RA	4		0.030	0.494	
Serine.....g	0.245		0	RA	4		0.037	0.603	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	

**NDB No. 16137**  
**Hummus, home prepared (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 Code			
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 = 15.0g: 1 tablespoon

Measure 2 = 246g: 1 cup

**Footnotes:**

1 Recipe: Chickpeas, 79%; lemon juice, 10%; sesame seeds, 5%; olive oil, 5%; and garlic, 1%

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16368

Hyacinth beans, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	69.13		0		1		134.11		
Energy.....kcal	117		0	NC	4		227		
Energy.....kJ	490		0		4		950		
Protein (N x 6.25).....g	8.14		0		1		15.79		
Total lipid (fat).....g	0.58		0		1		1.13		
Ash.....g	1.46		0		1		2.83		
Carbohydrate, by difference.....g	20.70		0	NC	4		40.16		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0		1		78		
Iron, Fe.....mg	4.58		0		1		8.89		
Magnesium, Mg.....mg	82		0		1		159		
Phosphorus, P.....mg	120		0		1		233		
Potassium, K.....mg	337		0		1		654		
Sodium, Na.....mg	243		0		1		471		
Zinc, Zn.....mg	2.85		0		1		5.53		
Copper, Cu.....mg	0.341		0		1		0.662		
Manganese, Mn.....mg	0.482		0		4		0.935		
Selenium, Se.....µg	2.8		0	BFSN	4		5.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.270		0		1		0.524		
Riboflavin.....mg	0.037		0		1		0.072		
Niacin.....mg	0.411		0		1		0.797		
Pantothenic acid.....mg	0.316		0		4		0.613		
Vitamin B-6.....mg	0.037		0		4		0.072		
Folate, total.....µg	4		0		4		7		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	4		0		4		7		
Folate, DFE.....µg	4		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16368

Hyacinth beans, mature seeds, cooked, boiled, 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			
Fatty acids, total saturated.....g	0.099		0		4	0.192		
Fatty acids, total monounsaturated.....g	0.026		0	NC	4	0.050		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.026		0		4	0.050		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.245		0	NC	4	0.475		
18:2 undifferentiated.....g	0.245		0		4	0.475		
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000		
Cholesterol.....mg	0		0		1	0		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.068		0		1	0.132		
Threonine.....g	0.315		0		1	0.611		
Isoleucine.....g	0.390		0		1	0.757		
Leucine.....g	0.691		0		1	1.341		
Lysine.....g	0.556		0		1	1.079		
Methionine.....g	0.065		0		1	0.126		
Cystine.....g	0.095		0		1	0.184		
Phenylalanine.....g	0.410		0		1	0.795		
Tyrosine.....g	0.291		0		1	0.565		
Valine.....g	0.422		0		1	0.819		
Arginine.....g	0.598		0		1	1.160		
Histidine.....g	0.233		0		1	0.452		
Alanine.....g	0.364		0		1	0.706		
Aspartic acid.....g	0.962		0		1	1.866		
Glutamic acid.....g	1.323		0		1	2.567		
Glycine.....g	0.351		0		1	0.681		
Proline.....g	0.396		0		1	0.768		
Serine.....g	0.448		0		1	0.869		
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 194g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16068

Hyacinth beans, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.13		0		1		134.11		
Energy.....kcal	117		0	NC	4		228		
Energy.....kJ	491		0	NC	4		953		
Protein (N x 6.25).....g	8.14		0		1		15.79		
Total lipid (fat).....g	0.58		0		1		1.13		
Ash.....g	1.46		0		1		2.83		
Carbohydrate, by difference.....g	20.69		0	NC	4		40.14		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0		1		78		
Iron, Fe.....mg	4.58		0		1		8.89		
Magnesium, Mg.....mg	82		0		1		159		
Phosphorus, P.....mg	120		0		1		233		
Potassium, K.....mg	337		0		1		654		
Sodium, Na.....mg	7		0		1		14		
Zinc, Zn.....mg	2.85		0		1		5.53		
Copper, Cu.....mg	0.341		0		1		0.662		
Manganese, Mn.....mg	0.482		0		4		0.935		
Selenium, Se.....µg	2.8		0	BFSN	4		5.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.270		0		1		0.524		
Riboflavin.....mg	0.037		0		1		0.072		
Niacin.....mg	0.411		0		1		0.797		
Pantothenic acid.....mg	0.316		0		4		0.613		
Vitamin B-6.....mg	0.037		0		4		0.072		
Folate, total.....µg	4		0		4		7		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	4		0		4		7		
Folate, DFE.....µg	4		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16068

Hyacinth beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.099		0		4		0.192		
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.050		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.026		0		4		0.050		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0	NC	4		0.475		
18:2 undifferentiated.....g	0.245		0		4		0.475		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.068		0		1		0.132		
Threonine.....g	0.315		0		1		0.611		
Isoleucine.....g	0.390		0		1		0.757		
Leucine.....g	0.691		0		1		1.341		
Lysine.....g	0.556		0		1		1.079		
Methionine.....g	0.065		0		1		0.126		
Cystine.....g	0.095		0		1		0.184		
Phenylalanine.....g	0.410		0		1		0.795		
Tyrosine.....g	0.291		0		1		0.565		
Valine.....g	0.422		0		1		0.819		
Arginine.....g	0.598		0		1		1.160		
Histidine.....g	0.233		0		1		0.452		
Alanine.....g	0.364		0		1		0.706		
Aspartic acid.....g	0.962		0		1		1.866		
Glutamic acid.....g	1.323		0		1		2.567		
Glycine.....g	0.351		0		1		0.681		
Proline.....g	0.396		0		1		0.768		
Serine.....g	0.448		0		1		0.869		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 194g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16067

Hyacinth beans, mature seeds, raw

*Dolichos purpureus*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.38	1.358	4		1		19.70		
Energy.....kcal	344		0	NC	4		723		
Energy.....kJ	1441		0	NC	4		3026		
Protein (N x 6.25).....g	23.90	0.492	4		1		50.19		
Total lipid (fat).....g	1.69	0.524	4		1		3.55		
Ash.....g	4.29	0.381	4		1		9.01		
Carbohydrate, by difference.....g	60.74		0	NC	4		127.55		
Fiber, total dietary.....g	25.6		0	BFSN	4		53.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130	29.541	4		1		273		
Iron, Fe.....mg	5.10		0		1		10.71		
Magnesium, Mg.....mg	283	115.834	3		1		594		
Phosphorus, P.....mg	372	63.721	4		1		781		
Potassium, K.....mg	1235	150.848	3		1		2594		
Sodium, Na.....mg	21	2.663	3		1		44		
Zinc, Zn.....mg	9.30		1		1		19.53		
Copper, Cu.....mg	1.335		2		1		2.804		
Manganese, Mn.....mg	1.573		0		4		3.303		
Selenium, Se.....µg	8.2		0	CAZN	4		17.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	1.130		1		1		2.373		
Riboflavin.....mg	0.136	0.023	6		1		0.286		
Niacin.....mg	1.610		2		1		3.381		
Pantothenic acid.....mg	1.237		0		4		2.598		
Vitamin B-6.....mg	0.155		0		4		0.326		
Folate, total.....µg	23		0		4		47		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	23		0		4		47		
Folate, DFE.....µg	23		0	NC	4		47		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16067

Hyacinth beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.288		0		4		0.605		
Fatty acids, total monounsaturated.....g	0.076		0	NC	4		0.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.076		0		4		0.160		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.715		0	NC	4		1.502		
18:2 undifferentiated.....g	0.715		0		4		1.502		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.199		5		1		0.418		
Threonine.....g	0.925		4		1		1.943		
Isoleucine.....g	1.143		4		1		2.400		
Leucine.....g	2.026		4		1		4.255		
Lysine.....g	1.632		5		1		3.427		
Methionine.....g	0.191		4		1		0.401		
Cystine.....g	0.279		3		1		0.586		
Phenylalanine.....g	1.204		4		1		2.528		
Tyrosine.....g	0.853		3		1		1.791		
Valine.....g	1.239		4		1		2.602		
Arginine.....g	1.755		4		1		3.686		
Histidine.....g	0.684		4		1		1.436		
Alanine.....g	1.067		3		1		2.241		
Aspartic acid.....g	2.821		3		1		5.924		
Glutamic acid.....g	3.880		3		1		8.148		
Glycine.....g	1.028		3		1		2.159		
Proline.....g	1.162		3		1		2.440		
Serine.....g	1.315		3		1		2.762		
Hydroxyproline.....g									
<b>Others:</b>									
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 = 210g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 16067**

**Hyacinth beans, mature seeds, raw**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 22126

LOMA LINDA Big Franks, canned, unprepared

Nutrients and Units	<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			
<b>Others:</b>								
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 = 51g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16509

LOMA LINDA Linketts, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 35g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16500

LOMA LINDA Little Links, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 46g: 2 links

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16502

LOMA LINDA Low Fat Big Franks, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 51g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16507

LOMA LINDA Redi-Burger, canned, unprepared

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

---

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

**Common Measures:**

Measure 1 = 85g: 1 slice , 5/8"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16505

LOMA LINDA Swiss Stake with Gravy, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 92g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16508

LOMA LINDA Tender Bits, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 85g: 6 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16504

LOMA LINDA Tender Rounds with Gravy, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 80g: 6 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16506

LOMA LINDA Vege-Burger, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 55g: .25 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16370

Lentils, mature seeds, cooked, boiled, 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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0		1		0.105		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.045		0		1		0.089		
17:0.....g									
18:0.....g	0.005		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		1		0.127		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.121		
20:1.....g	0.002		0		1		0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.175		0		1		0.347		
18:2 undifferentiated.....g	0.137		0		1		0.271		
18:3 undifferentiated.....g	0.037		0		1		0.073		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.160		
Threonine.....g	0.323		0		1		0.640		
Isoleucine.....g	0.390		0		1		0.772		
Leucine.....g	0.654		0		1		1.295		
Lysine.....g	0.630		0		1		1.247		
Methionine.....g	0.077		0		1		0.152		
Cystine.....g	0.118		0		1		0.234		
Phenylalanine.....g	0.445		0		1		0.881		
Tyrosine.....g	0.241		0		1		0.477		
Valine.....g	0.448		0		1		0.887		
Arginine.....g	0.697		0		1		1.380		
Histidine.....g	0.254		0		1		0.503		
Alanine.....g	0.377		0		1		0.746		
Aspartic acid.....g	0.998		0		1		1.976		
Glutamic acid.....g	1.399		0		1		2.770		
Glycine.....g	0.367		0		1		0.727		
Proline.....g	0.377		0		1		0.746		
Serine.....g	0.416		0		1		0.824		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16370

Lentils, mature seeds, cooked, boiled, w with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 198g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16070

Lentils, mature seeds, cooked, boiled, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0		1		0.105	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.045		0		1		0.089	0.006	
17:0.....g									
18:0.....g	0.005		0		1		0.010	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		1		0.127	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.121	0.008	
20:1.....g	0.002		0		1		0.004	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.175		0		1		0.347	0.022	
18:2 undifferentiated.....g	0.137		0		1		0.271	0.017	
18:3 undifferentiated.....g	0.037		0		1		0.073	0.005	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.160	0.010	
Threonine.....g	0.323		0		1		0.640	0.040	
Isoleucine.....g	0.390		0		1		0.772	0.048	
Leucine.....g	0.654		0		1		1.295	0.080	
Lysine.....g	0.630		0		1		1.247	0.077	
Methionine.....g	0.077		0		1		0.152	0.009	
Cystine.....g	0.118		0		1		0.234	0.015	
Phenylalanine.....g	0.445		0		1		0.881	0.055	
Tyrosine.....g	0.241		0		1		0.477	0.030	
Valine.....g	0.448		0		1		0.887	0.055	
Arginine.....g	0.697		0		1		1.380	0.086	
Histidine.....g	0.254		0		1		0.503	0.031	
Alanine.....g	0.377		0		1		0.746	0.046	
Aspartic acid.....g	0.998		0		1		1.976	0.123	
Glutamic acid.....g	1.399		0		1		2.770	0.172	
Glycine.....g	0.367		0		1		0.727	0.045	
Proline.....g	0.377		0		1		0.746	0.046	
Serine.....g	0.416		0		1		0.824	0.051	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16070

Lentils, mature seeds, cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 198g: 1 cup

Measure 2 = 12.3g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16144  
Lentils, pink or red, raw

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.82	0.137	13	A	1		15.01		
Energy.....kcal	358		0	NC	4		687		
Energy.....kJ	1498		0	NC	4		2876		
Protein (N x 6.25).....g	23.91	0.706	13	A	1		45.91		
Total lipid (fat).....g	2.17		2	A	1		4.17		
Ash.....g	3.00	0.065	7	A	1		5.76		
Carbohydrate, by difference.....g	63.10		0	NC	4		121.16		
Fiber, total dietary.....g	10.8		2	A	1		20.7		
Sugars, total.....g									
Starch.....g	47.62	1.478	13	A	1		91.44		
<b>Minerals:</b>									
Calcium, Ca.....mg	48	2.824	12	A	1		92		
Iron, Fe.....mg	7.39	0.431	12	A	1		14.19		
Magnesium, Mg.....mg	59	1.720	12	A	1		114		
Phosphorus, P.....mg	294		2	A	1		564		
Potassium, K.....mg	668	22.961	12	A	1		1282		
Sodium, Na.....mg	7		2	A	1		13		
Zinc, Zn.....mg	3.60	0.151	12	A	1		6.91		
Copper, Cu.....mg	1.303		2	A	1		2.502		
Manganese, Mn.....mg	1.716	0.170	6	A	1		3.294		
Selenium, Se.....µg	0.0	0.006	12	A	1		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1		3.3		
Thiamin.....mg	0.510		2	A	1		0.979		
Riboflavin.....mg	0.106		2	A	1		0.204		
Niacin.....mg	1.495		2	A	1		2.870		
Pantothenic acid.....mg	0.348		2	A	1		0.668		
Vitamin B-6.....mg	0.403		2	A	1		0.774		
Folate, total.....µg	204		2	A	1		392		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	204		2	A	1		392		
Folate, DFE.....µg	204		0	NC	4		392		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0	AS	1		6		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	35		2	A	1		67		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	0		2	A	1		0		
Vitamin A, IU.....IU	58		2	A	1		111		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16144  
Lentils, pink or red, raw

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

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

**Common Measures:**

Measure 1 = 192g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16069

Lentils, raw

*Lens culinaris*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.26	0.075	55	A	1		15.86	0.99	
Energy.....kcal	352		0	NC	4		676	42	
Energy.....kJ	1473		0	NC	4		2828	177	
Protein (N x 6.25).....g	24.63	0.270	56	A	1		47.28	2.96	
Total lipid (fat).....g	1.06	0.033	9	A	1		2.03	0.13	
Ash.....g	2.71	0.032	46	A	1		5.20	0.32	
Carbohydrate, by difference.....g	63.35		0	NC	4		121.64	7.60	
Fiber, total dietary.....g	10.7		0	BFSN	4		20.6	1.3	
Sugars, total.....g	2.03		0	NC	4		3.90	0.24	
Sucrose.....g	1.47	0.033	3		1		2.82	0.18	
Glucose (dextrose).....g	0.00		0	Z	7		0.00	0.00	
Fructose.....g	0.27	0.120	3		1		0.51	0.03	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.30	0.100	3		1		0.58	0.04	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	49.90	0.471	56	A	1		95.82	5.99	
<b>Minerals:</b>									
Calcium, Ca.....mg	35	1.250	38	A	1		67	4	
Iron, Fe.....mg	6.51	0.559	38	A	1		12.50	0.78	
Magnesium, Mg.....mg	47	1.591	38	A	1		90	6	
Phosphorus, P.....mg	281	8.062	28	A	1		539	34	
Potassium, K.....mg	677	10.794	38	A	1		1300	81	
Sodium, Na.....mg	6	1.420	4	A	1		11	1	
Zinc, Zn.....mg	3.27	0.124	38	A	1		6.29	0.39	
Copper, Cu.....mg	0.754	0.023	28	A	1		1.448	0.091	
Manganese, Mn.....mg	1.393	0.082	28	A	1		2.674	0.167	
Selenium, Se.....µg	0.1	0.006	38	A	1		0.1	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.5		0	BFSN	4		8.7	0.5	
Thiamin.....mg	0.873	0.042	8	A	1		1.675	0.105	
Riboflavin.....mg	0.211	0.004	8	A	1		0.405	0.025	
Niacin.....mg	2.605	0.049	8	A	1		5.002	0.313	
Pantothenic acid.....mg	2.140	0.043	8	A	1		4.109	0.257	
Vitamin B-6.....mg	0.540	0.017	8	A	1		1.036	0.065	
Folate, total.....µg	479	24.872	8	A	1		919	57	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	479	24.872	8	A	1		919	57	
Folate, DFE.....µg	479		0	NC	4		919	57	
Choline, total.....mg	96.4		0	CASN	4		185.1	11.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		4	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	23		0	O	4		45	3	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	39		0	NC	4		75	5	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.49		1	A	1		0.94	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	4.23		1	A	1		8.12	0.51	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

## Lentils, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.0		0	T	4		9.6	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.154		0	NC	4		0.296	0.018	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.000		0	BFSN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0	BFSN	4		0.006	0.000	
15:0.....g									
16:0.....g	0.136		0	BFSN	4		0.261	0.016	
17:0.....g									
18:0.....g	0.015		0	BFSN	4		0.029	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.193		0	NC	4		0.371	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFSN	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.184		0	BFSN	4		0.354	0.022	
20:1.....g	0.006		0	BFSN	4		0.012	0.001	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.526		0	NC	4		1.010	0.063	
18:2 undifferentiated.....g	0.414		0	BFSN	4		0.795	0.050	
18:3 undifferentiated.....g	0.112		0	BFSN	4		0.215	0.013	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.221		0	BFPN	4		0.425	0.027	
Threonine.....g	0.882		0	BFPN	4		1.693	0.106	
Isoleucine.....g	1.065		0	BFPN	4		2.044	0.128	
Leucine.....g	1.786		0	BFPN	4		3.428	0.214	
Lysine.....g	1.720		0	BFPN	4		3.302	0.206	
Methionine.....g	0.210		0	BFPN	4		0.404	0.025	
Cystine.....g	0.322		0	BFPN	4		0.619	0.039	
Phenylalanine.....g	1.215		0	BFPN	4		2.333	0.146	
Tyrosine.....g	0.658		0	BFPN	4		1.263	0.079	
Valine.....g	1.223		0	BFPN	4		2.348	0.147	
Arginine.....g	1.903		0	BFPN	4		3.654	0.228	
Histidine.....g	0.693		0	BFPN	4		1.331	0.083	
Alanine.....g	1.029		0	BFPN	4		1.976	0.124	



NDB No. 16069

Lentils, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	2.725		0	BFPN	4	5.231	0.327
Glutamic acid.....g	3.819		0	BFPN	4	7.333	0.458
Glycine.....g	1.002		0	BFPN	4	1.924	0.120
Proline.....g	1.029		0	BFPN	4	1.976	0.124
Serine.....g	1.136		0	BFPN	4	2.181	0.136
Hydroxyproline.....g							
<b>Others:</b>							
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 = 192g: 1 cup

Measure 2 = 12.0g: 1 tablespoon

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

NDB No. 16073

Lima beans, large, mature seeds, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.08		13		1		185.76		
Energy.....kcal	79		0	NC	4		190		
Energy.....kJ	331				4		797		
Protein (N x 6.25).....g	4.93		7		1		11.88		
Total lipid (fat).....g	0.17		7		1		0.41		
Ash.....g	2.92		7		1		7.04		
Carbohydrate, by difference.....g	14.91		0	NC	4		35.93		
Fiber, total dietary.....g	4.8		0		1		11.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		13		1		51		
Iron, Fe.....mg	1.81		13		1		4.36		
Magnesium, Mg.....mg	39		1		1		94		
Phosphorus, P.....mg	74		1		1		178		
Potassium, K.....mg	220	15.677	6		1		530		
Sodium, Na.....mg	336	9.635	6		1		810		
Zinc, Zn.....mg	0.65		0		1		1.57		
Copper, Cu.....mg	0.180	0.017	6		1		0.434		
Manganese, Mn.....mg	0.363		0		1		0.875		
Selenium, Se.....µg	4.5		0	BFSN	4		10.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.055		7		1		0.133		
Riboflavin.....mg	0.034		7		1		0.082		
Niacin.....mg	0.261		6		1		0.629		
Pantothenic acid.....mg	0.259		0		1		0.624		
Vitamin B-6.....mg	0.091		0		1		0.219		
Folate, total.....µg	50		0		1		121		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	50		0		1		121		
Folate, DFE.....µg	50		0	NC	4		121		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16073

Lima beans, large, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.039		0		1		0.094		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.028		0		1		0.067		
17:0.....g									
18:0.....g	0.008		0		1		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.001		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.178		
18:2 undifferentiated.....g	0.052		0		1		0.125		
18:3 undifferentiated.....g	0.023		0		1		0.055		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.140		
Threonine.....g	0.213		0		1		0.513		
Isoleucine.....g	0.259		0		1		0.624		
Leucine.....g	0.425		0		1		1.024		
Lysine.....g	0.330		0		1		0.795		
Methionine.....g	0.062		0		1		0.149		
Cystine.....g	0.054		0		1		0.130		
Phenylalanine.....g	0.284		0		1		0.684		
Tyrosine.....g	0.174		0		1		0.419		
Valine.....g	0.296		0		1		0.713		
Arginine.....g	0.302		0		1		0.728		
Histidine.....g	0.151		0		1		0.364		
Alanine.....g	0.251		0		1		0.605		
Aspartic acid.....g	0.635		0		1		1.530		
Glutamic acid.....g	0.697		0		1		1.680		
Glycine.....g	0.208		0		1		0.501		
Proline.....g	0.224		0		1		0.540		
Serine.....g	0.328		0		1		0.790		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16073**

**Lima beans, large, mature seeds, canned**

**Common Measures:**

Measure 1 = 241g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16372

Lima beans, large, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.089		0		1		0.167		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.065		0		1		0.122		
17:0.....g									
18:0.....g	0.018		0		1		0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.064		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.055		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.321		
18:2 undifferentiated.....g	0.118		0		1		0.222		
18:3 undifferentiated.....g	0.052		0		1		0.098		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		1		0.173		
Threonine.....g	0.337		0		1		0.634		
Isoleucine.....g	0.411		0		1		0.773		
Leucine.....g	0.673		0		1		1.265		
Lysine.....g	0.523		0		1		0.983		
Methionine.....g	0.099		0		1		0.186		
Cystine.....g	0.086		0		1		0.162		
Phenylalanine.....g	0.449		0		1		0.844		
Tyrosine.....g	0.276		0		1		0.519		
Valine.....g	0.469		0		1		0.882		
Arginine.....g	0.478		0		1		0.899		
Histidine.....g	0.238		0		1		0.447		
Alanine.....g	0.398		0		1		0.748		
Aspartic acid.....g	1.006		0		1		1.891		
Glutamic acid.....g	1.104		0		1		2.076		
Glycine.....g	0.329		0		1		0.619		
Proline.....g	0.354		0		1		0.666		
Serine.....g	0.519		0		1		0.976		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16372

Lima beans, large, mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 188g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16072

Lima beans, large, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.089		0		1		0.167	0.010	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.065		0		1		0.122	0.008	
17:0.....g									
18:0.....g	0.018		0		1		0.034	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.064	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.055	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.321	0.020	
18:2 undifferentiated.....g	0.118		0		1		0.222	0.014	
18:3 undifferentiated.....g	0.052		0		1		0.098	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		1		0.173	0.011	
Threonine.....g	0.337		0		1		0.634	0.039	
Isoleucine.....g	0.411		0		1		0.773	0.048	
Leucine.....g	0.673		0		1		1.265	0.079	
Lysine.....g	0.523		0		1		0.983	0.061	
Methionine.....g	0.099		0		1		0.186	0.012	
Cystine.....g	0.086		0		1		0.162	0.010	
Phenylalanine.....g	0.449		0		1		0.844	0.053	
Tyrosine.....g	0.276		0		1		0.519	0.032	
Valine.....g	0.469		0		1		0.882	0.055	
Arginine.....g	0.478		0		1		0.899	0.056	
Histidine.....g	0.238		0		1		0.447	0.028	
Alanine.....g	0.398		0		1		0.748	0.047	
Aspartic acid.....g	1.006		0		1		1.891	0.118	
Glutamic acid.....g	1.104		0		1		2.076	0.129	
Glycine.....g	0.329		0		1		0.619	0.038	
Proline.....g	0.354		0		1		0.666	0.041	
Serine.....g	0.519		0		1		0.976	0.061	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16072

Lima beans, large, mature seeds, cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 188g: 1 cup

Measure 2 = 11.7g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16071

Lima beans, large, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.161		0		1		0.287	0.018
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.002		0		1		0.004	0.000
15:0.....g								
16:0.....g	0.118		0		1		0.210	0.013
17:0.....g								
18:0.....g	0.032		0		1		0.057	0.004
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.062		0		1		0.110	0.007
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		0		1		0.007	0.000
17:1.....g								
18:1 undifferentiated.....g	0.052		0		1		0.093	0.006
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.004		0		1		0.007	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.309		0		1		0.550	0.034
18:2 undifferentiated.....g	0.215		0		1		0.383	0.024
18:3 undifferentiated.....g	0.095		0		1		0.169	0.011
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.254		11		1		0.452	0.028
Threonine.....g	0.927		30		1		1.650	0.103
Isoleucine.....g	1.129		30		1		2.010	0.125
Leucine.....g	1.850		30		1		3.293	0.205
Lysine.....g	1.438		30		1		2.560	0.160
Methionine.....g	0.271		32		1		0.482	0.030
Cystine.....g	0.237		14		1		0.422	0.026
Phenylalanine.....g	1.236		30		1		2.200	0.137
Tyrosine.....g	0.759		30		1		1.351	0.084
Valine.....g	1.291		30		1		2.298	0.143
Arginine.....g	1.315		30		1		2.341	0.146
Histidine.....g	0.656		30		1		1.168	0.073
Alanine.....g	1.095		30		1		1.949	0.122
Aspartic acid.....g	2.767		30		1		4.925	0.307
Glutamic acid.....g	3.038		30		1		5.408	0.337
Glycine.....g	0.906		30		1		1.613	0.101
Proline.....g	0.975		30		1		1.736	0.108
Serine.....g	1.428		30		1		2.542	0.159
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 16071

Lima beans, large, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 178g: 1 cup

Measure 2 = 11.1g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16375

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	67.15	0.711	20		1		122.21		
Energy.....kcal	126		0	NC	4		229		
Energy.....kJ	527				4		959		
Protein (N x 6.25).....g	8.04	0.149	21		1		14.63		
Total lipid (fat).....g	0.38	0.016	21		1		0.69		
Ash.....g	1.12	0.049	21		1		2.04		
Carbohydrate, by difference.....g	23.31		0	NC	4		42.42		
Fiber, total dietary.....g	7.7		0		4		14.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29	0.844	21		1		53		
Iron, Fe.....mg	2.40	0.088	21		1		4.37		
Magnesium, Mg.....mg	53	3.390	21		1		96		
Phosphorus, P.....mg	127	1.460	21		1		231		
Potassium, K.....mg	401	21.573	21		1		730		
Sodium, Na.....mg	239		0		1		435		
Zinc, Zn.....mg	1.03	0.025	21		1		1.87		
Copper, Cu.....mg	0.215	0.012	20		1		0.391		
Manganese, Mn.....mg	0.585	0.008	21		1		1.065		
Selenium, Se.....µg	4.9		0	BFSN	4		8.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.161	0.007	21		1		0.293		
Riboflavin.....mg	0.055	0.002	21		1		0.100		
Niacin.....mg	0.660	0.054	21		1		1.201		
Pantothenic acid.....mg	0.472	0.013	8		1		0.859		
Vitamin B-6.....mg	0.078	0.005	8		1		0.142		
Folate, total.....µg	150	6.055	8		1		273		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	150	6.055	8		1		273		
Folate, DFE.....µg	150		0	NC	4		273		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0	0.010	8		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.196	8		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16375

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.088		0		1		0.160		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.065		0		1		0.118		
17:0.....g									
18:0.....g	0.017		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.308		
18:2 undifferentiated.....g	0.117		0		1		0.213		
18:3 undifferentiated.....g	0.052		0		1		0.095		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.173		
Threonine.....g	0.347		0		1		0.632		
Isoleucine.....g	0.423		0		1		0.770		
Leucine.....g	0.694		0		1		1.263		
Lysine.....g	0.539		0		1		0.981		
Methionine.....g	0.102		0		1		0.186		
Cystine.....g	0.089		0		1		0.162		
Phenylalanine.....g	0.463		0		1		0.843		
Tyrosine.....g	0.284		0		1		0.517		
Valine.....g	0.484		0		1		0.881		
Arginine.....g	0.493		0		1		0.897		
Histidine.....g	0.246		0		1		0.448		
Alanine.....g	0.411		0		1		0.748		
Aspartic acid.....g	1.037		0		1		1.887		
Glutamic acid.....g	1.139		0		1		2.073		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.366		0		1		0.666		
Serine.....g	0.535		0		1		0.974		
Hydroxyproline.....g									

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

**NDB No. 16375**

**Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16075

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.15	0.711	20		1		122.21		
Energy.....kcal	126		0	NC	4		229		
Energy.....kJ	527				4		959		
Protein (N x 6.25).....g	8.04	0.149	21		1		14.63		
Total lipid (fat).....g	0.38	0.016	21		1		0.69		
Ash.....g	1.12	0.049	21		1		2.04		
Carbohydrate, by difference.....g	23.31		0	NC	4		42.42		
Fiber, total dietary.....g	7.7		0		1		14.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29	0.844	21		1		53		
Iron, Fe.....mg	2.40	0.088	21		1		4.37		
Magnesium, Mg.....mg	53	3.390	21		1		96		
Phosphorus, P.....mg	127	1.460	21		1		231		
Potassium, K.....mg	401	21.573	21		1		730		
Sodium, Na.....mg	3	0.450	17		1		5		
Zinc, Zn.....mg	1.03	0.025	21		1		1.87		
Copper, Cu.....mg	0.215	0.012	20		1		0.391		
Manganese, Mn.....mg	0.585	0.008	21		1		1.065		
Selenium, Se.....µg	4.9		0	BFSN	4		8.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.161	0.007	21		1		0.293		
Riboflavin.....mg	0.055	0.002	21		1		0.100		
Niacin.....mg	0.660	0.054	21		1		1.201		
Pantothenic acid.....mg	0.472	0.013	8		1		0.859		
Vitamin B-6.....mg	0.078	0.005	8		1		0.142		
Folate, total.....µg	150	6.055	8		1		273		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	150	6.055	8		1		273		
Folate, DFE.....µg	150		0	NC	4		273		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0	0.010	8		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.196	8		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16075

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.088		0		1		0.160		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.065		0		1		0.118		
17:0.....g									
18:0.....g	0.017		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.308		
18:2 undifferentiated.....g	0.117		0		1		0.213		
18:3 undifferentiated.....g	0.052		0		1		0.095		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.173		
Threonine.....g	0.347		0		1		0.632		
Isoleucine.....g	0.423		0		1		0.770		
Leucine.....g	0.694		0		1		1.263		
Lysine.....g	0.539		0		1		0.981		
Methionine.....g	0.102		0		1		0.186		
Cystine.....g	0.089		0		1		0.162		
Phenylalanine.....g	0.463		0		1		0.843		
Tyrosine.....g	0.284		0		1		0.517		
Valine.....g	0.484		0		1		0.881		
Arginine.....g	0.493		0		1		0.897		
Histidine.....g	0.246		0		1		0.448		
Alanine.....g	0.411		0		1		0.748		
Aspartic acid.....g	1.037		0		1		1.887		
Glutamic acid.....g	1.139		0		1		2.073		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.366		0		1		0.666		
Serine.....g	0.535		0		1		0.974		
Hydroxyproline.....g									

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

**NDB No. 16075**

**Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

*Phaseolus lunatus*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	12.07	0.233	29		1		24.38		
Energy.....kcal	335		0	NC	4		677		
Energy.....kJ	1402		0	NC	4		2832		
Protein (N x 6.25).....g	20.62	0.216	29		1		41.65		
Total lipid (fat).....g	0.93	0.028	29		1		1.88		
Ash.....g	3.55	0.052	29		1		7.17		
Carbohydrate, by difference.....g	62.83		0	NC	4		126.92		
Fiber, total dietary.....g	20.6		0		4		41.6		
Sugars, total.....g	8.32		0	BFSN	4		16.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81	2.016	25		1		164		
Iron, Fe.....mg	6.19	0.230	25		1		12.50		
Magnesium, Mg.....mg	188	6.231	25		1		380		
Phosphorus, P.....mg	370	6.724	25		1		747		
Potassium, K.....mg	1403	53.679	25		1		2834		
Sodium, Na.....mg	13	3.713	21		1		26		
Zinc, Zn.....mg	2.60	0.052	25		1		5.25		
Copper, Cu.....mg	0.665	0.027	25		1		1.343		
Manganese, Mn.....mg	1.686	0.027	25		1		3.406		
Selenium, Se.....µg	7.0		0	BFSN	4		14.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.574	0.027	29		1		1.159		
Riboflavin.....mg	0.218	0.018	29		1		0.440		
Niacin.....mg	1.712	0.070	29		1		3.458		
Pantothenic acid.....mg	1.265	0.090	16		1		2.555		
Vitamin B-6.....mg	0.327	0.010	16		1		0.661		
Folate, total.....µg	400	20.866	16		1		808		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	400	20.866	16		1		808		
Folate, DFE.....µg	400		0	NC	4		808		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFSN	4		0		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.70		0	BFSN	4		1.42		
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	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	5.9		0	BFSN	4		11.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.219		0		1		0.442		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.003		0		1		0.006		
15:0.....g									
16:0.....g	0.161		0		1		0.325		
17:0.....g									
18:0.....g	0.043		0		1		0.087		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.084		0		1		0.170		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.071		0		1		0.143		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.006		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.848		
18:2 undifferentiated.....g	0.292		0		1		0.590		
18:3 undifferentiated.....g	0.129		0		1		0.261		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.244		0		1		0.493		
Threonine.....g	0.891		0		1		1.800		
Isoleucine.....g	1.085		0		1		2.192		
Leucine.....g	1.778		0		1		3.592		
Lysine.....g	1.382		0		1		2.792		
Methionine.....g	0.261		0		1		0.527		
Cystine.....g	0.228		0		1		0.461		
Phenylalanine.....g	1.188		0		1		2.400		
Tyrosine.....g	0.729		0		1		1.473		
Valine.....g	1.240		0		1		2.505		
Arginine.....g	1.264		0		1		2.553		
Histidine.....g	0.630		0		1		1.273		
Alanine.....g	1.052		0		1		2.125		
Aspartic acid.....g	2.659		0		1		5.371		
Glutamic acid.....g	2.920		0		1		5.898		
Glycine.....g	0.871		0		1		1.759		
Proline.....g	0.937		0		1		1.893		
Serine.....g	1.372		0		1		2.771		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 202g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 43131  
Luncheon slices, meatless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.338		0	NC	4	0.187		
4:0.....g	0.000		0		4	0.000		
6:0.....g	0.000		0		4	0.000		
8:0.....g	0.000		0		4	0.000		
10:0.....g	0.000		0		4	0.000		
12:0.....g	0.082		0		4	0.011		
13:0.....g								
14:0.....g	0.041		0		4	0.006		
15:0.....g								
16:0.....g	0.869		0		4	0.122		
17:0.....g								
18:0.....g	0.347		0		4	0.049		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.055		0	NC	4	0.288		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000		
17:1.....g								
18:1 undifferentiated.....g	2.055		0		4	0.288		
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	4.383		0	NC	4	0.614		
18:2 undifferentiated.....g	3.894		0		4	0.545		
18:3 undifferentiated.....g	0.489		0		4	0.068		
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	0.000		0	Z	7	0.000		
Cholesterol.....mg	0		0		7	0		
Phytosterols.....mg								
<b>Others:</b>								
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 slice, thin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



NDB No. 16377

Lupins, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	71.08	0.589	3		1		117.99		
Energy.....kcal	116		0	NC	4		193		
Energy.....kJ	487		0	NC	4		808		
Protein (N x 6.25).....g	15.57	0.238	3		1		25.85		
Total lipid (fat).....g	2.92	0.196	3		1		4.85		
Ash.....g	1.14		0	O	4		1.89		
Carbohydrate, by difference.....g	9.29		0	NC	4		15.42		
Fiber, total dietary.....g	2.8		0	BFZN	4		4.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51		0		1		85		
Iron, Fe.....mg	1.20		0		1		1.99		
Magnesium, Mg.....mg	54		0		1		90		
Phosphorus, P.....mg	128		0		1		212		
Potassium, K.....mg	245		0		1		407		
Sodium, Na.....mg	240		0		1		398		
Zinc, Zn.....mg	1.38		0		1		2.29		
Copper, Cu.....mg	0.231		0		1		0.383		
Manganese, Mn.....mg	0.676		0		4		1.122		
Selenium, Se.....µg	2.6		0	BFSN	4		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		0		4		1.8		
Thiamin.....mg	0.134		0		1		0.222		
Riboflavin.....mg	0.053		0		1		0.088		
Niacin.....mg	0.495		0		1		0.822		
Pantothenic acid.....mg	0.188		0		4		0.312		
Vitamin B-6.....mg	0.009		0		4		0.015		
Folate, total.....µg	59		0		4		98		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	59		0		4		98		
Folate, DFE.....µg	59		0	NC	4		98		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

## Lupins, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.346		0		1		0.574		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		0		1		0.003		
13:0.....g									
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.222		0		1		0.369		
17:0.....g									
18:0.....g	0.095		0		1		0.158		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.180		0		1		1.959		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.065		0		1		1.768		
20:1.....g	0.076		0		1		0.126		
22:1 undifferentiated.....g	0.028		0		1		0.046		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		1.212		
18:2 undifferentiated.....g	0.597		0		1		0.991		
18:3 undifferentiated.....g	0.134		0		1		0.222		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.125		0		1		0.208		
Threonine.....g	0.573		0		1		0.951		
Isoleucine.....g	0.695		0		1		1.154		
Leucine.....g	1.181		0		1		1.960		
Lysine.....g	0.832		0		1		1.381		
Methionine.....g	0.110		0		1		0.183		
Cystine.....g	0.192		0		1		0.319		
Phenylalanine.....g	0.618		0		1		1.026		
Tyrosine.....g	0.585		0		1		0.971		
Valine.....g	0.650		0		1		1.079		
Arginine.....g	1.669		0		1		2.771		
Histidine.....g	0.443		0		1		0.735		
Alanine.....g	0.558		0		1		0.926		
Aspartic acid.....g	1.669		0		1		2.771		
Glutamic acid.....g	3.739		0		1		6.207		
Glycine.....g	0.663		0		1		1.101		
Proline.....g	0.635		0		1		1.054		
Serine.....g	0.805		0		1		1.336		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16377**

**Lupins, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 166g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16077

Lupins, mature seeds, cooked, boiled, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.08	0.589	3		1		117.99		
Energy.....kcal	119		0	NC	4		197		
Energy.....kJ	497		0	NC	4		824		
Protein (N x 6.25).....g	15.57	0.238	3		1		25.85		
Total lipid (fat).....g	2.92	0.196	3		1		4.85		
Ash.....g	0.55	0.029	3		1		0.91		
Carbohydrate, by difference.....g	9.88		0	NC	4		16.40		
Fiber, total dietary.....g	2.8		0		4		4.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51		0		1		85		
Iron, Fe.....mg	1.20		0		1		1.99		
Magnesium, Mg.....mg	54		0		1		90		
Phosphorus, P.....mg	128		0		1		212		
Potassium, K.....mg	245		0		1		407		
Sodium, Na.....mg	4		0		1		7		
Zinc, Zn.....mg	1.38		0		1		2.29		
Copper, Cu.....mg	0.231		0		1		0.383		
Manganese, Mn.....mg	0.676		0		4		1.122		
Selenium, Se.....µg	2.6		0	BFSN	4		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		0		4		1.8		
Thiamin.....mg	0.134		0		1		0.222		
Riboflavin.....mg	0.053		0		1		0.088		
Niacin.....mg	0.495		0		1		0.822		
Pantothenic acid.....mg	0.188		0		4		0.312		
Vitamin B-6.....mg	0.009		0		4		0.015		
Folate, total.....µg	59		0		4		98		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	59		0		4		98		
Folate, DFE.....µg	59		0	NC	4		98		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	7		0		4		12		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

## Lupins, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.346		0		1		0.574		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		0		1		0.003		
13:0.....g									
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.222		0		1		0.369		
17:0.....g									
18:0.....g	0.095		0		1		0.158		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.180		0		1		1.959		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.065		0		1		1.768		
20:1.....g	0.076		0		1		0.126		
22:1 undifferentiated.....g	0.028		0		1		0.046		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		1.212		
18:2 undifferentiated.....g	0.597		0		1		0.991		
18:3 undifferentiated.....g	0.134		0		1		0.222		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.125		0		1		0.208		
Threonine.....g	0.573		0		1		0.951		
Isoleucine.....g	0.695		0		1		1.154		
Leucine.....g	1.181		0		1		1.960		
Lysine.....g	0.832		0		1		1.381		
Methionine.....g	0.110		0		1		0.183		
Cystine.....g	0.192		0		1		0.319		
Phenylalanine.....g	0.618		0		1		1.026		
Tyrosine.....g	0.585		0		1		0.971		
Valine.....g	0.650		0		1		1.079		
Arginine.....g	1.669		0		1		2.771		
Histidine.....g	0.443		0		1		0.735		
Alanine.....g	0.558		0		1		0.926		
Aspartic acid.....g	1.669		0		1		2.771		
Glutamic acid.....g	3.739		0		1		6.207		
Glycine.....g	0.663		0		1		1.101		
Proline.....g	0.635		0		1		1.054		
Serine.....g	0.805		0		1		1.336		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16077**

**Lupins, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 166g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16076  
 Lupins, mature seeds, raw  
*Lupinus albus*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.44		11		1		18.79		
Energy.....kcal	371		0	NC	4		668		
Energy.....kJ	1554		0	NC	4		2797		
Protein (N x 6.25).....g	36.17		12		1		65.11		
Total lipid (fat).....g	9.74		8		1		17.53		
Ash.....g	3.28		12		1		5.90		
Carbohydrate, by difference.....g	40.37		0	NC	4		72.67		
Fiber, total dietary.....g	18.9		0	BFSN	4		34.1		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	176		5		1		317		
Iron, Fe.....mg	4.36		5		1		7.85		
Magnesium, Mg.....mg	198		4		1		356		
Phosphorus, P.....mg	440		1		1		792		
Potassium, K.....mg	1013		4		1		1823		
Sodium, Na.....mg	15		4		1		27		
Zinc, Zn.....mg	4.75		4		1		8.55		
Copper, Cu.....mg	1.022	0.070	18		1		1.840		
Manganese, Mn.....mg	2.382		0		4		4.288		
Selenium, Se.....µg	8.2		0	CAZN	4		14.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8		0		4		8.6		
Thiamin.....mg	0.640		1		1		1.152		
Riboflavin.....mg	0.220		1		1		0.396		
Niacin.....mg	2.190		1		1		3.942		
Pantothenic acid.....mg	0.750		0		4		1.350		
Vitamin B-6.....mg	0.357		0		4		0.643		
Folate, total.....µg	355		0		4		639		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	355		0		4		639		
Folate, DFE.....µg	355		0	NC	4		639		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16076**  
**Lupins, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	1.156		0			1			2.081
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.008		0			1			0.014
13:0.....g									
14:0.....g	0.013		0			1			0.023
15:0.....g									
16:0.....g	0.742		0			1			1.336
17:0.....g									
18:0.....g	0.316		0			1			0.569
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.940		0			1			7.092
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0			1			0.061
17:1.....g									
18:1 undifferentiated.....g	3.558		0			1			6.404
20:1.....g	0.255		0			1			0.459
22:1 undifferentiated.....g	0.093		0			1			0.167
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.439		0			1			4.390
18:2 undifferentiated.....g	1.995		0			1			3.591
18:3 undifferentiated.....g	0.446		0			1			0.803
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7			0.000
Cholesterol.....mg	0		0	Z		7			0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.289		11			1			0.520
Threonine.....g	1.331		32			1			2.396
Isoleucine.....g	1.615		32			1			2.907
Leucine.....g	2.743		32			1			4.937
Lysine.....g	1.933		32			1			3.479
Methionine.....g	0.255		25			1			0.459
Cystine.....g	0.446		16			1			0.803
Phenylalanine.....g	1.435		28			1			2.583
Tyrosine.....g	1.360		26			1			2.448
Valine.....g	1.510		32			1			2.718
Arginine.....g	3.877		25			1			6.979
Histidine.....g	1.030		26			1			1.854
Alanine.....g	1.296		23			1			2.333
Aspartic acid.....g	3.877		23			1			6.979
Glutamic acid.....g	8.686		23			1			15.635
Glycine.....g	1.539		24			1			2.770
Proline.....g	1.476		23			1			2.657
Serine.....g	1.869		24			1			3.364
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			0.0
Caffeine.....mg	0		0	Z		7			0
Theobromine.....mg	0		0	Z		7			0



NDB No. 16076  
Lupins, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0	MC	9		0.103		
Threonine.....g	0.309		0	MC	9		0.260		
Isoleucine.....g	0.384		0	MC	9		0.323		
Leucine.....g	0.639		0	MC	9		0.537		
Lysine.....g	0.495		0	MC	9		0.416		
Methionine.....g	0.094		0	MC	9		0.079		
Cystine.....g	0.127		0	MC	9		0.107		
Phenylalanine.....g	0.430		0	MC	9		0.361		
Tyrosine.....g	0.314		0	MC	9		0.264		
Valine.....g	0.399		0	MC	9		0.335		
Arginine.....g	0.532		0	MC	9		0.447		
Histidine.....g	0.182		0	MC	9		0.153		
Alanine.....g	0.278		0	MC	9		0.234		
Aspartic acid.....g	0.817		0	MC	9		0.686		
Glutamic acid.....g	1.281		0	MC	9		1.076		
Glycine.....g	0.281		0	MC	9		0.236		
Proline.....g	0.365		0	MC	9		0.307		
Serine.....g	0.350		0	MC	9		0.294		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Amino Acids:</b>								
Tryptophan.....g	0.085		0	MC	9	0.071		
Threonine.....g	0.286		0	MC	9	0.240		
Isoleucine.....g	0.349		0	MC	9	0.293		
Leucine.....g	0.586		0	MC	9	0.492		
Lysine.....g	0.459		0	MC	9	0.386		
Methionine.....g	0.106		0	MC	9	0.089		
Cystine.....g	0.100		0	MC	9	0.084		
Phenylalanine.....g	0.394		0	MC	9	0.331		
Tyrosine.....g	0.299		0	MC	9	0.251		
Valine.....g	0.385		0	MC	9	0.323		
Arginine.....g	0.517		0	MC	9	0.434		
Histidine.....g	0.169		0	MC	9	0.142		
Alanine.....g	0.266		0	MC	9	0.223		
Aspartic acid.....g	0.771		0	MC	9	0.648		
Glutamic acid.....g	1.176		0	MC	9	0.988		
Glycine.....g	0.268		0	MC	9	0.225		
Proline.....g	0.349		0	MC	9	0.293		
Serine.....g	0.333		0	MC	9	0.280		
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0	MC	9		0.081		
Threonine.....g	0.238		0	MC	9		0.200		
Isoleucine.....g	0.324		0	MC	9		0.272		
Leucine.....g	0.544		0	MC	9		0.457		
Lysine.....g	0.428		0	MC	9		0.360		
Methionine.....g	0.088		0	MC	9		0.074		
Cystine.....g	0.093		0	MC	9		0.078		
Phenylalanine.....g	0.363		0	MC	9		0.305		
Tyrosine.....g	0.251		0	MC	9		0.211		
Valine.....g	0.321		0	MC	9		0.270		
Arginine.....g	0.527		0	MC	9		0.443		
Histidine.....g	0.175		0	MC	9		0.147		
Alanine.....g	0.280		0	MC	9		0.235		
Aspartic acid.....g	0.809		0	MC	9		0.680		
Glutamic acid.....g	1.462		0	MC	9		1.228		
Glycine.....g	0.288		0	MC	9		0.242		
Proline.....g	0.367		0	MC	9		0.308		
Serine.....g	0.347		0	MC	9		0.291		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0	MC	9		0.080		
Threonine.....g	0.220		0	MC	9		0.185		
Isoleucine.....g	0.297		0	MC	9		0.249		
Leucine.....g	0.501		0	MC	9		0.421		
Lysine.....g	0.384		0	MC	9		0.323		
Methionine.....g	0.077		0	MC	9		0.065		
Cystine.....g	0.079		0	MC	9		0.066		
Phenylalanine.....g	0.322		0	MC	9		0.270		
Tyrosine.....g	0.229		0	MC	9		0.192		
Valine.....g	0.286		0	MC	9		0.240		
Arginine.....g	0.470		0	MC	9		0.395		
Histidine.....g	0.156		0	MC	9		0.131		
Alanine.....g	0.248		0	MC	9		0.208		
Aspartic acid.....g	0.721		0	MC	9		0.606		
Glutamic acid.....g	1.309		0	MC	9		1.100		
Glycine.....g	0.255		0	MC	9		0.214		
Proline.....g	0.337		0	MC	9		0.283		
Serine.....g	0.313		0	MC	9		0.263		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Amino Acids:</b>									
Tryptophan.....g	0.068		0	MC	9		0.057		
Threonine.....g	0.215		0	MC	9		0.181		
Isoleucine.....g	0.233		0	MC	9		0.196		
Leucine.....g	0.279		0	MC	9		0.234		
Lysine.....g	0.341		0	MC	9		0.286		
Methionine.....g	0.074		0	MC	9		0.062		
Cystine.....g	0.072		0	MC	9		0.060		
Phenylalanine.....g	0.303		0	MC	9		0.255		
Tyrosine.....g	0.193		0	MC	9		0.162		
Valine.....g	0.295		0	MC	9		0.248		
Arginine.....g	0.383		0	MC	9		0.322		
Histidine.....g	0.117		0	MC	9		0.098		
Alanine.....g	0.193		0	MC	9		0.162		
Aspartic acid.....g	0.550		0	MC	9		0.462		
Glutamic acid.....g	0.801		0	MC	9		0.673		
Glycine.....g	0.193		0	MC	9		0.162		
Proline.....g	0.252		0	MC	9		0.212		
Serine.....g	0.238		0	MC	9		0.200		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16551**  
**MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Proximates:</b>									
Water.....g	61.30		0	MC	9		41.07		
Energy.....kcal	158		0	MC	9		106		
Energy.....kJ	661		0	MC	9		443		
Protein (N x 6.25).....g	11.40		0	MC	9		7.64		
Total lipid (fat).....g	6.20		0	MC	9		4.15		
Ash.....g	2.90		0	MC	9		1.94		
Carbohydrate, by difference.....g	18.20		0	MC	9		12.19		
Fiber, total dietary.....g	5.1		0	MC	9		3.4		
Sugars, total.....g	5.00		0	MC	9		3.35		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	62		0	MC	9		42		
Iron, Fe.....mg	1.50		0	MC	9		1.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	123		0	MC	9		82		
Potassium, K.....mg	376		0	MC	9		252		
Sodium, Na.....mg	741		0	MC	9		496		
Zinc, Zn.....mg	0.70		0	MC	9		0.47		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.067		
Riboflavin.....mg	0.300		0	MC	9		0.201		
Niacin.....mg	2.200		0	MC	9		1.474		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0	MC	9		0.047		
Folate, total.....µg	11		0	MC	9		7		
Folic acid.....µg									
Folate, food.....µg	11		0	MC	9		7		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.900		0	MC	9				

NDB No. 16551

MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared

Nutrients and Units	<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	0.900			MC	9	0.603		
Fatty acids, total monounsaturated.....g	1.700		0	MC	9	1.139		
Fatty acids, total polyunsaturated.....g	3.200		0	MC	9	2.144		
Fatty acids, total trans.....g	0.100		0	MC	9	0.067		
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 = 67g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16590

MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.50		0	MC	9		84.49		
Energy.....kcal	150		0	MC	9		213		
Energy.....kJ	628		0	MC	9		892		
Protein (N x 6.25).....g	11.40		0	MC	9		16.19		
Total lipid (fat).....g	2.30		0	MC	9		3.27		
Ash.....g	2.20		0	MC	9		3.12		
Carbohydrate, by difference.....g	24.60		0	MC	9		34.93		
Fiber, total dietary.....g	4.7		0	MC	9		6.7		
Sugars, total.....g	17.20		0	MC	9		24.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	84		0	MC	9		119		
Iron, Fe.....mg	2.00		0	MC	9		2.84		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	196		0	MC	9		278		
Potassium, K.....mg	407		0	MC	9		578		
Sodium, Na.....mg	438		0	MC	9		622		
Zinc, Zn.....mg	0.90		0	MC	9		1.28		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0		0	MC	9		2.8		
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	0.010		0	MC	9		0.014		
Folate, total.....µg	2		0	MC	9		3		
Folic acid.....µg									
Folate, food.....µg	2		0	MC	9		3		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4		0	MC	9		6		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9				

NDB No. 16590

MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.300			MC	9		0.426		
Fatty acids, total monounsaturated.....g	1.400		0	MC	9		1.988		
Fatty acids, total polyunsaturated.....g	0.700		0	MC	9		0.994		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 142g: 1 sauce

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16542

**MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 16g: 2 strips

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16603

MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	42.90		0	MC	9		45.05		
Energy.....kcal	257		0	MC	9		270		
Energy.....kJ	1075		0	MC	9		1129		
Protein (N x 6.25).....g	9.30		0	MC	9		9.77		
Total lipid (fat).....g	8.10		0	MC	9		8.51		
Ash.....g	2.20		0	MC	9		2.31		
Carbohydrate, by difference.....g	37.50		0	MC	9		39.38		
Fiber, total dietary.....g	1.5		0	MC	9		1.6		
Sugars, total.....g	4.00		0	MC	9		4.20		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	117		0	MC	9		123		
Iron, Fe.....mg	3.00		0	MC	9		3.15		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	294		0	MC	9		309		
Potassium, K.....mg	181		0	MC	9		190		
Sodium, Na.....mg	568		0	MC	9		596		
Zinc, Zn.....mg	0.80		0	MC	9		0.84		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.400		0	MC	9		0.420		
Riboflavin.....mg	0.300		0	MC	9		0.315		
Niacin.....mg	3.200		0	MC	9		3.360		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		0	MC	9		0.095		
Folate, total.....µg	74		0	MC	9		78		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	74		0	MC	9		78		
Folate, DFE.....µg	74		0	NC	4		78		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.70		0	MC	9		0.74		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	195		0	MC	9		205		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16603

**MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source				
			Points	Code	Code				
Fatty acids, total saturated.....g	4.200		0	MC	9	4.410			
Fatty acids, total monounsaturated.....g	1.600		0	MC	9	1.680			
Fatty acids, total polyunsaturated.....g	1.200		0	MC	9	1.260			
Fatty acids, total trans.....g	0.000		0	MC	9	0.000			
Cholesterol.....mg	22		0	MC	9	23			
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 105g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16538

MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.10		1	MC	9		20.56		
Energy.....kcal	220		0	NC	4		84		
Energy.....kJ	920		0	NC	4		350		
Protein (N x 6.25).....g	23.70		1	MC	9		9.01		
Total lipid (fat).....g	8.30		1	MC	9		3.15		
Ash.....g	1.30		1	MC	9		0.49		
Carbohydrate, by difference.....g	12.60		1	MC	9		4.79		
Fiber, total dietary.....g	7.6		1	MC	9		2.9		
Sugars, total.....g	2.20		1	MC	9		0.84		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		1	MC	9		23		
Iron, Fe.....mg	1.90		1	MC	9		0.72		
Magnesium, Mg.....mg	15		1	MC	9		6		
Phosphorus, P.....mg	39		1	MC	9		15		
Potassium, K.....mg	531		1	MC	9		202		
Sodium, Na.....mg	690		1	MC	9		262		
Zinc, Zn.....mg	0.60		1	MC	9		0.23		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.000		1	MC	9		0.000		
Riboflavin.....mg	0.200		1	MC	9		0.076		
Niacin.....mg	0.400		1	MC	9		0.152		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....µg	5		1	MC	9		2		
Folic acid.....µg									
Folate, food.....µg	5		1	MC	9		2		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	1		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16538

**MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.000		1	MC	9		0.380			
Fatty acids, total monounsaturated.....g	3.700		1	MC	9		1.406			
Fatty acids, total polyunsaturated.....g	1.500		1	MC	9		0.570			
Fatty acids, total trans.....g	0.100		1	MC	9		0.038			
Cholesterol.....mg	0		1	MC	9		0			
Phytosterols.....mg										

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

**Common Measures:**

Measure 1 = 38g: 1 Patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16609

MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.10		0	MC	9		20.56		
Energy.....kcal	195		0	MC	9		74		
Energy.....kJ	816		0	MC	9		310		
Protein (N x 6.25).....g	23.70		0	MC	9		9.01		
Total lipid (fat).....g	8.30		0	MC	9		3.15		
Ash.....g	1.30		0	MC	9		0.49		
Carbohydrate, by difference.....g	12.60		0	MC	9		4.79		
Fiber, total dietary.....g	7.6		0	MC	9		2.9		
Sugars, total.....g	2.20		0	MC	9		0.84		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		0	MC	9		23		
Iron, Fe.....mg	1.90		0	MC	9		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	39		0	MC	9		15		
Potassium, K.....mg	531		0	MC	9		202		
Sodium, Na.....mg	690		0	MC	9		262		
Zinc, Zn.....mg	0.60		0	MC	9		0.23		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.030		0	MC	9		0.011		
Riboflavin.....mg	0.200		0	MC	9		0.076		
Niacin.....mg	0.400		0	MC	9		0.152		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0	MC	9		0.008		
Folate, total.....µg	5		0	MC	9		2		
Folic acid.....µg									
Folate, food.....µg	5		0	MC	9		2		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	1		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9				

NDB No. 16609

**MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.000			MC	9		0.380		
Fatty acids, total monounsaturated.....g	3.700		0	MC	9		1.406		
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.570		
Fatty acids, total trans.....g	0.100		0	MC	9		0.038		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 38g: 1 pattie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16613

MORNINGSTAR FARMS Breakfast Sandwich Veggie Sausage Egg & Cheese English Muffin, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.80		0	MC	9				
Energy.....kcal	205		0	MC	9				
Energy.....kJ	858		0	MC	9				
Protein (N x 6.25).....g	14.30		0	MC	9				
Total lipid (fat).....g	9.40		0	MC	9				
Ash.....g	2.80		0	MC	9				
Carbohydrate, by difference.....g	18.70		0	MC	9				
Fiber, total dietary.....g	3.8		0	MC	9				
Sugars, total.....g	1.10		0	MC	9				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	220		0	MC	9				
Iron, Fe.....mg	2.50		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	306		0	MC	9				
Potassium, K.....mg	212		0	MC	9				
Sodium, Na.....mg	639		0	MC	9				
Zinc, Zn.....mg	0.60		0	MC	9				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9				
Thiamin.....mg	0.110		0	MC	9				
Riboflavin.....mg	0.100		0	MC	9				
Niacin.....mg	1.000		0	MC	9				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0	MC	9				
Folate, total.....µg	8		0	MC	9				
Folic acid.....µg									
Folate, food.....µg	8		0	MC	9				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	MC	9				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	10		0	MC	9				
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.100		0	MC	9				



NDB No. 16613

**MORNINGSTAR FARMS Breakfast Sandwich Veggie Sausage Egg & Cheese English Muffin, frozen, unprepared**

Nutrients and Units	<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					
Fatty acids, total saturated.....g	3.100			MC	9				
Fatty acids, total monounsaturated.....g	2.600		0	MC	9				
Fatty acids, total polyunsaturated.....g	2.900		0	MC	9				
Fatty acids, total trans.....g	0.100		0	MC	9				
Cholesterol.....mg	67		0	MC	9				
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16614

**MORNINGSTAR FARMS Breakfast Sandwich Veggie Scramble & Cheese English Muffin, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.80		0	MC	9				
Energy.....kcal	149		0	MC	9				
Energy.....kJ	623		0	MC	9				
Protein (N x 6.25).....g	10.40		0	MC	9				
Total lipid (fat).....g	4.80		0	MC	9				
Ash.....g	7.10		0	MC	9				
Carbohydrate, by difference.....g	18.90		0	MC	9				
Fiber, total dietary.....g	2.9		0	MC	9				
Sugars, total.....g	0.60		0	MC	9				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	169		0	MC	9				
Iron, Fe.....mg	1.00		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		0	MC	9				
Potassium, K.....mg	188		0	MC	9				
Sodium, Na.....mg	562		0	MC	9				
Zinc, Zn.....mg	0.20		0	MC	9				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9				
Thiamin.....mg	0.110		0	MC	9				
Riboflavin.....mg	0.300		0	MC	9				
Niacin.....mg	1.200		0	MC	9				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0	MC	9				
Folate, total.....µg	5		0	MC	9				
Folic acid.....µg									
Folate, food.....µg	5		0	MC	9				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9				
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.200		0	MC	9				

NDB No. 16614

**MORNINGSTAR FARMS Breakfast Sandwich Veggie Scramble & Cheese English Muffin, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total saturated.....g	2.200			MC 9			
Fatty acids, total monounsaturated.....g	0.800		0	MC 9			
Fatty acids, total polyunsaturated.....g	0.800		0	MC 9			
Fatty acids, total trans.....g	0.000		0	MC 9			
Cholesterol.....mg	10		0	MC 9			
Phytosterols.....mg							

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16546

**MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 45g: 2 links

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16587

MORNINGSTAR FARMS Breakfast Sausage Patties Maple Flavored, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	51.60		0	MC	9				
Energy.....kcal	222		0	MC	9				
Energy.....kJ	929		0	MC	9				
Protein (N x 6.25).....g	26.30		0	MC	9				
Total lipid (fat).....g	7.20		0	MC	9				
Ash.....g	1.30		0	MC	9				
Carbohydrate, by difference.....g	13.60		0	MC	9				
Fiber, total dietary.....g	2.0		0	MC	9				
Sugars, total.....g	5.90		0	MC	9				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		0	MC	9				
Iron, Fe.....mg	4.30		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	311		0	MC	9				
Potassium, K.....mg	279		0	MC	9				
Sodium, Na.....mg	656		0	MC	9				
Zinc, Zn.....mg	0.80		0	MC	9				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9				
Thiamin.....mg	0.990		0	MC	9				
Riboflavin.....mg	0.300		0	MC	9				
Niacin.....mg	9.400		0	MC	9				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.700		0	MC	9				
Folate, total.....µg	3		0	MC	9				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	3		0	MC	9				
Folate, DFE.....µg	3		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	6.60		0	MC	9				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	14		0	MC	9				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16587

**MORNINGSTAR FARMS Breakfast Sausage Patties Maple Flavored, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	0.900		0	MC	9			
Fatty acids, total monounsaturated.....g	1.600		0	MC	9			
Fatty acids, total polyunsaturated.....g	4.000		0	MC	9			
Fatty acids, total trans.....g	0.100		0	MC	9			
Cholesterol.....mg	1		0	MC	9			
Phytosterols.....mg								

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 22122

**MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 38g: 1 patty

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16607

MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	48.80		0	MC	9		34.65		
Energy.....kcal	255		0	MC	9		181		
Energy.....kJ	1067		0	MC	9		758		
Protein (N x 6.25).....g	12.10		0	MC	9		8.59		
Total lipid (fat).....g	12.80		0	MC	9		9.09		
Ash.....g	1.10		0	MC	9		0.78		
Carbohydrate, by difference.....g	25.20		0	MC	9		17.89		
Fiber, total dietary.....g	5.1		0	MC	9		3.6		
Sugars, total.....g	3.00		0	MC	9		2.13		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0	MC	9		40		
Iron, Fe.....mg	3.30		0	MC	9		2.34		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	97		0	MC	9		69		
Potassium, K.....mg	220		0	MC	9		156		
Sodium, Na.....mg	757		0	MC	9		537		
Zinc, Zn.....mg	0.40		0	MC	9		0.28		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.320		0	MC	9		0.227		
Riboflavin.....mg	0.100		0	MC	9		0.071		
Niacin.....mg	2.800		0	MC	9		1.988		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.170		0	MC	9		0.121		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.10		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16607

**MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.900		0	MC	9		1.349		
Fatty acids, total monounsaturated.....g	3.600		0	MC	9		2.556		
Fatty acids, total polyunsaturated.....g	6.600		0	MC	9		4.686		
Fatty acids, total trans.....g	0.100		0	MC	9		0.071		
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16555

MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	49.30		0	MC	9		41.91		
Energy.....kcal	232		0	MC	9		197		
Energy.....kJ	971		0	MC	9		825		
Protein (N x 6.25).....g	14.10		0	MC	9		11.99		
Total lipid (fat).....g	11.00		0	MC	9		9.35		
Ash.....g	3.00		0	MC	9		2.55		
Carbohydrate, by difference.....g	22.60		0	MC	9		19.21		
Fiber, total dietary.....g	4.8		0	MC	9		4.1		
Sugars, total.....g	2.80		0	MC	9		2.38		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	63		0	MC	9		54		
Iron, Fe.....mg	3.20		0	MC	9		2.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	112		0	MC	9		95		
Potassium, K.....mg	265		0	MC	9		225		
Sodium, Na.....mg	642		0	MC	9		546		
Zinc, Zn.....mg	0.50		0	MC	9		0.43		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.510		0	MC	9		0.434		
Riboflavin.....mg	0.100		0	MC	9		0.085		
Niacin.....mg	4.700		0	MC	9		3.995		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.240		0	MC	9		0.204		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.50		0	MC	9		2.13		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16555

MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.700		0	MC	9		1.445		
Fatty acids, total monounsaturated.....g	3.200		0	MC	9		2.720		
Fatty acids, total polyunsaturated.....g	5.600		0	MC	9		4.760		
Fatty acids, total trans.....g	0.100		0	MC	9		0.085		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 85g: 5 Wings

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16592**  
**MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.60		0	MC	9		40.06		
Energy.....kcal	155		0	MC	9		99		
Energy.....kJ	649		0	MC	9		415		
Protein (N x 6.25).....g	14.90		0	MC	9		9.54		
Total lipid (fat).....g	7.70		0	MC	9		4.93		
Ash.....g	2.20		0	MC	9		1.41		
Carbohydrate, by difference.....g	12.60		0	MC	9		8.06		
Fiber, total dietary.....g	7.6		0	MC	9		4.9		
Sugars, total.....g	1.80		0	MC	9		1.15		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80		0	MC	9		51		
Iron, Fe.....mg	2.50		0	MC	9		1.60		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	162		0	MC	9		104		
Potassium, K.....mg	531		0	MC	9		340		
Sodium, Na.....mg	690		0	MC	9		442		
Zinc, Zn.....mg	0.50		0	MC	9		0.32		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.040		0	MC	9		0.026		
Riboflavin.....mg	0.100		0	MC	9		0.064		
Niacin.....mg	0.200		0	MC	9		0.128		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0	MC	9		0.013		
Folate, total.....µg	7		0	MC	9		4		
Folic acid.....µg									
Folate, food.....µg	7		0	MC	9		4		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9				

NDB No. 16592

MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.800			MC	9		0.512		
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		1.792		
Fatty acids, total polyunsaturated.....g	3.400		0	MC	9		2.176		
Fatty acids, total trans.....g	0.100		0	MC	9		0.064		
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 64g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16608**  
**MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.50		0	MC	9		39.41		
Energy.....kcal	197		0	MC	9		140		
Energy.....kJ	824		0	MC	9		585		
Protein (N x 6.25).....g	11.20		0	MC	9		7.95		
Total lipid (fat).....g	9.10		0	MC	9		6.46		
Ash.....g	3.70		0	MC	9		2.63		
Carbohydrate, by difference.....g	20.50		0	MC	9		14.56		
Fiber, total dietary.....g	3.7		0	MC	9		2.6		
Sugars, total.....g	2.00		0	MC	9		1.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58		0	MC	9		41		
Iron, Fe.....mg	2.70		0	MC	9		1.92		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	81		0	MC	9		58		
Potassium, K.....mg	372		0	MC	9		264		
Sodium, Na.....mg	676		0	MC	9		480		
Zinc, Zn.....mg	0.30		0	MC	9		0.21		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.390		0	MC	9		0.277		
Riboflavin.....mg	0.100		0	MC	9		0.071		
Niacin.....mg	4.200		0	MC	9		2.982		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.230		0	MC	9		0.163		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.10		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	34		0	MC	9		24		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



NDB No. 16608

**MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.300		0	MC	9		0.923		
Fatty acids, total monounsaturated.....g	2.100		0	MC	9		1.491		
Fatty acids, total polyunsaturated.....g	5.100		0	MC	9		3.621		
Fatty acids, total trans.....g	0.100		0	MC	9		0.071		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16557

MORNINGSTAR FARMS Chik Patties, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.00		1	MC	9		38.34		
Energy.....kcal	197		1	MC	9		140		
Energy.....kJ	824		1	MC	9		585		
Protein (N x 6.25).....g	11.80		1	MC	9		8.38		
Total lipid (fat).....g	7.00		1	MC	9		4.97		
Ash.....g	4.30		1	MC	9		3.05		
Carbohydrate, by difference.....g	22.90		1	MC	9		16.26		
Fiber, total dietary.....g	3.0		1	MC	9		2.1		
Sugars, total.....g	2.00		1	MC	9		1.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		1	MC	9		29		
Iron, Fe.....mg	2.50		1	MC	9		1.78		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	126		1	MC	9		89		
Potassium, K.....mg	392		1	MC	9		278		
Sodium, Na.....mg	835		1	MC	9		593		
Zinc, Zn.....mg	0.50		1	MC	9		0.36		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.300		1	MC	9		0.213		
Riboflavin.....mg	0.100		1	MC	9		0.071		
Niacin.....mg	4.200		1	MC	9		2.982		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.200		1	MC	9		0.142		
Folate, total.....µg	12		1	MC	9		9		
Folic acid.....µg									
Folate, food.....µg	12		1	MC	9		9		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.70		1	MC	9		1.21		
Vitamin A, RAE.....µg	1		1	MC	9		1		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	26		1	MC	9		18		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		1	MC	9				

NDB No. 16557

MORNINGSTAR FARMS Chik Patties, frozen, unprepared

Nutrients and Units	<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	0.800			MC	9	0.568		
Fatty acids, total monounsaturated.....g	1.400		1	MC	9	0.994		
Fatty acids, total polyunsaturated.....g	4.700		1	MC	9	3.337		
Fatty acids, total trans.....g	0.100		1	MC	9	0.071		
Cholesterol.....mg	0		1	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 71g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16588

MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.80		1	MC	9		47.44		
Energy.....kcal	118		1	MC	9		79		
Energy.....kJ	494		0	MC	9		331		
Protein.....g	12.80		1	MC	9		8.58		
Total lipid (fat).....g	4.80		1	MC	9		3.22		
Ash.....g	1.40		1	MC	9		0.94		
Carbohydrate, by difference.....g	10.20		1	MC	9		6.83		
Fiber, total dietary.....g	5.7		1	MC	9		3.8		
Sugars, total.....g	0.20		1	MC	9		0.13		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1	MC	9		36		
Iron, Fe.....mg	2.00		1	MC	9		1.34		
Magnesium, Mg.....mg	35		1	MC	9		23		
Phosphorus, P.....mg	153		1	MC	9		103		
Potassium, K.....mg	320		1	MC	9		214		
Sodium, Na.....mg	519		1	MC	9		348		
Zinc, Zn.....mg	0.50		1	MC	9		0.34		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.030		1	MC	9		0.020		
Riboflavin.....mg	0.010		1	MC	9		0.007		
Niacin.....mg	0.000		1	MC	9		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....µg	5		1	MC	9		3		
Folic acid.....µg									
Folate, food.....µg	5		1	MC	9		3		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		1	MC	9		7		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		1	MC	9		0.0		
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16588

MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.400		1	MC	9		0.268			
Fatty acids, total monounsaturated.....g	2.400		1	MC	9		1.608			
Fatty acids, total polyunsaturated.....g	1.500		1	MC	9		1.005			
Fatty acids, total trans.....g	0.130		1	MC	9		0.087			
Cholesterol.....mg	0		1	MC	9		0			
Phytosterols.....mg										

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

**Common Measures:**

Measure 1 = 67g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16556

**MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 86g: 4 nuggets

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16615

**MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.30		0	MC	9		38.81		
Energy.....kcal	122		0	MC	9		68		
Energy.....kJ	510		0	MC	9		286		
Protein (N x 6.25).....g	14.40		0	MC	9		8.06		
Total lipid (fat).....g	4.10		0	MC	9		2.30		
Ash.....g	2.00		0	MC	9		1.12		
Carbohydrate, by difference.....g	10.20		0	MC	9		5.71		
Fiber, total dietary.....g	4.3		0	MC	9		2.4		
Sugars, total.....g	1.40		0	MC	9		0.78		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	68		0	MC	9		38		
Iron, Fe.....mg	4.10		0	MC	9		2.30		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	75		0	MC	9		42		
Potassium, K.....mg	223		0	MC	9		125		
Sodium, Na.....mg	491		0	MC	9		275		
Zinc, Zn.....mg	0.60		0	MC	9		0.34		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.880		0	MC	9		0.493		
Riboflavin.....mg	0.100		0	MC	9		0.056		
Niacin.....mg	8.100		0	MC	9		4.536		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.590		0	MC	9		0.330		
Folate, total.....µg	15		0	MC	9		8		
Folic acid.....µg									
Folate, food.....µg	15		0	MC	9		8		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.70		0	MC	9		3.19		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9				



NDB No. 16615

MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared

Nutrients and Units	<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	0.600			MC	9	0.336		
Fatty acids, total monounsaturated.....g	1.000		0	MC	9	0.560		
Fatty acids, total polyunsaturated.....g	2.200		0	MC	9	1.232		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 56g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16561

MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared

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

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

**Common Measures:**

Measure 1 = 76g: 4 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16560

**MORNINGSTAR FARMS Corn Dog, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 71g: 1 dog

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 16616**  
**MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.70		0	MC	9		46.96		
Energy.....kcal	197		0	MC	9		158		
Energy.....kJ	824		0	MC	9		659		
Protein (N x 6.25).....g	9.60		0	MC	9		7.68		
Total lipid (fat).....g	12.20		0	MC	9		9.76		
Ash.....g	2.60		0	MC	9		2.08		
Carbohydrate, by difference.....g	16.90		0	MC	9		13.52		
Fiber, total dietary.....g	6.9		0	MC	9		5.5		
Sugars, total.....g	3.50		0	MC	9		2.80		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	74		0	MC	9		59		
Iron, Fe.....mg	1.90		0	MC	9		1.52		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		0	MC	9		54		
Potassium, K.....mg	528		0	MC	9		422		
Sodium, Na.....mg	420		0	MC	9		336		
Zinc, Zn.....mg	0.30		0	MC	9		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.090		0	MC	9		0.072		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.300		0	MC	9		0.240		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		0	MC	9		0.072		
Folate, total.....µg	11		0	MC	9		9		
Folic acid.....µg									
Folate, food.....µg	11		0	MC	9		9		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9				

NDB No. 16616

MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.100			MC	9			0.880	
Fatty acids, total monounsaturated.....g	7.900		0	MC	9			6.320	
Fatty acids, total polyunsaturated.....g	2.600		0	MC	9			2.080	
Fatty acids, total trans.....g	0.100		0	MC	9			0.080	
Cholesterol.....mg	1		0	MC	9			1	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 80g: 5 nuggets

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 22118**  
**MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	60.00		0	MC	9		40.20		
Energy.....kcal	176		0	MC	9		118		
Energy.....kJ	736		0	MC	9		493		
Protein.....g	17.80		0	MC	9		11.93		
Total lipid (fat).....g	5.50		0	MC	9		3.69		
Ash.....g	3.00		0	MC	9		2.01		
Carbohydrate, by difference.....g	13.70		0	MC	9		9.18		
Fiber, total dietary.....g	4.5		0	MC	9		3.0		
Sugars, total.....g	1.80		0	MC	9		1.21		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	59		0	MC	9		40		
Iron, Fe.....mg	2.20		0	MC	9		1.47		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	164		0	MC	9		110		
Potassium, K.....mg	210		0	MC	9		141		
Sodium, Na.....mg	525		0	MC	9		352		
Zinc, Zn.....mg	1.00		0	MC	9		0.67		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		0.7		
Thiamin.....mg	11.200		0	MC	9		7.504		
Riboflavin.....mg	0.300		0	MC	9		0.201		
Niacin.....mg	1.400		0	MC	9		0.938		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.900		0	MC	9		0.603		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	373		0	MC	9		250		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.536		
Fatty acids, total monounsaturated.....g	1.500		0	MC	9		1.005		
Fatty acids, total polyunsaturated.....g	3.200		0	MC	9		2.144		
Fatty acids, total trans.....g	0.100		0	MC	9		0.067		
Cholesterol.....mg	2		0	MC	9		1		



NDB No. 22118

**MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared**

Nutrients and Units	<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

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 = 67g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 22120

**MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.90		0	MC	9		32.95		
Energy.....kcal	135		0	MC	9		68		
Energy.....kJ	565		0	MC	9		283		
Protein (N x 6.25).....g	18.50		0	MC	9		9.25		
Total lipid (fat).....g	4.30		0	MC	9		2.15		
Ash.....g	3.00		0	MC	9		1.50		
Carbohydrate, by difference.....g	8.30		0	MC	9		4.15		
Fiber, total dietary.....g	5.6		0	MC	9		2.8		
Sugars, total.....g	1.10		0	MC	9		0.55		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	MC	9		16		
Iron, Fe.....mg	4.80		0	MC	9		2.40		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	111		0	MC	9		56		
Potassium, K.....mg	188		0	MC	9		94		
Sodium, Na.....mg	434		0	MC	9		217		
Zinc, Zn.....mg	0.70		0	MC	9		0.35		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.230		0	MC	9		0.615		
Riboflavin.....mg	0.200		0	MC	9		0.100		
Niacin.....mg	11.600		0	MC	9		5.800		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.840		0	MC	9		0.420		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	8.20		0	MC	9		4.10		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 22120

MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared

Nutrients and Units	<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	0.500		0	MC	9	0.250		
Fatty acids, total monounsaturated.....g	0.900		0	MC	9	0.450		
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9	1.050		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 50g: .5 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16601

**MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.80		0	MC	9		47.44		
Energy.....kcal	118		0	MC	9		79		
Energy.....kJ	494		0	MC	9		331		
Protein (N x 6.25).....g	12.80		0	MC	9		8.58		
Total lipid (fat).....g	4.80		0	MC	9		3.22		
Ash.....g	1.40		0	MC	9		0.94		
Carbohydrate, by difference.....g	10.20		0	MC	9		6.83		
Fiber, total dietary.....g	5.7		0	MC	9		3.8		
Sugars, total.....g	0.20		0	MC	9		0.13		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		0	MC	9		36		
Iron, Fe.....mg	2.00		0	MC	9		1.34		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	153		0	MC	9		103		
Potassium, K.....mg	320		0	MC	9		214		
Sodium, Na.....mg	519		0	MC	9		348		
Zinc, Zn.....mg	0.50		0	MC	9		0.34		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.030		0	MC	9		0.020		
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	0.000		0	MC	9		0.000		
Folate, total.....µg	5		0	MC	9		3		
Folic acid.....µg									
Folate, food.....µg	5		0	MC	9		3		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		0	MC	9		7		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9				

NDB No. 16601

MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	0.400			MC	9	0.268		
Fatty acids, total monounsaturated.....g	2.400		0	MC	9	1.608		
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9	1.005		
Fatty acids, total trans.....g	0.100		0	MC	9	0.067		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 67g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16548

**MORNINGSTAR FARMS Grillers Original, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 64g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16549

**MORNINGSTAR FARMS Grillers Prime, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 71g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16596

**MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.60		0	MC	9		63.38		
Energy.....kcal	219		0	MC	9		250		
Energy.....kJ	916		0	MC	9		1044		
Protein (N x 6.25).....g	22.80		0	MC	9		25.99		
Total lipid (fat).....g	10.50		0	MC	9		11.97		
Ash.....g	2.20		0	MC	9		2.51		
Carbohydrate, by difference.....g	8.90		0	MC	9		10.15		
Fiber, total dietary.....g	2.5		0	MC	9		2.9		
Sugars, total.....g	0.60		0	MC	9		0.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	79		0	MC	9		90		
Iron, Fe.....mg	4.90		0	MC	9		5.59		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	124		0	MC	9		141		
Potassium, K.....mg	235		0	MC	9		268		
Sodium, Na.....mg	429		0	MC	9		489		
Zinc, Zn.....mg	1.10		0	MC	9		1.25		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	28.0		0	MC	9		31.9		
Thiamin.....mg	1.150		0	MC	9		1.311		
Riboflavin.....mg	0.300		0	MC	9		0.342		
Niacin.....mg	10.800		0	MC	9		12.312		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.780		0	MC	9		0.889		
Folate, total.....µg	2		0	MC	9		2		
Folic acid.....µg									
Folate, food.....µg	2		0	MC	9		2		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	7.70		0	MC	9		8.78		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	MC	9		1		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.900		0	MC	9				

NDB No. 16596

**MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	1.900			MC	9	2.166		
Fatty acids, total monounsaturated.....g	2.000		0	MC	9	2.280		
Fatty acids, total polyunsaturated.....g	4.900		0	MC	9	5.586		
Fatty acids, total trans.....g	0.100		0	MC	9	0.114		
Cholesterol.....mg	1		0	MC	9	1		
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 = 114g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 22121

**MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 71g: 1 Burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16593

**MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.80		0	MC	9		22.72		
Energy.....kcal	185		0	MC	9		70		
Energy.....kJ	774		0	MC	9		294		
Protein (N x 6.25).....g	21.80		0	MC	9		8.28		
Total lipid (fat).....g	7.40		0	MC	9		2.81		
Ash.....g	2.50		0	MC	9		0.95		
Carbohydrate, by difference.....g	8.50		0	MC	9		3.23		
Fiber, total dietary.....g	2.3		0	MC	9		0.9		
Sugars, total.....g	0.20		0	MC	9		0.08		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0	MC	9		15		
Iron, Fe.....mg	3.80		0	MC	9		1.44		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	232		0	MC	9		88		
Potassium, K.....mg	297		0	MC	9		113		
Sodium, Na.....mg	551		0	MC	9		209		
Zinc, Zn.....mg	0.90		0	MC	9		0.34		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		0	MC	9		1.1		
Thiamin.....mg	0.790		0	MC	9		0.300		
Riboflavin.....mg	0.300		0	MC	9		0.114		
Niacin.....mg	5.300		0	MC	9		2.014		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.500		0	MC	9		0.190		
Folate, total.....µg	3		0	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	3		0	MC	9		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.50		0	MC	9		2.09		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	171		0	MC	9		65		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.342		

NDB No. 16593

**MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.646		
Fatty acids, total polyunsaturated.....g	4.100		0	MC	9		1.558		
Fatty acids, total trans.....g	0.100		0	MC	9		0.038		
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 38g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16558

MORNINGSTAR FARMS Italian Herb Chik'n Pattie, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.90		0	MC	9				
Energy.....kcal	236		0	MC	9				
Energy.....kJ	987		0	MC	9				
Protein (N x 6.25).....g	13.60		0	MC	9				
Total lipid (fat).....g	7.00		0	MC	9				
Ash.....g	1.40		0	MC	9				
Carbohydrate, by difference.....g	31.10		0	MC	9				
Fiber, total dietary.....g	3.4		0	MC	9				
Sugars, total.....g	1.50		0	MC	9				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50		0	MC	9				
Iron, Fe.....mg	3.80		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	140		0	MC	9				
Potassium, K.....mg	483		0	MC	9				
Sodium, Na.....mg	682		0	MC	9				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9				
Thiamin.....mg	0.400		0	MC	9				
Riboflavin.....mg	0.100		0	MC	9				
Niacin.....mg	5.600		0	MC	9				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.300		0	MC	9				
Folate, total.....µg	13		0	MC	9				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	13		0	MC	9				
Folate, DFE.....µg	13		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.10		0	MC	9				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	47		0	MC	9				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
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. 16558

MORNINGSTAR FARMS Italian Herb Chik'n Pattie, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.800		0	MC		9			
Fatty acids, total monounsaturated.....g	1.300		0	MC		9			
Fatty acids, total polyunsaturated.....g	4.800		0	MC		9			
Fatty acids, total trans.....g	0.100		0	MC		9			
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16594

**MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.00		0	MC	9		213.00		
Energy.....kcal	96		0	MC	9		273		
Energy.....kJ	402		0	MC	9		1142		
Protein (N x 6.25).....g	7.10		0	MC	9		20.16		
Total lipid (fat).....g	2.30		0	MC	9		6.53		
Ash.....g	1.20		0	MC	9		3.41		
Carbohydrate, by difference.....g	14.40		0	MC	9		40.90		
Fiber, total dietary.....g	2.3		0	MC	9		6.5		
Sugars, total.....g	1.70		0	MC	9		4.83		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88		0	MC	9		250		
Iron, Fe.....mg	1.30		0	MC	9		3.69		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	75		0	MC	9		213		
Potassium, K.....mg	229		0	MC	9		650		
Sodium, Na.....mg	208		0	MC	9		591		
Zinc, Zn.....mg	0.30		0	MC	9		0.85		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		2.8		
Thiamin.....mg	0.220		0	MC	9		0.625		
Riboflavin.....mg	0.100		0	MC	9		0.284		
Niacin.....mg	2.100		0	MC	9		5.964		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.150		0	MC	9		0.426		
Folate, total.....µg	2		0	MC	9		6		
Folic acid.....µg									
Folate, food.....µg	2		0	MC	9		6		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.80		0	MC	9		2.27		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	352		0	MC	9		1000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9				

NDB No. 16594

MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.000			MC	9		2.840		
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		1.420		
Fatty acids, total polyunsaturated.....g	0.400		0	MC	9		1.136		
Fatty acids, total trans.....g	0.100		0	MC	9		0.284		
Cholesterol.....mg	4		0	MC	9		11		
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 = 284g: 1 entree

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16602

**MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.00		0	MC	9		51.20		
Energy.....kcal	158		0	MC	9		126		
Energy.....kJ	661		0	MC	9		529		
Protein (N x 6.25).....g	17.70		0	MC	9		14.16		
Total lipid (fat).....g	5.80		0	MC	9		4.64		
Ash.....g	2.60		0	MC	9		2.08		
Carbohydrate, by difference.....g	9.90		0	MC	9		7.92		
Fiber, total dietary.....g	3.6		0	MC	9		2.9		
Sugars, total.....g	1.10		0	MC	9		0.88		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51		0	MC	9		41		
Iron, Fe.....mg	2.20		0	MC	9		1.76		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	151		0	MC	9		121		
Potassium, K.....mg	228		0	MC	9		182		
Sodium, Na.....mg	487		0	MC	9		390		
Zinc, Zn.....mg	1.10		0	MC	9		0.88		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.040		0	MC	9		0.032		
Riboflavin.....mg	0.600		0	MC	9		0.480		
Niacin.....mg	11.200		0	MC	9		8.960		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.190		0	MC	9		0.152		
Folate, total.....µg	3		0	MC	9		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	3		0	MC	9		2		
Folate, DFE.....µg	3		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	68		0	MC	9		54		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16602

MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total saturated.....g	0.700		0	MC 9	0.560		
Fatty acids, total monounsaturated.....g	1.300		0	MC 9	1.040		
Fatty acids, total polyunsaturated.....g	3.300		0	MC 9	2.640		
Fatty acids, total trans.....g	0.100		0	MC 9	0.080		
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 = 80g: 5 meatballs

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16606**  
**MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.40		1	MC	9		37.79		
Energy.....kcal	200		0	NC	4		134		
Energy.....kJ	836		0	NC	4		560		
Protein (N x 6.25).....g	15.50		1	MC	9		10.39		
Total lipid (fat).....g	6.50		1	MC	9		4.36		
Ash.....g	1.80		1	MC	9		1.21		
Carbohydrate, by difference.....g	19.80		1	MC	9		13.27		
Fiber, total dietary.....g	10.1		1	MC	9		6.8		
Sugars, total.....g	1.10		1	MC	9		0.74		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	94		1	MC	9		63		
Iron, Fe.....mg	1.70		1	MC	9		1.14		
Magnesium, Mg.....mg	18		1	MC	9		12		
Phosphorus, P.....mg	85		1	MC	9		57		
Potassium, K.....mg	261		1	MC	9		175		
Sodium, Na.....mg	357		1	MC	9		239		
Zinc, Zn.....mg	0.50		1	MC	9		0.34		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.100		1	MC	9		0.067		
Riboflavin.....mg	0.200		1	MC	9		0.134		
Niacin.....mg	0.400		1	MC	9		0.268		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		1	MC	9		0.067		
Folate, total.....µg	28		1	MC	9		19		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	28		1	MC	9		19		
Folate, DFE.....µg	28		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16606

**MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.900		1	MC	9		0.603		
Fatty acids, total monounsaturated.....g	2.000		1	MC	9		1.340		
Fatty acids, total polyunsaturated.....g	3.300		1	MC	9		2.211		
Fatty acids, total trans.....g	0.100		1	MC	9		0.067		
Cholesterol.....mg	1		1	MC	9		1		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 67g: 1 Burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16552**  
**MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.80		0	MC	9		42.75		
Energy.....kcal	168		0	MC	9		108		
Energy.....kJ	703		0	MC	9		450		
Protein (N x 6.25).....g	14.30		0	MC	9		9.15		
Total lipid (fat).....g	8.20		0	MC	9		5.25		
Ash.....g	1.50		0	MC	9		0.96		
Carbohydrate, by difference.....g	9.20		0	MC	9		5.89		
Fiber, total dietary.....g	5.1		0	MC	9		3.3		
Sugars, total.....g	0.50		0	MC	9		0.32		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.70		0	MC	9		1.09		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	85		0	MC	9		54		
Potassium, K.....mg	239		0	MC	9		153		
Sodium, Na.....mg	445		0	MC	9		285		
Zinc, Zn.....mg	0.70		0	MC	9		0.45		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.010		0	MC	9		0.006		
Riboflavin.....mg	0.100		0	MC	9		0.064		
Niacin.....mg	0.100		0	MC	9		0.064		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010		0	MC	9		0.006		
Folate, total.....µg	5		0	MC	9		3		
Folic acid.....µg									
Folate, food.....µg	5		0	MC	9		3		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9				



NDB No. 16552

MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.100			MC	9			0.704	
Fatty acids, total monounsaturated.....g	1.900		0	MC	9			1.216	
Fatty acids, total polyunsaturated.....g	3.600		0	MC	9			2.304	
Fatty acids, total trans.....g	0.100		0	MC	9			0.064	
Cholesterol.....mg	0		0	MC	9			0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 64g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16611**  
**MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.40		0	MC	9		42.84		
Energy.....kcal	227		0	MC	9		193		
Energy.....kJ	950		0	MC	9		808		
Protein (N x 6.25).....g	14.20		0	MC	9		12.07		
Total lipid (fat).....g	8.60		0	MC	9		7.31		
Ash.....g	2.70		0	MC	9		2.30		
Carbohydrate, by difference.....g	24.10		0	MC	9		20.49		
Fiber, total dietary.....g	3.1		0	MC	9		2.6		
Sugars, total.....g	1.30		0	MC	9		1.11		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	82		0	MC	9		70		
Iron, Fe.....mg	3.50		0	MC	9		2.98		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	107		0	MC	9		91		
Potassium, K.....mg	243		0	MC	9		207		
Sodium, Na.....mg	616		0	MC	9		524		
Zinc, Zn.....mg	0.50		0	MC	9		0.43		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.350		0	MC	9		0.298		
Riboflavin.....mg	0.100		0	MC	9		0.085		
Niacin.....mg	3.500		0	MC	9		2.975		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.140		0	MC	9		0.119		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.50		0	MC	9		2.13		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.200		0	MC	9				

NDB No. 16611

MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared

Nutrients and Units	<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					
Fatty acids, total saturated.....g	1.200			MC	9		1.020		
Fatty acids, total monounsaturated.....g	1.900		0	MC	9		1.615		
Fatty acids, total polyunsaturated.....g	4.700		0	MC	9		3.995		
Fatty acids, total trans.....g	0.100		0	MC	9		0.085		
Cholesterol.....mg	1		0	MC	9		1		
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 = 85g: 5 Wings

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16610

MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.10		0	MC	9		38.93		
Energy.....kcal	192		0	MC	9		129		
Energy.....kJ	803		0	MC	9		538		
Protein (N x 6.25).....g	10.70		0	MC	9		7.17		
Total lipid (fat).....g	12.10		0	MC	9		8.11		
Ash.....g	1.30		0	MC	9		0.87		
Carbohydrate, by difference.....g	17.80		0	MC	9		11.93		
Fiber, total dietary.....g	10.1		0	MC	9		6.8		
Sugars, total.....g	2.10		0	MC	9		1.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0	MC	9		44		
Iron, Fe.....mg	2.00		0	MC	9		1.34		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	101		0	MC	9		68		
Potassium, K.....mg	553		0	MC	9		371		
Sodium, Na.....mg	522		0	MC	9		350		
Zinc, Zn.....mg	0.40		0	MC	9		0.27		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.050		0	MC	9		0.034		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.300		0	MC	9		0.201		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0	MC	9		0.047		
Folate, total.....µg	7		0	MC	9		5		
Folic acid.....µg									
Folate, food.....µg	7		0	MC	9		5		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.200		0	MC	9				

NDB No. 16610

MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	1.200			MC	9		0.804		
Fatty acids, total monounsaturated.....g	7.500		0	MC	9		5.025		
Fatty acids, total polyunsaturated.....g	2.900		0	MC	9		1.943		
Fatty acids, total trans.....g	0.100		0	MC	9		0.067		
Cholesterol.....mg	1		0	MC	9		1		
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 = 67g: 1 burger

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16565

**MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.00		0	MC	9		34.10		
Energy.....kcal	159		0	MC	9		87		
Energy.....kJ	665		0	MC	9		366		
Protein (N x 6.25).....g	20.20		0	MC	9		11.11		
Total lipid (fat).....g	4.60		0	MC	9		2.53		
Ash.....g	3.30		0	MC	9		1.81		
Carbohydrate, by difference.....g	9.90		0	MC	9		5.44		
Fiber, total dietary.....g	4.6		0	MC	9		2.5		
Sugars, total.....g	1.40		0	MC	9		0.77		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		0	MC	9		24		
Iron, Fe.....mg	5.50		0	MC	9		3.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	111		0	MC	9		61		
Potassium, K.....mg	165		0	MC	9		91		
Sodium, Na.....mg	758		0	MC	9		417		
Zinc, Zn.....mg	1.20		0	MC	9		0.66		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.260		0	MC	9		0.693		
Riboflavin.....mg	0.200		0	MC	9		0.110		
Niacin.....mg	12.000		0	MC	9		6.600		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.900		0	MC	9		0.495		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	8.40		0	MC	9		4.62		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	122		0	MC	9		67		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9				

NDB No. 16565

MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared

Nutrients and Units	<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	0.500			MC	9	0.275		
Fatty acids, total monounsaturated.....g	0.900		0	MC	9	0.495		
Fatty acids, total polyunsaturated.....g	2.000		0	MC	9	1.100		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 55g: .667 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16600**  
**MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.10		0	MC	9		196.64		
Energy.....kcal	116		0	MC	9		312		
Energy.....kJ	485		0	MC	9		1305		
Protein (N x 6.25).....g	5.30		0	MC	9		14.26		
Total lipid (fat).....g	3.50		0	MC	9		9.42		
Ash.....g	0.80		0	NP	4		2.15		
Carbohydrate, by difference.....g	17.30		0	MC	9		46.54		
Fiber, total dietary.....g	1.3		0	MC	9		3.5		
Sugars, total.....g	6.00		0	MC	9		16.14		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MC	9		70		
Iron, Fe.....mg	1.00		0	MC	9		2.69		
Magnesium, Mg.....mg	21		0	MC	9		56		
Phosphorus, P.....mg	73		0	MC	9		196		
Potassium, K.....mg	109		0	MC	9		293		
Sodium, Na.....mg	196		0	MC	9		527		
Zinc, Zn.....mg	0.50		0	MC	9		1.35		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.120		0	MC	9		0.323		
Riboflavin.....mg	0.130		0	MC	9		0.349		
Niacin.....mg	1.500		0	MC	9		4.035		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		0	MC	9		0.080		
Folate, total.....µg	10		0	MC	9		27		
Folic acid.....µg									
Folate, food.....µg	10		0	MC	9		27		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.45		0	MC	9		1.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9				



NDB No. 16600

MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared

Nutrients and Units	<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	0.400			MC	9	1.076		
Fatty acids, total monounsaturated.....g	1.800		0	MC	9	4.842		
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9	2.959		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 269g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 22123

MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared

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Nutrients and Units	<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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.603		
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		1.139		
Fatty acids, total polyunsaturated.....g	3.100		0	MC	9		2.077		
Fatty acids, total trans.....g	0.100		0	MC	9		0.067		
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 67g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16617

MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.00		0	MC	9		181.05		
Energy.....kcal	123		0	MC	9		314		
Energy.....kJ	515		0	MC	9		1313		
Protein (N x 6.25).....g	5.80		0	MC	9		14.79		
Total lipid (fat).....g	5.20		0	MC	9		13.26		
Ash.....g	2.10		0	MC	9		5.36		
Carbohydrate, by difference.....g	15.90		0	MC	9		40.55		
Fiber, total dietary.....g	2.6		0	MC	9		6.6		
Sugars, total.....g	1.80		0	MC	9		4.59		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	69		0	MC	9		176		
Iron, Fe.....mg	1.10		0	MC	9		2.81		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	82		0	MC	9		209		
Potassium, K.....mg	167		0	MC	9		426		
Sodium, Na.....mg	277		0	MC	9		706		
Zinc, Zn.....mg	0.50		0	MC	9		1.28		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.140		0	MC	9		0.357		
Riboflavin.....mg	0.100		0	MC	9		0.255		
Niacin.....mg	1.400		0	MC	9		3.570		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130		0	MC	9		0.332		
Folate, total.....µg	15		0	MC	9		38		
Folic acid.....µg									
Folate, food.....µg	15		0	MC	9		38		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.60		0	MC	9		1.53		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	2		0	MC	9		5		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.600		0	MC	9				

NDB No. 16617

**MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared**

Nutrients and Units	<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	Confidence			
			Points	Code	Code			
Fatty acids, total saturated.....g	1.600			MC	9	4.080		
Fatty acids, total monounsaturated.....g	2.100		0	MC	9	5.355		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9	2.550		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	7		0	MC	9	18		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 255g: 1 entree

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16618

MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.60		0	MC	9		39.26		
Energy.....kcal	189		0	MC	9		127		
Energy.....kJ	791		0	MC	9		530		
Protein (N x 6.25).....g	9.20		0	MC	9		6.16		
Total lipid (fat).....g	11.60		0	MC	9		7.77		
Ash.....g	3.60		0	MC	9		2.41		
Carbohydrate, by difference.....g	17.00		0	MC	9		11.39		
Fiber, total dietary.....g	7.8		0	MC	9		5.2		
Sugars, total.....g	2.20		0	MC	9		1.47		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	87		0	MC	9		58		
Iron, Fe.....mg	2.10		0	MC	9		1.41		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	36		0	MC	9		24		
Potassium, K.....mg	484		0	MC	9		324		
Sodium, Na.....mg	555		0	MC	9		372		
Zinc, Zn.....mg	0.30		0	MC	9		0.20		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.050		0	MC	9		0.034		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.600		0	MC	9		0.402		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0	MC	9		0.054		
Folate, total.....µg	17		0	MC	9		11		
Folic acid.....µg									
Folate, food.....µg	17		0	MC	9		11		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.500		0	MC	9				

NDB No. 16618

**MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	1.500			MC	9	1.005		
Fatty acids, total monounsaturated.....g	7.100		0	MC	9	4.757		
Fatty acids, total polyunsaturated.....g	2.400		0	MC	9	1.608		
Fatty acids, total trans.....g	0.100		0	MC	9	0.067		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 67g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16554

**MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared**

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.90		0	MC	9		40.13		
Energy.....kcal	161		0	MC	9		108		
Energy.....kJ	674		0	MC	9		452		
Protein (N x 6.25).....g	15.50		0	MC	9		10.39		
Total lipid (fat).....g	8.60		0	MC	9		5.76		
Ash.....g	2.00		0	MC	9		1.34		
Carbohydrate, by difference.....g	14.00		0	MC	9		9.38		
Fiber, total dietary.....g	9.1		0	MC	9		6.1		
Sugars, total.....g	2.60		0	MC	9		1.74		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	174		0	MC	9		117		
Iron, Fe.....mg	1.70		0	MC	9		1.14		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	123		0	MC	9		82		
Potassium, K.....mg	379		0	MC	9		254		
Sodium, Na.....mg	414		0	MC	9		277		
Zinc, Zn.....mg	0.80		0	MC	9		0.54		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.050		0	MC	9		0.034		
Riboflavin.....mg	0.200		0	MC	9		0.134		
Niacin.....mg	0.700		0	MC	9		0.469		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0	MC	9		0.027		
Folate, total.....µg	11		0	MC	9		7		
Folic acid.....µg									
Folate, food.....µg	11		0	MC	9		7		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	MC	9		0.07		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.500		0	MC	9				



NDB No. 16554

**MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared**

Nutrients and Units	<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					
Fatty acids, total saturated.....g	2.500			MC	9		1.675		
Fatty acids, total monounsaturated.....g	2.100		0	MC	9		1.407		
Fatty acids, total polyunsaturated.....g	2.900		0	MC	9		1.943		
Fatty acids, total trans.....g	0.200		0	MC	9		0.134		
Cholesterol.....mg	10		0	MC	9		7		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 67g: 1 burger

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16619

MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.90		0	MC	9		175.69		
Energy.....kcal	112		0	MC	9		270		
Energy.....kJ	469		0	MC	9		1130		
Protein (N x 6.25).....g	5.90		0	MC	9		14.22		
Total lipid (fat).....g	6.30		0	MC	9		15.18		
Ash.....g	3.20		0	MC	9		7.71		
Carbohydrate, by difference.....g	11.70		0	MC	9		28.20		
Fiber, total dietary.....g	3.8		0	MC	9		9.2		
Sugars, total.....g	2.30		0	MC	9		5.54		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	99		0	MC	9		239		
Iron, Fe.....mg	1.40		0	MC	9		3.37		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		0	MC	9		140		
Potassium, K.....mg	204		0	MC	9		492		
Sodium, Na.....mg	161		0	MC	9		388		
Zinc, Zn.....mg	0.50		0	MC	9		1.21		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.050		0	MC	9		0.121		
Riboflavin.....mg	0.100		0	MC	9		0.241		
Niacin.....mg	0.200		0	MC	9		0.482		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.145		
Folate, total.....µg	67		0	MC	9		161		
Folic acid.....µg									
Folate, food.....µg	67		0	MC	9		161		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	1		0	MC	9		2		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.000		0	MC	9				

NDB No. 16619

**MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	3.000			MC	9	7.230		
Fatty acids, total monounsaturated.....g	1.700		0	MC	9	4.097		
Fatty acids, total polyunsaturated.....g	0.600		0	MC	9	1.446		
Fatty acids, total trans.....g	0.100		0	MC	9	0.241		
Cholesterol.....mg	12		0	MC	9	29		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 241g: 1 entree

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 22119**  
**MORNINGSTAR FARMS Veggie Dog, frozen, unprepared**  
*Kellogg, Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.00		0	MC	9		25.60		
Energy.....kcal	126		0	MC	9		50		
Energy.....kJ	527		0	MC	9		211		
Protein (N x 6.25).....g	17.40		0	MC	9		6.96		
Total lipid (fat).....g	1.30		0	MC	9		0.52		
Ash.....g	6.10		0	MC	9		2.44		
Carbohydrate, by difference.....g	11.20		0	MC	9		4.48		
Fiber, total dietary.....g	2.3		0	MC	9		0.9		
Sugars, total.....g	4.40		0	MC	9		1.76		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		0	MC	9		8		
Iron, Fe.....mg	1.20		0	MC	9		0.48		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	52		0	MC	9		21		
Potassium, K.....mg	37		0	MC	9		15		
Sodium, Na.....mg	1076		0	MC	9		430		
Zinc, Zn.....mg	1.00		0	MC	9		0.40		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.040		0	MC	9		0.016		
Riboflavin.....mg	1.400		0	MC	9		0.560		
Niacin.....mg	25.700		0	MC	9		10.280		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.490		0	MC	9		0.196		
Folate, total.....µg	2		0	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	2		0	MC	9		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	102		0	MC	9		41		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		0	MC	9				

NDB No. 22119

MORNINGSTAR FARMS Veggie Dog, frozen, unprepared

Nutrients and Units	<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	0.200			MC	9	0.080		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9	0.080		
Fatty acids, total polyunsaturated.....g	0.600		0	MC	9	0.240		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 40g: 1 link

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16106

Meat extender

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.48	0.242	16		1		6.58	2.12	
Energy.....kcal	311		0	NC	4		274	88	
Energy.....kJ	1301		0	NC	4		1145	369	
Protein (N x 6.25).....g	41.71		17		1		36.71	11.83	
Total lipid (fat).....g	2.97	0.230	16		1		2.61	0.84	
Ash.....g	13.13	0.487	16		1		11.55	3.72	
Carbohydrate, by difference.....g	34.71		0	NC	4		30.54	9.84	
Fiber, total dietary.....g	17.5		0		4		15.4	5.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	204		2		1		180	58	
Iron, Fe.....mg	11.99	1.256	15		1		10.55	3.40	
Magnesium, Mg.....mg	216	4.910	14		1		190	61	
Phosphorus, P.....mg	639		0		4		562	181	
Potassium, K.....mg	1902		0		4		1674	539	
Sodium, Na.....mg	10		0		1		9	3	
Zinc, Zn.....mg	2.21		0		4		1.94	0.63	
Copper, Cu.....mg	0.304		0		4		0.268	0.086	
Manganese, Mn.....mg	0.271		0		4		0.238	0.077	
Selenium, Se.....µg	7.4		0	BFZN	4		6.5	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.702	0.054	16		1		0.618	0.199	
Riboflavin.....mg	0.891	0.069	16		1		0.784	0.253	
Niacin.....mg	22.021	1.420	16		1		19.378	6.243	
Pantothenic acid.....mg	1.492		0		4		1.313	0.423	
Vitamin B-6.....mg	1.336	0.139	14		1		1.176	0.379	
Folate, total.....µg	198		0		4		174	56	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	198		0		4		174	56	
Folate, DFE.....µg	198		0	NC	4		174	56	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	6.00	0.474	14		1		5.28	1.70	
Vitamin A, RAE.....µg	2	0.164	14		1		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32	3.280	14		1		28	9	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16106**  
**Meat extender**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.424		0		1		0.373	0.120	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.008		0		1		0.007	0.002	
15:0.....g									
16:0.....g	0.312		0		1		0.275	0.088	
17:0.....g									
18:0.....g	0.105		0		1		0.092	0.030	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.648		0		1		0.570	0.184	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.007	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.642		0		1		0.565	0.182	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.657		0		1		1.458	0.470	
18:2 undifferentiated.....g	1.461		0		1		1.286	0.414	
18:3 undifferentiated.....g	0.196		0		1		0.172	0.056	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.574		0		1		0.505	0.163	
Threonine.....g	1.615		0		1		1.421	0.458	
Isoleucine.....g	1.995		0		1		1.756	0.566	
Leucine.....g	3.263		0		1		2.871	0.925	
Lysine.....g	2.596		0		1		2.284	0.736	
Methionine.....g	0.520		0		1		0.458	0.147	
Cystine.....g	0.627		0		1		0.552	0.178	
Phenylalanine.....g	2.182		0		1		1.920	0.619	
Tyrosine.....g	1.428		0		1		1.257	0.405	
Valine.....g	2.115		0		1		1.861	0.600	
Arginine.....g	3.123		0		1		2.748	0.885	
Histidine.....g	1.068		0		1		0.940	0.303	
Alanine.....g	1.755		0		1		1.544	0.498	
Aspartic acid.....g	4.745		0		1		4.176	1.345	
Glutamic acid.....g	8.668		0		1		7.628	2.457	
Glycine.....g	1.688		0		1		1.485	0.479	
Proline.....g	2.296		0		1		2.020	0.651	
Serine.....g	2.235		0		1		1.967	0.634	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16106**

**Meat extender**

**Common Measures:**

Measure 1 = 88g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 43132  
Meatballs, meatless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.425		0		4		2.052		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.087		0		4		0.125		
13:0.....g									
14:0.....g	0.043		0		4		0.062		
15:0.....g									
16:0.....g	0.925		0		4		1.332		
17:0.....g									
18:0.....g	0.369		0		4		0.531		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.188		0		4		3.151		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188		0		4		3.151		
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	4.666		0		4		6.719		
18:2 undifferentiated.....g	4.146		0		4		5.970		
18:3 undifferentiated.....g	0.520		0		4		0.749		
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 144g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg	29.3		0	BFSN	4	5.0	80.5	
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.025		2	JO	11	0.174	2.819	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		2	JA	6	0.000	0.000	
10:0.....g	0.000		2	JA	6	0.000	0.000	
12:0.....g	0.000		2	JA	6	0.000	0.000	
13:0.....g	0.000		2	A	1	0.000	0.000	
14:0.....g	0.015		2	JA	6	0.003	0.041	
15:0.....g	0.000		2	A	1	0.000	0.000	
16:0.....g	0.750		2	JA	6	0.128	2.063	
17:0.....g	0.010		2	A	1	0.002	0.028	
18:0.....g	0.200		2	JA	6	0.034	0.550	
20:0.....g	0.000		2	A	1	0.000	0.000	
22:0.....g	0.050		2	A	1	0.009	0.138	
24:0.....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total monounsaturated.....g	1.118		2	JO	11	0.190	3.073	
14:1.....g	0.000		2	A	1	0.000	0.000	
15:1.....g	0.020		2	A	1	0.003	0.055	
16:1 undifferentiated.....g	0.000		2	JA	6	0.000	0.000	
17:1.....g	0.030		2	A	1	0.005	0.083	
18:1 undifferentiated.....g	1.043		2	JA	6	0.177	2.867	
20:1.....g	0.025		2	JA	6	0.004	0.069	
22:1 undifferentiated.....g	0.000		2	JA	6	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.884		2	JO	11	0.490	7.931	
18:2 undifferentiated.....g	2.479		2	JA	6	0.421	6.817	
18:3 undifferentiated.....g	0.405		2	JA	6	0.069	1.114	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	
20:4 undifferentiated.....g	0.000		2	JA	6	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		0		1	0	0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.155		0	A	1	0.026	0.426	
Threonine.....g	0.479		0	A	1	0.081	1.318	
Isoleucine.....g	0.508		0	A	1	0.086	1.398	
Leucine.....g	0.820		0	A	1	0.139	2.254	
Lysine.....g	0.478		0	A	1	0.081	1.315	
Methionine.....g	0.129		0	A	1	0.022	0.355	
Cystine.....g	0.000		0	A	1	0.000	0.000	
Phenylalanine.....g	0.486		0	A	1	0.083	1.336	
Tyrosine.....g	0.352		0	A	1	0.060	0.969	
Valine.....g	0.547		0	A	1	0.093	1.506	
Arginine.....g	0.784		0	A	1	0.133	2.156	
Histidine.....g	0.243		0	A	1	0.041	0.669	
Alanine.....g	0.500		0	A	1	0.085	1.375	
Aspartic acid.....g	1.171		0	A	1	0.199	3.221	
Glutamic acid.....g	1.915		0	A	1	0.325	5.265	
Glycine.....g	0.447		0	A	1	0.076	1.230	

NDB No. 16112

Miso

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.619		0	A	1	0.105	1.702
Serine.....g	0.601		0	A	1	0.102	1.652
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

**Common Measures:**

Measure 1 = 17g: 1 tbsp

Measure 2 = 275g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16379

Mothbeans, mature seeds, cooked, boiled, with salt

mat bean, moth bean

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.23		0		1		122.54		
Energy.....kcal	117		0	NC	4		207		
Energy.....kJ	490				4		866		
Protein (N x 6.25).....g	7.81		0		1		13.82		
Total lipid (fat).....g	0.55		0		1		0.97		
Ash.....g	1.45		0		1		2.57		
Carbohydrate, by difference.....g	20.96		0	NC	4		37.10		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0		1		5		
Iron, Fe.....mg	3.14		0		1		5.56		
Magnesium, Mg.....mg	104		0		1		184		
Phosphorus, P.....mg	150		0		1		266		
Potassium, K.....mg	304		0		1		538		
Sodium, Na.....mg	246		0		1		435		
Zinc, Zn.....mg	0.59		0		1		1.04		
Copper, Cu.....mg	0.164		0		1		0.290		
Manganese, Mn.....mg	0.527		0		1		0.933		
Selenium, Se.....µg	2.8		0	BFSN	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		1.8		
Thiamin.....mg	0.124		0		1		0.219		
Riboflavin.....mg	0.023		0		1		0.041		
Niacin.....mg	0.668		0		1		1.182		
Pantothenic acid.....mg	0.391		0		4		0.692		
Vitamin B-6.....mg	0.093		0		4		0.165		
Folate, total.....µg	143		0		4		254		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	143		0		4		254		
Folate, DFE.....µg	143		0	NC	4		254		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		0		1		18		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16379

Mothbeans, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.124		0		1		0.219		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.107		0		1		0.189		
17:0.....g									
18:0.....g	0.017		0		1		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.044		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.078		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0		1		0.453		
18:2 undifferentiated.....g	0.165		0		1		0.292		
18:3 undifferentiated.....g	0.090		0		1		0.159		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0		1		0.089		
Threonine.....g									
Isoleucine.....g	0.388		0		1		0.687		
Leucine.....g	0.525		0		1		0.929		
Lysine.....g	0.425		0		1		0.752		
Methionine.....g	0.075		0		1		0.133		
Cystine.....g	0.040		0		1		0.071		
Phenylalanine.....g	0.350		0		1		0.620		
Tyrosine.....g									
Valine.....g	0.250		0		1		0.443		
Arginine.....g									
Histidine.....g	0.263		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**NDB No. 16379**

**Mothbeans, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16079

Mothbeans, mature seeds, cooked, boiled, without salt

mat bean, moth bean

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.23		0		1		122.54		
Energy.....kcal	117		0	NC	4		207		
Energy.....kJ	490				4		866		
Protein (N x 6.25).....g	7.81		0		1		13.82		
Total lipid (fat).....g	0.55		0		1		0.97		
Ash.....g	1.45		0		1		2.57		
Carbohydrate, by difference.....g	20.96		0	NC	4		37.10		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0		1		5		
Iron, Fe.....mg	3.14		0		1		5.56		
Magnesium, Mg.....mg	104		0		1		184		
Phosphorus, P.....mg	150		0		1		266		
Potassium, K.....mg	304		0		1		538		
Sodium, Na.....mg	10		0		1		18		
Zinc, Zn.....mg	0.59		0		1		1.04		
Copper, Cu.....mg	0.164		0		1		0.290		
Manganese, Mn.....mg	0.527		0		1		0.933		
Selenium, Se.....µg	2.8		0	BFSN	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		1.8		
Thiamin.....mg	0.124		0		1		0.219		
Riboflavin.....mg	0.023		0		1		0.041		
Niacin.....mg	0.668		0		1		1.182		
Pantothenic acid.....mg	0.391		0		4		0.692		
Vitamin B-6.....mg	0.093		0		4		0.165		
Folate, total.....µg	143		0		4		254		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	143		0		4		254		
Folate, DFE.....µg	143		0	NC	4		254		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		0		1		18		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16079

Mothbeans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.124		0		1		0.219		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.107		0		1		0.189		
17:0.....g									
18:0.....g	0.017		0		1		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.044		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.078		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0		1		0.453		
18:2 undifferentiated.....g	0.165		0		1		0.292		
18:3 undifferentiated.....g	0.090		0		1		0.159		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0		1		0.089		
Threonine.....g									
Isoleucine.....g	0.388		0		1		0.687		
Leucine.....g	0.525		0		1		0.929		
Lysine.....g	0.425		0		1		0.752		
Methionine.....g	0.075		0		1		0.133		
Cystine.....g	0.040		0		1		0.071		
Phenylalanine.....g	0.350		0		1		0.620		
Tyrosine.....g									
Valine.....g	0.250		0		1		0.443		
Arginine.....g									
Histidine.....g	0.263		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**NDB No. 16079**

**Mothbeans, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16078

Mothbeans, mature seeds, raw

*Vigna aconitifolia*

mat bean, moth bean

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.68	0.667	5		1		18.97		
Energy.....kcal	343		0	NC	4		672		
Energy.....kJ	1435				4		2813		
Protein (N x 6.25).....g	22.94	0.212	5		1		44.96		
Total lipid (fat).....g	1.61		2		1		3.16		
Ash.....g	4.26	0.228	5		1		8.35		
Carbohydrate, by difference.....g	61.52		0	NC	4		120.58		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	150	14.044	5		1		294		
Iron, Fe.....mg	10.85	2.040	5		1		21.27		
Magnesium, Mg.....mg	381	67.277	5		1		747		
Phosphorus, P.....mg	489	52.785	5		1		958		
Potassium, K.....mg	1191		2		1		2334		
Sodium, Na.....mg	30		1		1		59		
Zinc, Zn.....mg	1.92		1		1		3.76		
Copper, Cu.....mg	0.688		2		1		1.348		
Manganese, Mn.....mg	1.820		1		1		3.567		
Selenium, Se.....µg	8.2		0	CAZN	4		16.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		1		1		7.8		
Thiamin.....mg	0.562		1		1		1.102		
Riboflavin.....mg	0.091		1		1		0.178		
Niacin.....mg	2.800		1		1		5.488		
Pantothenic acid.....mg	1.535		0		4		3.009		
Vitamin B-6.....mg	0.366		0		4		0.717		
Folate, total.....µg	649		0		4		1272		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	649		0		4		1272		
Folate, DFE.....µg	649		0	NC	4		1272		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	2		1		1		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		1		1		63		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 16078**  
**Mothbeans, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.364		0			1		0.713	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.313		0			1		0.613	
17:0.....g									
18:0.....g	0.051		0			1		0.100	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.129		0			1		0.253	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.129		0			1		0.253	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0			1		1.470	
18:2 undifferentiated.....g	0.485		0			1		0.951	
18:3 undifferentiated.....g	0.265		0			1		0.519	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7		0.000	
Cholesterol.....mg	0		0			1		0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.147		1			1		0.288	
Threonine.....g									
Isoleucine.....g	1.138		1			1		2.230	
Leucine.....g	1.541		1			1		3.020	
Lysine.....g	1.248		1			1		2.446	
Methionine.....g	0.220		2			1		0.431	
Cystine.....g	0.117		2			1		0.229	
Phenylalanine.....g	1.028		1			1		2.015	
Tyrosine.....g									
Valine.....g	0.734		1			1		1.439	
Arginine.....g									
Histidine.....g	0.771		1			1		1.511	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**NDB No. 16078**

**Mothbeans, mature seeds, raw**

**Common Measures:**

Measure 1 = 196g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16381

Mung beans, mature seeds, cooked, boiled, 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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.116		0		1		0.234		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.083		0		1		0.168		
17:0.....g									
18:0.....g	0.024		0		1		0.048		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.054		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.109		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.259		
18:2 undifferentiated.....g	0.119		0		1		0.240		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.076		0		1		0.154		
Threonine.....g	0.230		0		1		0.465		
Isoleucine.....g	0.297		0		1		0.600		
Leucine.....g	0.544		0		1		1.099		
Lysine.....g	0.490		0		1		0.990		
Methionine.....g	0.084		0		1		0.170		
Cystine.....g	0.062		0		1		0.125		
Phenylalanine.....g	0.425		0		1		0.859		
Tyrosine.....g	0.210		0		1		0.424		
Valine.....g	0.364		0		1		0.735		
Arginine.....g	0.492		0		1		0.994		
Histidine.....g	0.205		0		1		0.414		
Alanine.....g	0.309		0		1		0.624		
Aspartic acid.....g	0.812		0		1		1.640		
Glutamic acid.....g	1.256		0		1		2.537		
Glycine.....g	0.281		0		1		0.568		
Proline.....g	0.323		0		1		0.652		
Serine.....g	0.346		0		1		0.699		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16381

Mung beans, mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 202g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16081

Mung beans, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.116		0		1		0.234		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.083		0		1		0.168		
17:0.....g									
18:0.....g	0.024		0		1		0.048		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.054		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.109		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.259		
18:2 undifferentiated.....g	0.119		0		1		0.240		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.076		0		1		0.154		
Threonine.....g	0.230		0		1		0.465		
Isoleucine.....g	0.297		0		1		0.600		
Leucine.....g	0.544		0		1		1.099		
Lysine.....g	0.490		0		1		0.990		
Methionine.....g	0.084		0		1		0.170		
Cystine.....g	0.062		0		1		0.125		
Phenylalanine.....g	0.425		0		1		0.859		
Tyrosine.....g	0.210		0		1		0.424		
Valine.....g	0.364		0		1		0.735		
Arginine.....g	0.492		0		1		0.994		
Histidine.....g	0.205		0		1		0.414		
Alanine.....g	0.309		0		1		0.624		
Aspartic acid.....g	0.812		0		1		1.640		
Glutamic acid.....g	1.256		0		1		2.537		
Glycine.....g	0.281		0		1		0.568		
Proline.....g	0.323		0		1		0.652		
Serine.....g	0.346		0		1		0.699		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16081

Mung beans, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 202g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16080**  
**Mung beans, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.348		0		1		0.720	0.045
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.250		0		1		0.518	0.033
17:0.....g								
18:0.....g	0.071		0		1		0.147	0.009
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.161		0		1		0.333	0.021
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	0.161		0		1		0.333	0.021
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.384		0		1		0.795	0.050
18:2 undifferentiated.....g	0.357		0		1		0.739	0.046
18:3 undifferentiated.....g	0.027		0		1		0.056	0.004
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	0.000		0	Z	7		0.000	0.000
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg	23		0		1		48	3
<b>Amino Acids:</b>								
Tryptophan.....g	0.260		61		1		0.538	0.034
Threonine.....g	0.782		51		1		1.619	0.102
Isoleucine.....g	1.008		46		1		2.087	0.131
Leucine.....g	1.847		46		1		3.823	0.240
Lysine.....g	1.664		383		1		3.444	0.216
Methionine.....g	0.286		423		1		0.592	0.037
Cystine.....g	0.210		30		1		0.435	0.027
Phenylalanine.....g	1.443		46		1		2.987	0.188
Tyrosine.....g	0.714		26		1		1.478	0.093
Valine.....g	1.237		46		1		2.561	0.161
Arginine.....g	1.672		44		1		3.461	0.217
Histidine.....g	0.695		44		1		1.439	0.090
Alanine.....g	1.050		21		1		2.174	0.137
Aspartic acid.....g	2.756		21		1		5.705	0.358
Glutamic acid.....g	4.264		21		1		8.826	0.554
Glycine.....g	0.954		21		1		1.975	0.124
Proline.....g	1.095		19		1		2.267	0.142
Serine.....g	1.176		21		1		2.434	0.153
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

**NDB No. 16080**  
**Mung beans, mature seeds, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Mungo beans, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.038		0		1		0.068		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.038		0		1		0.068		
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.052		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.359		0		1		0.646		
18:2 undifferentiated.....g	0.024		0		1		0.043		
18:3 undifferentiated.....g	0.335		0		1		0.603		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.078		0		1		0.140		
Threonine.....g	0.262		0		1		0.472		
Isoleucine.....g	0.385		0		1		0.693		
Leucine.....g	0.625		0		1		1.125		
Lysine.....g	0.500		0		1		0.900		
Methionine.....g	0.110		0		1		0.198		
Cystine.....g	0.070		0		1		0.126		
Phenylalanine.....g	0.440		0		1		0.792		
Tyrosine.....g	0.234		0		1		0.421		
Valine.....g	0.423		0		1		0.761		
Arginine.....g	0.491		0		1		0.884		
Histidine.....g	0.211		0		1		0.380		
Alanine.....g	0.322		0		1		0.580		
Aspartic acid.....g	0.882		0		1		1.588		
Glutamic acid.....g	1.234		0		1		2.221		
Glycine.....g	0.315		0		1		0.567		
Proline.....g	0.349		0		1		0.628		
Serine.....g	0.397		0		1		0.715		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16384

Mungo beans, mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Mungo beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.038		0		1		0.068	0.026	
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	0.038		0		1		0.068	0.026	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.052	0.020	
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	0.029		0		1		0.052	0.020	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.359		0		1		0.646	0.248	
18:2 undifferentiated.....g	0.024		0		1		0.043	0.017	
18:3 undifferentiated.....g	0.335		0		1		0.603	0.231	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.078		0		1		0.140	0.054	
Threonine.....g	0.262		0		1		0.472	0.181	
Isoleucine.....g	0.385		0		1		0.693	0.266	
Leucine.....g	0.625		0		1		1.125	0.431	
Lysine.....g	0.500		0		1		0.900	0.345	
Methionine.....g	0.110		0		1		0.198	0.076	
Cystine.....g	0.070		0		1		0.126	0.048	
Phenylalanine.....g	0.440		0		1		0.792	0.304	
Tyrosine.....g	0.234		0		1		0.421	0.161	
Valine.....g	0.423		0		1		0.761	0.292	
Arginine.....g	0.491		0		1		0.884	0.339	
Histidine.....g	0.211		0		1		0.380	0.146	
Alanine.....g	0.322		0		1		0.580	0.222	
Aspartic acid.....g	0.882		0		1		1.588	0.609	
Glutamic acid.....g	1.234		0		1		2.221	0.851	
Glycine.....g	0.315		0		1		0.567	0.217	
Proline.....g	0.349		0		1		0.628	0.241	
Serine.....g	0.397		0		1		0.715	0.274	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16084

Mungo beans, mature seeds, cooked, boiled, without salt

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

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

**Common Measures:**

Measure 1 = 180g: 1 cup

Measure 2 = 69g: 1 oz dry, yield after cooking

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16083

Mungo beans, mature seeds, raw

Vigna mungo

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.80	1.591	10	A	1		22.36		
Energy.....kcal	341		0	NC	4		706		
Energy.....kJ	1427				4		2953		
Protein (N x 6.25).....g	25.21	0.590	19	A	1		52.18		
Total lipid (fat).....g	1.64	0.289	8	A	1		3.39		
Ash.....g	3.36	0.168	9	A	1		6.96		
Carbohydrate, by difference.....g	58.99		0	NC	4		122.11		
Fiber, total dietary.....g	18.3	0.919	3	A	1		37.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138	21.658	9	A	1		286		
Iron, Fe.....mg	7.57	0.618	8	A	1		15.67		
Magnesium, Mg.....mg	267	46.272	6	A	1		553		
Phosphorus, P.....mg	379	83.385	9	A	1		785		
Potassium, K.....mg	983	38.658	5	A	1		2035		
Sodium, Na.....mg	38	7.336	4	A	1		79		
Zinc, Zn.....mg	3.35	0.406	3	A	1		6.93		
Copper, Cu.....mg	0.981	0.174	5	A	1		2.031		
Manganese, Mn.....mg	1.527	0.037	3	A	1		3.161		
Selenium, Se.....µg	8.2		0	CAZN	4		17.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.273	0.054	5	A	1		0.565		
Riboflavin.....mg	0.254	0.035	11	A	1		0.526		
Niacin.....mg	1.447	0.324	5	A	1		2.995		
Pantothenic acid.....mg	0.906		2	A	1		1.875		
Vitamin B-6.....mg	0.281	0.024	9	A	1		0.582		
Folate, total.....µg	216		2	A	1		447		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	216		2	A	1		447		
Folate, DFE.....µg	216		0	NC	4		447		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		2	A	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	23		2	A	1		48		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16083

Mungo beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.114		0		1		0.236		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.144		0		1		0.298		
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.085		0		1		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.085		0		1		0.176		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.071		0		1		2.217		
18:2 undifferentiated.....g	0.072		0		1		0.149		
18:3 undifferentiated.....g	0.999		0		1		2.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		56		1		0.544		
Threonine.....g	0.875		14		1		1.811		
Isoleucine.....g	1.287		8		1		2.664		
Leucine.....g	2.089		8		1		4.324		
Lysine.....g	1.674		29		1		3.465		
Methionine.....g	0.367		56		1		0.760		
Cystine.....g	0.234		4		1		0.484		
Phenylalanine.....g	1.473		8		1		3.049		
Tyrosine.....g	0.783		7		1		1.621		
Valine.....g	1.416		8		1		2.931		
Arginine.....g	1.642		9		1		3.399		
Histidine.....g	0.706		9		1		1.461		
Alanine.....g	1.077		6		1		2.229		
Aspartic acid.....g	2.948		7		1		6.102		
Glutamic acid.....g	4.126		7		1		8.541		
Glycine.....g	1.053		6		1		2.180		
Proline.....g	1.166		6		1		2.414		
Serine.....g	1.327		6		1		2.747		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16083**

**Mungo beans, mature seeds, raw**

**Common Measures:**

Measure 1 = 207g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.591		0		1		2.784		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.031		0		1		0.054		
15:0.....g									
16:0.....g	1.168		0		1		2.044		
17:0.....g									
18:0.....g	0.393		0		1		0.688		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.430		0		1		4.253		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		1		0.054		
17:1.....g									
18:1 undifferentiated.....g	2.399		0		1		4.198		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.210		0		1		10.868		
18:2 undifferentiated.....g	5.476		0		1		9.583		
18:3 undifferentiated.....g	0.734		0		1		1.285		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.223		3		1		0.390		
Threonine.....g	0.813		3		1		1.423		
Isoleucine.....g	0.931		3		1		1.629		
Leucine.....g	1.509		3		1		2.641		
Lysine.....g	1.145		3		1		2.004		
Methionine.....g	0.208		3		1		0.364		
Cystine.....g	0.220		3		1		0.385		
Phenylalanine.....g	0.941		3		1		1.647		
Tyrosine.....g	0.556		3		1		0.973		
Valine.....g	1.018		3		1		1.782		
Arginine.....g	0.909		3		1		1.591		
Histidine.....g	0.512		3		1		0.896		
Alanine.....g	0.798		3		1		1.397		
Aspartic acid.....g	1.956		3		1		3.423		
Glutamic acid.....g	3.337		3		1		5.840		
Glycine.....g	0.646		3		1		1.131		
Proline.....g	1.403		3		1		2.455		
Serine.....g	1.121		3		1		1.962		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16113

Natto

Nutrients and Units	<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

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

**Common Measures:**

Measure 1 = 175g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16082

Noodles, chinese, cellophane or long rice (mung beans), dehydrated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.017		0		1		0.024		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.012		0		1		0.017		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.011		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.018		0		1		0.025		
18:2 undifferentiated.....g	0.017		0		1		0.024		
18:3 undifferentiated.....g	0.001		0		1		0.001		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.002		0		1		0.003		
Threonine.....g	0.005		0		1		0.007		
Isoleucine.....g	0.007		0		1		0.010		
Leucine.....g	0.013		0		1		0.018		
Lysine.....g	0.011		0		1		0.015		
Methionine.....g	0.002		0		1		0.003		
Cystine.....g	0.001		0		1		0.001		
Phenylalanine.....g	0.010		0		1		0.014		
Tyrosine.....g	0.005		0		1		0.007		
Valine.....g	0.008		0		1		0.011		
Arginine.....g	0.011		0		1		0.015		
Histidine.....g	0.005		0		1		0.007		
Alanine.....g	0.007		0		1		0.010		
Aspartic acid.....g	0.019		0		1		0.027		
Glutamic acid.....g	0.029		0		1		0.041		
Glycine.....g	0.007		0		1		0.010		
Proline.....g	0.007		0		1		0.010		
Serine.....g	0.008		0		1		0.011		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16082

Noodles, chinese, cellophane or long rice (mung beans), dehydrated

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

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

**Common Measures:**

Measure 1 = 140g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16130

Okara

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.64		2		1		99.60		
Energy.....kcal	76		0	NC	4		93		
Energy.....kJ	320		0	NC	4		390		
Protein (N x 6.25).....g	3.52		2		1		4.30		
Total lipid (fat).....g	1.73		2		1		2.11		
Ash.....g	0.88		2		1		1.07		
Carbohydrate, by difference.....g	12.23		0	NC	4		14.92		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80		1		1		98		
Iron, Fe.....mg	1.30		1		1		1.59		
Magnesium, Mg.....mg	26		1		1		32		
Phosphorus, P.....mg	60		1		1		73		
Potassium, K.....mg	213		1		1		260		
Sodium, Na.....mg	9		1		1		11		
Zinc, Zn.....mg	0.56		0		4		0.68		
Copper, Cu.....mg	0.200		0		4		0.244		
Manganese, Mn.....mg	0.404		0		4		0.493		
Selenium, Se.....µg	10.6		0	BFSN	4		12.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.020		1		1		0.024		
Riboflavin.....mg	0.020		1		1		0.024		
Niacin.....mg	0.100		1		1		0.122		
Pantothenic acid.....mg	0.088		0		4		0.107		
Vitamin B-6.....mg	0.115		0		4		0.140		
Folate, total.....µg	26		0		4		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	26		0		4		32		
Folate, DFE.....µg	26		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		1		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.193		0		1		0.235		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0		1		0.005		
15:0.....g									
16:0.....g	0.142		0		1		0.173		
17:0.....g									
18:0.....g	0.048		0		1		0.059		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.295		0		1		0.360		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.292		0		1		0.356		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.755		0		1		0.921		
18:2 undifferentiated.....g	0.666		0		1		0.813		
18:3 undifferentiated.....g	0.089		0		1		0.109		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0		1		0.061		
Threonine.....g	0.131		0		1		0.160		
Isoleucine.....g	0.159		0		1		0.194		
Leucine.....g	0.244		0		1		0.298		
Lysine.....g	0.212		0		1		0.259		
Methionine.....g	0.041		0		1		0.050		
Cystine.....g	0.044		0		1		0.054		
Phenylalanine.....g	0.157		0		1		0.192		
Tyrosine.....g	0.108		0		1		0.132		
Valine.....g	0.162		0		1		0.198		
Arginine.....g	0.214		0		1		0.261		
Histidine.....g	0.093		0		1		0.113		
Alanine.....g	0.132		0		1		0.161		
Aspartic acid.....g	0.355		0		1		0.433		
Glutamic acid.....g	0.556		0		1		0.678		
Glycine.....g	0.126		0		1		0.154		
Proline.....g	0.173		0		1		0.211		
Serine.....g	0.151		0		1		0.184		
Hydroxyproline.....g									

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



**NDB No. 16130**

**Okara**

**Common Measures:**

Measure 1 = 122g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16203  
PACE, Salsa Refried Beans

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

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

**Common Measures:**

Measure 1 = 120g: .5 cup

Measure 2 = 120g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16204

**PACE, Spicy Jalapeno Refried Beans**

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

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

**Common Measures:**

Measure 1 = 120g: .5 cup

Measure 2 = 120g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16202  
PACE, Traditional Refried Beans

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

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

**Common Measures:**

Measure 1 = 120g: .5 cup

Measure 2 = 120g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42200

Papad

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.49		0	RC					4
Energy.....kcal	371		0	NC					4
Energy.....kJ	1552		0	NC					4
Protein.....g	25.56		0	RC					4
Total lipid (fat).....g	3.25		0	RC					4
Ash.....g	7.82		0	RC					4
Carbohydrate, by difference.....g	59.87		0	NC					4
Fiber, total dietary.....g	18.6		0	RC					4
Sugars, total.....g	0.00		0	RC					4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143		0	RC					4
Iron, Fe.....mg	7.80		0	RC					4
Magnesium, Mg.....mg	271		0	RC					4
Phosphorus, P.....mg	385		0	RC					4
Potassium, K.....mg	1000		0	RC					4
Sodium, Na.....mg	1745		0	RC					4
Zinc, Zn.....mg	3.40		0	RC					4
Copper, Cu.....mg	0.998		0	RC					4
Manganese, Mn.....mg	1.562		0	RC					4
Selenium, Se.....µg	8.3		0	RC					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC					4
Thiamin.....mg	0.277		0	RC					4
Riboflavin.....mg	0.258		0	RC					4
Niacin.....mg	1.472		0	RC					4
Pantothenic acid.....mg	0.917		0	RC					4
Vitamin B-6.....mg	0.285		0	RC					4
Folate, total.....µg	219		0	RC					4
Folic acid.....µg	0		0	RC					4
Folate, food.....µg	219		0	RC					4
Folate, DFE.....µg	219		0	NC					4
Choline, total.....mg	0.4		0	RC					4
Betaine.....mg	0.0		0	RC					4
Vitamin B-12.....µg	0.00		0	RC					4
Vitamin B-12, added.....µg	0.00		0	RC					4
Vitamin A, RAE.....µg	13		0	NC					4
Retinol.....µg	13		0	RC					4
Carotene, beta.....µg	4		0	RC					4
Carotene, alpha.....µg	0		0	RC					4
Cryptoxanthin, beta.....µg	0		0	RC					4
Vitamin A, IU.....IU	50		0	NC					4
Lycopene.....µg	0		0	RC					4
Lutein + zeaxanthin.....µg	1		0	RC					4
Vitamin E (alpha-tocopherol).....mg	0.05		0	RC					4
Vitamin E, added.....mg	0.00		0	RC					4
Tocopherol, beta.....mg	0.00		0	RC					4
Tocopherol, gamma.....mg	0.01		0	RC					4
Tocopherol, delta.....mg	0.00		0	RC					4
Tocotrienol, alpha.....mg	0.00		0	RC					4
Tocotrienol, beta.....mg	0.00		0	RC					4
Tocotrienol, gamma.....mg	0.00		0	RC					4
Tocotrienol, delta.....mg	0.00		0	RC					4
Vitamin D (D2 + D3).....µg	0.0		0	Z					7
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	RC					4
Vitamin K (phylloquinone).....µg	0.4		0	RC					4





NDB No. 42200

Papad

Nutrients and Units	<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					
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RC		4			
Caffeine.....mg	0		0	RC		4			
Theobromine.....mg	0		0	RC		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:** 16 Legumes and Legume Products  
 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.691		0	NC	4		1.551		
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	0.001	0.001	4	A	1		0.000		
10:0.....g	0.020	0.002	4	A	1		0.003		
12:0.....g	0.011	0.006	4	A	1		0.002		
13:0.....g									
14:0.....g	0.046	0.008	4	A	1		0.007		
15:0.....g	0.008	0.000	4	A	1		0.001		
16:0.....g	5.317	0.379	4	A	1		0.851		
17:0.....g	0.043	0.002	4	A	1		0.007		
18:0.....g	1.417	0.068	4	A	1		0.227		
20:0.....g	0.579	0.022	4	A	1		0.093		
22:0.....g	1.329	0.029	4	A	1		0.213		
24:0.....g	0.920	0.014	4	A	1		0.147		
Fatty acids, total monounsaturated.....g	36.614		0	NC	4		5.858		
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	0.058	0.001	4	AS	1		0.009		
16:1 c.....g	0.058	0.001	4	A	1		0.009		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.044	0.001	4	A	1		0.007		
18:1 undifferentiated.....g	35.375	0.791	4	AS	1		5.660		
18:1 c.....g	35.351	0.791	4	A	1		5.656		
18:1 t.....g	0.023	0.001	4	A	1		0.004		
18:1-11 t (18:1t n-7).....g									
20:1.....g	1.026	0.028	4	A	1		0.164		
22:1 undifferentiated.....g	0.110	0.012	4	AS	1		0.018		
22:1 c.....g	0.109	0.012	4	A	1		0.017		
22:1 t.....g	0.001	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	6.950		0	NC	4		1.112		
18:2 undifferentiated.....g	3.843	0.251	4	AS	1		0.615		
18:2 n-6 c,c.....g	3.817	0.252	4	A	1		0.611		
18:2 CLAs.....g	0.013	0.001	4	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.001	4	A	1		0.002		
18:3 undifferentiated.....g	2.933	0.100	4	AS	1		0.469		
18:3 n-3 c,c,c (ALA).....g	2.928	0.098	4	A	1		0.469		
18:3 n-6 c,c,c.....g	0.005	0.002	4	A	1		0.001		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.007	0.000	4	A	1		0.001		
20:3 undifferentiated.....g	0.004	0.002	4	AS	1		0.001		
20:3 n-3.....g	0.002	0.001	4	A	1		0.000		
20:3 n-6.....g	0.003	0.003	4	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	0.164	0.005	4	A	1		0.026		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.037		0	NC	4		0.006		
Fatty acids, total trans-monoenoic.....g	0.025		0	NC	4		0.004		
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4		0.002		
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 16399  
Peanut butter with omega-3, creamy

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

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food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16097

Peanut butter, chunk style, with salt (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	1.14	0.003	227	JA	6		0.36	2.94	
Energy.....kcal	589		0	NC	4		188	1520	
Energy.....kJ	2464		0		4		789	6358	
Protein (N x 5.46).....g	24.06	0.001	295	JA	6		7.70	62.08	
Total lipid (fat).....g	49.94	0.006	299	JA	6		15.98	128.84	
Ash.....g	3.29	0.001	210	JA	6		1.05	8.49	
Carbohydrate, by difference.....g	21.57		0	NC	4		6.90	55.65	
Fiber, total dietary.....g	8.0	0.652	8	JA	6		2.6	20.6	
Sugars, total.....g	8.41	0.203	4	A	1		2.69	21.69	
Sucrose.....g	4.19	2.418	4	A	1		1.34	10.80	
Glucose (dextrose).....g	4.22	2.364	4	A	1		1.35	10.89	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	4.93	0.163	4	A	1		1.58	12.73	
<b>Minerals:</b>									
Calcium, Ca.....mg	45	2.291	11	JA	6		15	117	
Iron, Fe.....mg	1.90	0.003	263	JA	6		0.61	4.91	
Magnesium, Mg.....mg	160	0.084	196	JA	6		51	412	
Phosphorus, P.....mg	319	0.297	196	JA	6		102	822	
Potassium, K.....mg	745	0.213	190	JA	6		238	1921	
Sodium, Na.....mg	486	0.835	274	JA	6		155	1253	
Zinc, Zn.....mg	2.79	0.006	196	JA	6		0.89	7.20	
Copper, Cu.....mg	0.578	0.026	6	JA	6		0.185	1.491	
Manganese, Mn.....mg	1.800	0.074	6	JA	6		0.576	4.644	
Selenium, Se.....µg	8.2	0.615	30	A	1		2.6	21.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.106	0.003	11	JA	6		0.034	0.272	
Riboflavin.....mg	0.111	0.002	11	JA	6		0.036	0.286	
Niacin.....mg	13.696	0.003	277	JA	6		4.383	35.335	
Pantothenic acid.....mg	1.118	0.027	6	JA	6		0.358	2.884	
Vitamin B-6.....mg	0.418	0.009	5	JA	6		0.134	1.079	
Folate, total.....µg	92		2		1		29	237	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	92		2		1		29	237	
Folate, DFE.....µg	92		0	NC	4		29	237	
Choline, total.....mg	61.3	2.117	3	AS	1		19.6	158.1	
Betaine.....mg	1.0	0.373	3	A	1		0.3	2.6	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	6.30	1.400	4	A	1		2.02	16.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.22	0.024	4	A	1		0.07	0.58	
Tocopherol, gamma.....mg	7.98	0.581	4	A	1		2.55	20.59	
Tocopherol, delta.....mg	0.73	0.075	4	A	1		0.23	1.88	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

Peanut butter, chunk style, with salt (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.5		2	A	1		0.2	1.4	
Dihydrophyloquinone.....µg	0.5		2	A	1		0.1	1.2	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.607		0	NC	4		2.434	19.627	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.178	0.020	3	JA	6		0.057	0.458	
13:0.....g									
14:0.....g	0.050		0		1		0.016	0.129	
15:0.....g									
16:0.....g	6.058	0.078	4	JA	6		1.939	15.630	
17:0.....g									
18:0.....g	0.682	0.269	4	JA	6		0.218	1.760	
20:0.....g	0.640	0.046	4	A	1		0.205	1.650	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.123		0	NC	4		7.399	59.657	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	22.333	0.463	4	JA	6		7.146	57.618	
20:1.....g	0.790	0.038	4	JA	6		0.253	2.038	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.932		0	NC	4		4.458	35.944	
18:2 undifferentiated.....g	13.854	0.312	4	JA	6		4.433	35.743	
18:3 undifferentiated.....g	0.078		0		1		0.025	0.201	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	11	0.109	4	A	1		4	29	
Campesterol.....mg	15	0.223	4	A	1		5	38	
Beta-sitosterol.....mg	77	1.301	4	A	1		25	199	
<b>Amino Acids:</b>									
Tryptophan.....g	0.228		0	A	1		0.073	0.588	
Threonine.....g	0.518		0	A	1		0.166	1.335	
Isoleucine.....g	0.608		0	A	1		0.194	1.568	
Leucine.....g	1.525		0	A	1		0.488	3.935	
Lysine.....g	0.671		0	A	1		0.215	1.732	
Methionine.....g	0.262		0	A	1		0.084	0.676	
Cystine.....g	0.226		0	A	1		0.072	0.583	
Phenylalanine.....g	1.185		0	A	1		0.379	3.058	
Tyrosine.....g	0.818		0	A	1		0.262	2.110	
Valine.....g	0.772		0	A	1		0.247	1.991	

NDB No. 16097

Peanut butter, chunk style, with salt (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	2.731		0	A	1		0.874	7.045	
Histidine.....g	0.550		0	A	1		0.176	1.418	
Alanine.....g	0.903		0	A	1		0.289	2.331	
Aspartic acid.....g	3.012		0	A	1		0.964	7.771	
Glutamic acid.....g	5.023		0	A	1		1.607	12.959	
Glycine.....g	1.417		0	A	1		0.453	3.656	
Proline.....g	1.389		0	A	1		0.444	3.583	
Serine.....g	1.461		0	A	1		0.468	3.770	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Footnotes:**

1 Other phytosterols total 94.2 mg/100g; these include beta-sitosterol (77.2) delta 5-avenasterol (15.0), and campestanol (2.0)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16397

Peanut butter, chunk style, without salt (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
<b>Proximates:</b>									
Water.....g	1.14	0.003	227	JA	6		0.36	2.94	
Energy.....kcal	589		0	NC	4		188	1520	
Energy.....kJ	2464		0		4		789	6358	
Protein (N x 5.46).....g	24.06	0.001	295	JA	6		7.70	62.08	
Total lipid (fat).....g	49.94	0.006	299	JA	6		15.98	128.84	
Ash.....g	3.29	0.001	210	JA	6		1.05	8.49	
Carbohydrate, by difference.....g	21.57		0	NC	4		6.90	55.65	
Fiber, total dietary.....g	8.0	0.652	8	JA	6		2.6	20.6	
Sugars, total.....g	8.41	0.203	4	A	1		2.69	21.69	
Sucrose.....g	4.19	2.418	4	A	1		1.34	10.80	
Glucose (dextrose).....g	4.22	2.364	4	A	1		1.35	10.89	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	4.93	0.163	4	A	1		1.58	12.73	
<b>Minerals:</b>									
Calcium, Ca.....mg	45	2.291	11	JA	6		15	117	
Iron, Fe.....mg	1.90	0.003	263	JA	6		0.61	4.91	
Magnesium, Mg.....mg	160	0.084	196	JA	6		51	412	
Phosphorus, P.....mg	319	0.297	196	JA	6		102	822	
Potassium, K.....mg	745	0.213	190	JA	6		238	1921	
Sodium, Na.....mg	17		0	A	1		5	44	
Zinc, Zn.....mg	2.79	0.006	196	JA	6		0.89	7.20	
Copper, Cu.....mg	0.578	0.026	6	JA	6		0.185	1.491	
Manganese, Mn.....mg	1.800	0.074	6	JA	6		0.576	4.644	
Selenium, Se.....µg	8.2	0.615	30	A	1		2.6	21.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.106	0.003	11	JA	6		0.034	0.272	
Riboflavin.....mg	0.111	0.002	11	JA	6		0.036	0.286	
Niacin.....mg	13.696	0.003	277	JA	6		4.383	35.335	
Pantothenic acid.....mg	1.118	0.027	6	JA	6		0.358	2.884	
Vitamin B-6.....mg	0.418	0.009	5	JA	6		0.134	1.079	
Folate, total.....µg	92		2		1		29	237	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	92		2		1		29	237	
Folate, DFE.....µg	92		0	NC	4		29	237	
Choline, total.....mg	61.3	2.117	3	AS	1		19.6	158.1	
Betaine.....mg	1.0	0.373	3	A	1		0.3	2.6	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	6.30	1.400	4	A	1		2.02	16.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.22	0.024	4	A	1		0.07	0.58	
Tocopherol, gamma.....mg	7.98	0.581	4	A	1		2.55	20.59	
Tocopherol, delta.....mg	0.73	0.075	4	A	1		0.23	1.88	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.5		2	A	1		0.2	1.4	
Dihydrophyloquinone.....µg	0.5		2	A	1		0.1	1.2	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.607		0	NC	4		2.434	19.627	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.178	0.020	3	JA	6		0.057	0.458	
13:0.....g									
14:0.....g	0.050		0		1		0.016	0.129	
15:0.....g									
16:0.....g	6.058	0.078	4	JA	6		1.939	15.630	
17:0.....g									
18:0.....g	0.682	0.269	4	JA	6		0.218	1.760	
20:0.....g	0.640	0.046	4	A	1		0.205	1.650	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.123		0	NC	4		7.399	59.657	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	22.333	0.463	4	JA	6		7.146	57.618	
20:1.....g	0.790	0.038	4	JA	6		0.253	2.038	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.932		0	NC	4		4.458	35.944	
18:2 undifferentiated.....g	13.854	0.312	4	JA	6		4.433	35.743	
18:3 undifferentiated.....g	0.078		0		1		0.025	0.201	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	11	0.109	4	A	1		4	29	
Campesterol.....mg	15	0.223	4	A	1		5	38	
Beta-sitosterol.....mg	77	1.301	4	A	1		25	199	
<b>Amino Acids:</b>									
Tryptophan.....g	0.228		0	A	1		0.073	0.588	
Threonine.....g	0.518		0	A	1		0.166	1.335	
Isoleucine.....g	0.608		0	A	1		0.194	1.568	
Leucine.....g	1.525		0	A	1		0.488	3.935	
Lysine.....g	0.671		0	A	1		0.215	1.732	
Methionine.....g	0.262		0	A	1		0.084	0.676	
Cystine.....g	0.226		0	A	1		0.072	0.583	
Phenylalanine.....g	1.185		0	A	1		0.379	3.058	
Tyrosine.....g	0.818		0	A	1		0.262	2.110	
Valine.....g	0.772		0	A	1		0.247	1.991	

NDB No. 16397

Peanut butter, chunk style, without salt (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 Code			
Arginine.....g	2.731		0	A	1	0.874	7.045	
Histidine.....g	0.550		0	A	1	0.176	1.418	
Alanine.....g	0.903		0	A	1	0.289	2.331	
Aspartic acid.....g	3.012		0	A	1	0.964	7.771	
Glutamic acid.....g	5.023		0	A	1	1.607	12.959	
Glycine.....g	1.417		0	A	1	0.453	3.656	
Proline.....g	1.389		0	A	1	0.444	3.583	
Serine.....g	1.461		0	A	1	0.468	3.770	
Hydroxyproline.....g	0.040	0.040	3	A	1	0.013	0.103	
<b>Others:</b>								
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Footnotes:**

1 Other phytosterols total 94.2 mg/100g; these include beta-sitosterol (77.2), delta 5-avenasterol (15.0), and campestanol (2.0).

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16156**  
**Peanut butter, chunky, vitamin and mineral fortified**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.972		0	NC	4		2.551	20.568	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.022		0	BFFN	4		0.007	0.057	
13:0.....g									
14:0.....g	0.052		0	BFFN	4		0.017	0.134	
15:0.....g									
16:0.....g	5.684		0	BFFN	4		1.819	14.665	
17:0.....g									
18:0.....g	2.214		0	BFFN	4		0.708	5.712	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.366		0	NC	4		7.797	62.864	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.728		0	BFFN	4		7.593	61.218	
20:1.....g	0.638		0	BFFN	4		0.204	1.646	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.648		0	NC	4		4.687	37.792	
18:2 undifferentiated.....g	14.567		0	BFFN	4		4.661	37.583	
18:3 undifferentiated.....g	0.081		0	BFFN	4		0.026	0.209	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	47		0	BFFN	4		15	121	
<b>Others:</b>									
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 42291**  
**Peanut butter, reduced sodium**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.716		0	NC	4		1.235		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.022		0		4		0.004		
13:0.....g									
14:0.....g	0.050		0		4		0.008		
15:0.....g									
16:0.....g	5.501		0		4		0.880		
17:0.....g									
18:0.....g	2.143		0		4		0.343		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.582		0	NC	4		3.773		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	22.964		0		4		3.674		
20:1.....g	0.618		0		4		0.099		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.363		0	NC	4		2.298		
18:2 undifferentiated.....g	14.098		0		4		2.256		
18:3 undifferentiated.....g	0.078		0		4		0.012		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.187		0		4		0.030		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 16g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16098

Peanut butter, smooth style, 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
<b>Proximates:</b>									
Water.....g	1.23	0.049	22	JA	6		0.39	3.17	
Energy.....kcal	598		0	NC	4		191	1542	
Energy.....kJ	2501		0	NC	4		800	6453	
Protein (N x 5.46).....g	22.21	0.104	18	A	1		7.11	57.29	
Total lipid (fat).....g	51.36	0.148	18	A	1		16.44	132.51	
Ash.....g	2.89	0.015	18	A	1		0.93	7.46	
Carbohydrate, by difference.....g	22.31		0	NC	4		7.14	57.57	
Fiber, total dietary.....g	5.0	0.255	9	A	1		1.6	12.8	
Sugars, total.....g	10.49	0.151	9	A	1		3.36	27.07	
Sucrose.....g	10.25	0.351	9	A	1		3.28	26.44	
Glucose (dextrose).....g	0.13	0.125	9	A	1		0.04	0.32	
Fructose.....g	0.12	0.118	9	A	1		0.04	0.31	
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Starch.....g	3.56	0.149	6	A	1		1.14	9.18	
<b>Minerals:</b>									
Calcium, Ca.....mg	49	0.785	18	A	1		16	126	
Iron, Fe.....mg	1.74	0.027	18	A	1		0.56	4.50	
Magnesium, Mg.....mg	168	1.132	18	A	1		54	433	
Phosphorus, P.....mg	335	1.836	18	A	1		107	864	
Potassium, K.....mg	558	2.257	18	A	1		179	1441	
Sodium, Na.....mg	426	3.975	18	A	1		136	1100	
Zinc, Zn.....mg	2.51	0.013	18	A	1		0.80	6.48	
Copper, Cu.....mg	0.422	0.006	18	A	1		0.135	1.089	
Manganese, Mn.....mg	1.665	0.020	18	A	1		0.533	4.296	
Selenium, Se.....µg	4.1	0.188	9	A	1		1.3	10.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.150	0.005	9	A	1		0.048	0.387	
Riboflavin.....mg	0.192	0.003	9	A	1		0.062	0.496	
Niacin.....mg	13.112	0.190	9	A	1		4.196	33.829	
Pantothenic acid.....mg	1.137	0.012	6	A	1		0.364	2.934	
Vitamin B-6.....mg	0.441	0.016	9	A	1		0.141	1.139	
Folate, total.....µg	87	1.204	9	A	1		28	223	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	87	1.204	9	A	1		28	223	
Folate, DFE.....µg	87		0	NC	4		28	223	
Choline, total.....mg	63.0	1.583	5	AS	1		20.2	162.6	
Betaine.....mg	0.8	0.248	5	A	1		0.3	2.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	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	9.10	0.304	6	A	1		2.91	23.47	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.52	0.017	6	A	1		0.17	1.33	
Tocopherol, gamma.....mg	7.62	0.050	6	A	1		2.44	19.66	
Tocopherol, delta.....mg	0.74	0.043	6	A	1		0.24	1.91	
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. 16098

Peanut butter, smooth style, 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	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.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		1		1		0.1	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.325		0	NC	4		3.304	26.638	
4:0.....g	0.000	0.000	18	A	1		0.000	0.000	
6:0.....g	0.000	0.000	18	A	1		0.000	0.000	
8:0.....g	0.000	0.000	18	A	1		0.000	0.000	
10:0.....g	0.000	0.000	18	A	1		0.000	0.000	
12:0.....g	0.000	0.000	18	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.020	0.000	18	A	1		0.006	0.052	
15:0.....g	0.006	0.000	18	A	1		0.002	0.015	
16:0.....g	4.741	0.024	18	A	1		1.517	12.231	
17:0.....g	0.046	0.000	18	A	1		0.015	0.120	
18:0.....g	2.181	0.020	18	A	1		0.698	5.627	
20:0.....g	0.719	0.004	18	A	1		0.230	1.855	
22:0.....g	1.703	0.010	18	A	1		0.545	4.393	
24:0.....g	0.731	0.004	18	A	1		0.234	1.887	
Fatty acids, total monounsaturated.....g	25.941		0	NC	4		8.301	66.928	
14:1.....g	0.000	0.000	18	A	1		0.000	0.000	
15:1.....g	0.000	0.000	18	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.030	0.000	18	AS	1		0.010	0.077	
16:1 c.....g	0.030	0.000	18	A	1		0.010	0.078	
16:1 t.....g	0.000	0.000	18	A	1		0.000	0.001	
17:1.....g	0.029	0.000	18	A	1		0.009	0.075	
18:1 undifferentiated.....g	24.812	0.175	18	AS	1		7.940	64.015	
18:1 c.....g	24.768	0.175	18	A	1		7.926	63.903	
18:1 t.....g	0.043	0.002	18	A	1		0.014	0.112	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.579	0.003	18	A	1		0.185	1.494	
22:1 undifferentiated.....g	0.046	0.001	18	AS	1		0.015	0.119	
22:1 c.....g	0.044	0.001	18	A	1		0.014	0.114	
22:1 t.....g	0.001	0.000	18	A	1		0.000	0.003	
24:1 c.....g	0.000	0.000	18	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.535		0	NC	4		4.011	32.341	
18:2 undifferentiated.....g	12.264	0.080	18	AS	1		3.924	31.640	
18:2 n-6 c,c.....g	12.215	0.080	18	A	1		3.909	31.515	
18:2 CLAs.....g	0.011	0.000	18	A	1		0.004	0.030	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.029	0.001	18	A	1		0.009	0.075	
18:3 undifferentiated.....g	0.028	0.001	18	AS	1		0.009	0.073	
18:3 n-3 c,c,c (ALA).....g	0.027	0.001	18	A	1		0.009	0.070	
18:3 n-6 c,c,c.....g	0.001	0.000	18	A	1		0.000	0.002	
18:3i.....g	0.000	0.000	18	A	1		0.000	0.000	
18:4.....g	0.000	0.000	18	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.000	18	A	1		0.003	0.021	
20:3 undifferentiated.....g	0.010	0.000	18	AS	1		0.003	0.026	
20:3 n-3.....g	0.010	0.000	18	A	1		0.003	0.026	
20:3 n-6.....g	0.000	0.000	18	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.018	0.000	18	A	1		0.006	0.047	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	18	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	18	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	18	A	1		0.000	0.000	

NDB No. 16098

Peanut butter, smooth style, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	18	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.075		0	NC	4		0.024	0.194	
Fatty acids, total trans-monoenoic.....g	0.046		0	NC	4		0.015	0.118	
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.009	0.076	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.231		0	A	1		0.074	0.596	
Threonine.....g	0.525		0	A	1		0.168	1.354	
Isoleucine.....g	0.616		0	A	1		0.197	1.589	
Leucine.....g	1.546		0	A	1		0.495	3.989	
Lysine.....g	0.681		0	A	1		0.218	1.756	
Methionine.....g	0.265		0	A	1		0.085	0.685	
Cystine.....g	0.229		0	A	1		0.073	0.591	
Phenylalanine.....g	1.202		0	A	1		0.385	3.100	
Tyrosine.....g	0.829		0	A	1		0.265	2.139	
Valine.....g	0.782		0	A	1		0.250	2.018	
Arginine.....g	2.768		0	A	1		0.886	7.142	
Histidine.....g	0.557		0	A	1		0.178	1.438	
Alanine.....g	0.916		0	A	1		0.293	2.363	
Aspartic acid.....g	3.054		0	A	1		0.977	7.878	
Glutamic acid.....g	5.092		0	A	1		1.629	13.138	
Glycine.....g	1.437		0	A	1		0.460	3.706	
Proline.....g	1.408		0	A	1		0.451	3.632	
Serine.....g	1.481		0	A	1		0.474	3.822	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16398

Peanut butter, smooth style, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.23	0.049	22	JA	6		0.39	3.17	
Energy.....kcal	598		0	NC	4		191	1542	
Energy.....kJ	2501		0	NC	4		800	6453	
Protein (N x 5.46).....g	22.21	0.104	18	A	1		7.11	57.29	
Total lipid (fat).....g	51.36	0.148	18	A	1		16.44	132.51	
Ash.....g	2.89	0.015	18	A	1		0.93	7.46	
Carbohydrate, by difference.....g	22.31		0	NC	4		7.14	57.57	
Fiber, total dietary.....g	5.0	0.255	9	A	1		1.6	12.8	
Sugars, total.....g	10.49	0.151	9	A	1		3.36	27.07	
Sucrose.....g	10.25	0.351	9	A	1		3.28	26.44	
Glucose (dextrose).....g	0.13	0.125	9	A	1		0.04	0.32	
Fructose.....g	0.12	0.118	9	A	1		0.04	0.31	
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Starch.....g	3.56	0.149	6	A	1		1.14	9.18	
<b>Minerals:</b>									
Calcium, Ca.....mg	49	0.785	18	A	1		16	126	
Iron, Fe.....mg	1.74	0.027	18	A	1		0.56	4.50	
Magnesium, Mg.....mg	168	1.132	18	A	1		54	433	
Phosphorus, P.....mg	335	1.836	18	A	1		107	864	
Potassium, K.....mg	558	2.257	18	A	1		179	1441	
Sodium, Na.....mg	17		0	O	4		5	44	
Zinc, Zn.....mg	2.51	0.013	18	A	1		0.80	6.48	
Copper, Cu.....mg	0.422	0.006	18	A	1		0.135	1.089	
Manganese, Mn.....mg	1.665	0.020	18	A	1		0.533	4.296	
Selenium, Se.....µg	4.1	0.188	9	A	1		1.3	10.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.150	0.005	9	A	1		0.048	0.387	
Riboflavin.....mg	0.192	0.003	9	A	1		0.062	0.496	
Niacin.....mg	13.112	0.190	9	A	1		4.196	33.829	
Pantothenic acid.....mg	1.137	0.012	6	A	1		0.364	2.934	
Vitamin B-6.....mg	0.441	0.016	9	A	1		0.141	1.139	
Folate, total.....µg	87	1.204	9	A	1		28	223	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	87	1.204	9	A	1		28	223	
Folate, DFE.....µg	87		0	NC	4		28	223	
Choline, total.....mg	63.0	1.583	5	AS	1		20.2	162.6	
Betaine.....mg	0.8	0.248	5	A	1		0.3	2.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	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	9.10	0.304	6	A	1		2.91	23.47	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.52	0.017	6	A	1		0.17	1.33	
Tocopherol, gamma.....mg	7.62	0.050	6	A	1		2.44	19.66	
Tocopherol, delta.....mg	0.74	0.043	6	A	1		0.24	1.91	
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	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.3		1	A	1		0.1	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.325		0	NC	4		3.304	26.638	
4:0.....g	0.000	0.000	18	A	1		0.000	0.000	
6:0.....g	0.000	0.000	18	A	1		0.000	0.000	
8:0.....g	0.000	0.000	18	A	1		0.000	0.000	
10:0.....g	0.000	0.000	18	A	1		0.000	0.000	
12:0.....g	0.000	0.000	18	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.020	0.000	18	A	1		0.006	0.052	
15:0.....g	0.006	0.000	18	A	1		0.002	0.015	
16:0.....g	4.741	0.024	18	A	1		1.517	12.231	
17:0.....g	0.046	0.000	18	A	1		0.015	0.120	
18:0.....g	2.181	0.020	18	A	1		0.698	5.627	
20:0.....g	0.719	0.004	18	A	1		0.230	1.855	
22:0.....g	1.703	0.010	18	A	1		0.545	4.393	
24:0.....g	0.731	0.004	18	A	1		0.234	1.887	
Fatty acids, total monounsaturated.....g	25.941		0	NC	4		8.301	66.928	
14:1.....g	0.000	0.000	18	A	1		0.000	0.000	
15:1.....g	0.000	0.000	18	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.030	0.000	18	AS	1		0.010	0.077	
16:1 c.....g	0.030	0.000	18	A	1		0.010	0.078	
16:1 t.....g	0.000	0.000	18	A	1		0.000	0.001	
17:1.....g	0.029	0.000	18	A	1		0.009	0.075	
18:1 undifferentiated.....g	24.812	0.175	18	AS	1		7.940	64.015	
18:1 c.....g	24.768	0.175	18	A	1		7.926	63.903	
18:1 t.....g	0.043	0.002	18	A	1		0.014	0.112	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.579	0.003	18	A	1		0.185	1.494	
22:1 undifferentiated.....g	0.046	0.001	18	AS	1		0.015	0.119	
22:1 c.....g	0.044	0.001	18	A	1		0.014	0.114	
22:1 t.....g	0.001	0.000	18	A	1		0.000	0.003	
24:1 c.....g	0.000	0.000	18	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.535		0	NC	4		4.011	32.341	
18:2 undifferentiated.....g	12.264	0.080	18	AS	1		3.924	31.640	
18:2 n-6 c,c.....g	12.215	0.080	18	A	1		3.909	31.515	
18:2 CLAs.....g	0.011	0.000	18	A	1		0.004	0.030	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.029	0.001	18	A	1		0.009	0.075	
18:3 undifferentiated.....g	0.028	0.001	18	AS	1		0.009	0.073	
18:3 n-3 c,c,c (ALA).....g	0.027	0.001	18	A	1		0.009	0.070	
18:3 n-6 c,c,c.....g	0.001	0.000	18	A	1		0.000	0.002	
18:3i.....g	0.000	0.000	18	A	1		0.000	0.000	
18:4.....g	0.000	0.000	18	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.000	18	A	1		0.003	0.021	
20:3 undifferentiated.....g	0.010	0.000	18	AS	1		0.003	0.026	
20:3 n-3.....g	0.010	0.000	18	A	1		0.003	0.026	
20:3 n-6.....g	0.000	0.000	18	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.018	0.000	18	A	1		0.006	0.047	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	18	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	18	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	18	A	1		0.000	0.000	

NDB No. 16398

Peanut butter, smooth style, 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
22:6 n-3 (DHA).....g	0.000	0.000	18	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.075		0	NC	4		0.024	0.194	
Fatty acids, total trans-monoenoic.....g	0.046		0	NC	4		0.015	0.118	
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.009	0.076	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.231		0	A	1		0.074	0.596	
Threonine.....g	0.525		0	A	1		0.168	1.354	
Isoleucine.....g	0.616		0	A	1		0.197	1.589	
Leucine.....g	1.546		0	A	1		0.495	3.989	
Lysine.....g	0.681		0	A	1		0.218	1.756	
Methionine.....g	0.265		0	A	1		0.085	0.685	
Cystine.....g	0.229		0	A	1		0.073	0.591	
Phenylalanine.....g	1.202		0	A	1		0.385	3.100	
Tyrosine.....g	0.829		0	A	1		0.265	2.139	
Valine.....g	0.782		0	A	1		0.250	2.018	
Arginine.....g	2.768		0	A	1		0.886	7.142	
Histidine.....g	0.557		0	A	1		0.178	1.438	
Alanine.....g	0.916		0	A	1		0.293	2.363	
Aspartic acid.....g	3.054		0	A	1		0.977	7.878	
Glutamic acid.....g	5.092		0	A	1		1.629	13.138	
Glycine.....g	1.437		0	A	1		0.460	3.706	
Proline.....g	1.408		0	A	1		0.451	3.632	
Serine.....g	1.481		0	A	1		0.474	3.822	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16150

Peanut butter, smooth, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.760		0	NC	4	2.074		
4:0.....g	0.000		0		4	0.000		
6:0.....g	0.000		0		4	0.000		
8:0.....g	0.000		0		4	0.000		
10:0.....g	0.000		0		4	0.000		
12:0.....g	0.015		0		4	0.005		
13:0.....g								
14:0.....g	0.145		0		4	0.052		
15:0.....g								
16:0.....g	3.807		0		4	1.371		
17:0.....g								
18:0.....g	1.793		0		4	0.645		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	16.156		0	NC	4	5.816		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000		
17:1.....g								
18:1 undifferentiated.....g	15.867		0		4	5.712		
20:1.....g	0.289		0		4	0.104		
22:1 undifferentiated.....g	0.000		0		4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	9.182		0	NC	4	3.306		
18:2 undifferentiated.....g	9.130		0		4	3.287		
18:3 undifferentiated.....g	0.052		0		4	0.019		
18:4.....g	0.000		0		4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000		
20:5 n-3 (EPA).....g	0.000		0		4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000		
22:6 n-3 (DHA).....g	0.000		0		4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		7	0		
Phytosterols.....mg								
<b>Others:</b>								
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 = 36g: 2 tablespoon

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16155

Peanut butter, smooth, vitamin and mineral fortified

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.125		0	BFFN	4		3.240	26.123	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.022		0	BFFN	4		0.007	0.057	
13:0.....g									
14:0.....g	0.218		0	BFFN	4		0.070	0.562	
15:0.....g									
16:0.....g	5.738		0	BFFN	4		1.836	14.804	
17:0.....g									
18:0.....g	2.702		0	BFFN	4		0.865	6.971	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.832		0	BFFN	4		7.946	64.067	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.945		0	BFFN	4		7.662	61.778	
20:1.....g	0.435		0	BFFN	4		0.139	1.122	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.847		0	BFFN	4		4.431	35.725	
18:2 undifferentiated.....g	13.769		0	BFFN	4		4.406	35.524	
18:3 undifferentiated.....g	0.070		0	BFFN	4		0.022	0.181	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	102		0	BFFN	4		33	263	
<b>Others:</b>									
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16099**  
**Peanut flour, defatted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.063		0		1		0.038	0.018
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		1		0.000	0.000
15:0.....g								
16:0.....g	0.048		0		1		0.029	0.014
17:0.....g								
18:0.....g	0.010		0		1		0.006	0.003
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.225		0		1		0.135	0.064
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	0.219		0		1		0.131	0.062
20:1.....g	0.006		0		1		0.004	0.002
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.143		0		1		0.086	0.041
18:2 undifferentiated.....g	0.143		0		1		0.086	0.041
18:3 undifferentiated.....g	0.000		0		1		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	0.000		0	Z	7		0.000	0.000
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.507		0		1		0.304	0.144
Threonine.....g	1.788		0		1		1.073	0.507
Isoleucine.....g	1.836		0		1		1.102	0.521
Leucine.....g	3.384		0		1		2.030	0.959
Lysine.....g	1.874		0		1		1.124	0.531
Methionine.....g	0.641		0		1		0.385	0.182
Cystine.....g	0.669		0		1		0.401	0.190
Phenylalanine.....g	2.705		0		1		1.623	0.767
Tyrosine.....g	2.122		0		1		1.273	0.602
Valine.....g	2.189		0		1		1.313	0.621
Arginine.....g	6.243		0		1		3.746	1.770
Histidine.....g	1.319		0		1		0.791	0.374
Alanine.....g	2.075		0		1		1.245	0.588
Aspartic acid.....g	6.367		0		1		3.820	1.805
Glutamic acid.....g	10.908		0		1		6.545	3.092
Glycine.....g	3.145		0		1		1.887	0.892
Proline.....g	2.304		0		1		1.382	0.653
Serine.....g	2.572		0		1		1.543	0.729
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

**NDB No. 16099**  
**Peanut flour, defatted**

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

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**Common Measures:**

Measure 1 = 60g: 1 cup  
 Measure 2 = 28.35g: 1 oz

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

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 16100**  
**Peanut flour, low fat**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.80		0		1		4.68	2.21	
Energy.....kcal	428		0	NC	4		257	121	
Energy.....kJ	1790		0	NC	4		1074	508	
Protein (N x 5.46).....g	33.80		1		1		20.28	9.58	
Total lipid (fat).....g	21.90		1		1		13.14	6.21	
Ash.....g	5.23		1		1		3.14	1.48	
Carbohydrate, by difference.....g	31.27		0	NC	4		18.76	8.87	
Fiber, total dietary.....g	15.8		0	BFSN	4		9.5	4.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130	7.319	8		1		78	37	
Iron, Fe.....mg	4.74	0.956	8		1		2.84	1.34	
Magnesium, Mg.....mg	48	9.774	8		1		29	14	
Phosphorus, P.....mg	508		0		4		305	144	
Potassium, K.....mg	1358	70.704	8		1		815	385	
Sodium, Na.....mg	1	0.117	7		1		1	0	
Zinc, Zn.....mg	5.99	0.384	8		1		3.59	1.70	
Copper, Cu.....mg	2.039	0.457	8		1		1.223	0.578	
Manganese, Mn.....mg	4.231	0.418	8		1		2.539	1.199	
Selenium, Se.....µg	7.1		0	BFSN	4		4.3	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.457		0		4		0.274	0.130	
Riboflavin.....mg	0.172		0		4		0.103	0.049	
Niacin.....mg	11.499		0		4		6.899	3.260	
Pantothenic acid.....mg	1.543		0		4		0.926	0.437	
Vitamin B-6.....mg	0.304		0		4		0.182	0.086	
Folate, total.....µg	133		0		4		80	38	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	133		0		4		80	38	
Folate, DFE.....µg	133		0	NC	4		80	38	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16100**  
**Peanut flour, low fat**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.040		0		1		1.824	0.862	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.011		0		1		0.007	0.003	
15:0.....g									
16:0.....g	2.292		0		1		1.375	0.650	
17:0.....g									
18:0.....g	0.489		0		1		0.293	0.139	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.866		0		1		6.520	3.081	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	10.567		0		1		6.340	2.996	
20:1.....g	0.294		0		1		0.176	0.083	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.921		0		1		4.153	1.962	
18:2 undifferentiated.....g	6.919		0		1		4.151	1.962	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.328		0		1		0.197	0.093	
Threonine.....g	1.158		0		1		0.695	0.328	
Isoleucine.....g	1.188		0		1		0.713	0.337	
Leucine.....g	2.191		0		1		1.315	0.621	
Lysine.....g	1.213		0		1		0.728	0.344	
Methionine.....g	0.415		0		1		0.249	0.118	
Cystine.....g	0.433		0		1		0.260	0.123	
Phenylalanine.....g	1.752		0		1		1.051	0.497	
Tyrosine.....g	1.374		0		1		0.824	0.390	
Valine.....g	1.418		0		1		0.851	0.402	
Arginine.....g	4.042		0		1		2.425	1.146	
Histidine.....g	0.854		0		1		0.512	0.242	
Alanine.....g	1.343		0		1		0.806	0.381	
Aspartic acid.....g	4.123		0		1		2.474	1.169	
Glutamic acid.....g	7.063		0		1		4.238	2.002	
Glycine.....g	2.037		0		1		1.222	0.577	
Proline.....g	1.492		0		1		0.895	0.423	
Serine.....g	1.665		0		1		0.999	0.472	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 16100  
Peanut flour, low fat

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

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

**Common Measures:**

Measure 1 = 60g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





**NDB No. 16149**  
**Peanut spread, reduced sugar**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.220		2	MC	9		3.168		
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	0.207		0	BFFN	4		0.064		
13:0.....g									
14:0.....g	0.058		0	BFFN	4		0.018		
15:0.....g									
16:0.....g	7.073		0	BFFN	4		2.193		
17:0.....g									
18:0.....g	0.797		0	BFFN	4		0.247		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	26.997		0	BFFN	4		8.369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	26.075		0	BFFN	4		8.083		
20:1.....g	0.922		0	BFFN	4		0.286		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.266		0	BFFN	4		5.043		
18:2 undifferentiated.....g	16.175		0	BFFN	4		5.014		
18:3 undifferentiated.....g	0.091		0	BFFN	4		0.028		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.160		2	MC	9		0.050		
Cholesterol.....mg	0		2	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

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

**Common Measures:**

Measure 1 = 31g: 2 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16088

Peanuts, all types, cooked, boiled, 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	Source	Confidence	Measure 1	Measure 2	Measure 3	
			of Data Points						Code
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.055		0			1	1.925	5.499	0.866
4:0.....g	0.000		0			1	0.000	0.000	0.000
6:0.....g	0.000		0			1	0.000	0.000	0.000
8:0.....g	0.000		0			1	0.000	0.000	0.000
10:0.....g	0.000		0			1	0.000	0.000	0.000
12:0.....g	0.000		0			1	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.011		0			1	0.007	0.020	0.003
15:0.....g									
16:0.....g	2.304		0			1	1.452	4.147	0.653
17:0.....g									
18:0.....g	0.492		0			1	0.310	0.886	0.139
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.921		0			1	6.880	19.658	3.096
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0			1	0.003	0.007	0.001
17:1.....g									
18:1 undifferentiated.....g	10.620		0			1	6.691	19.116	3.011
20:1.....g	0.296		0			1	0.186	0.533	0.084
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.956		0			1	4.382	12.521	1.972
18:2 undifferentiated.....g	6.954		0			1	4.381	12.517	1.971
18:3 undifferentiated.....g	0.001		0			1	0.001	0.002	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	0.000		0	Z		7	0.000	0.000	0.000
Cholesterol.....mg	0		0			1	0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.131		0			1	0.083	0.236	0.037
Threonine.....g	0.462		0			1	0.291	0.832	0.131
Isoleucine.....g	0.475		0			1	0.299	0.855	0.135
Leucine.....g	0.875		0			1	0.551	1.575	0.248
Lysine.....g	0.485		0			1	0.306	0.873	0.137
Methionine.....g	0.166		0			1	0.105	0.299	0.047
Cystine.....g	0.173		0			1	0.109	0.311	0.049
Phenylalanine.....g	0.700		0			1	0.441	1.260	0.198
Tyrosine.....g	0.549		0			1	0.346	0.988	0.156
Valine.....g	0.566		0			1	0.357	1.019	0.160
Arginine.....g	1.615		0			1	1.017	2.907	0.458
Histidine.....g	0.341		0			1	0.215	0.614	0.097
Alanine.....g	0.537		0			1	0.338	0.967	0.152
Aspartic acid.....g	1.647		0			1	1.038	2.965	0.467
Glutamic acid.....g	2.822		0			1	1.778	5.080	0.800
Glycine.....g	0.814		0			1	0.513	1.465	0.231
Proline.....g	0.596		0			1	0.375	1.073	0.169
Serine.....g	0.665		0			1	0.419	1.197	0.189
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0

NDB No. 16088

Peanuts, all types, cooked, boiled, with salt

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

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

**Common Measures:**

Measure 1 = 63g: 1 cup in shell, edible yield

Measure 2 = 180g: 1 cup, shelled

Measure 3 = 28.35g: 1 oz shelled

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16090

Peanuts, all types, dry-roasted, 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
<b>Proximates:</b>									
Water.....g	1.81	0.039	17	A	1		0.51	0.02	
Energy.....kcal	587		0	NC	4		166	6	
Energy.....kJ	2455		0	NC	4		696	25	
Protein (N x 5.46).....g	24.35	0.168	17	A	1		6.90	0.24	
Total lipid (fat).....g	49.66	0.539	9		1		14.08	0.50	
Ash.....g	2.92	0.097	17	A	1		0.83	0.03	
Carbohydrate, by difference.....g	21.26		0	NC	4		6.03	0.21	
Fiber, total dietary.....g	8.4	0.851	8	A	1		2.4	0.1	
Sugars, total.....g	4.90	0.110	8	A	1		1.39	0.05	
Sucrose.....g	4.90	0.110	8	A	1		1.39	0.05	
Glucose (dextrose).....g	0.00	0.000	8	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Starch.....g	4.39	0.117	8	A	1		1.25	0.04	
<b>Minerals:</b>									
Calcium, Ca.....mg	58	1.634	17	A	1		17	1	
Iron, Fe.....mg	1.58	0.023	17	A	1		0.45	0.02	
Magnesium, Mg.....mg	178	1.568	17	A	1		51	2	
Phosphorus, P.....mg	363	2.080	17	A	1		103	4	
Potassium, K.....mg	634	5.035	17	A	1		180	6	
Sodium, Na.....mg	410	17.489	14	A	1		116	4	
Zinc, Zn.....mg	2.77	0.034	17	A	1		0.79	0.03	
Copper, Cu.....mg	0.428	0.010	17	A	1		0.121	0.004	
Manganese, Mn.....mg	1.786	0.063	17	A	1		0.506	0.018	
Selenium, Se.....µg	9.3	2.815	6	A	1		2.6	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.152	0.006	8	A	1		0.043	0.002	
Riboflavin.....mg	0.197	0.013	8	A	1		0.056	0.002	
Niacin.....mg	14.355	0.237	8	A	1		4.070	0.144	
Pantothenic acid.....mg	1.011	0.052	5	A	1		0.287	0.010	
Vitamin B-6.....mg	0.466	0.009	8	A	1		0.132	0.005	
Folate, total.....µg	97	2.165	8	A	1		27	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	97	2.165	8	A	1		27	1	
Folate, DFE.....µg	97		0	NC	4		27	1	
Choline, total.....mg	64.6		0	AS	1		18.3	0.6	
Betaine.....mg	0.4		1	A	1		0.1	0.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	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	4.93	0.441	6	A	1		1.40	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.36	0.022	6	A	1		0.10	0.00	
Tocopherol, gamma.....mg	6.32	0.599	6	A	1		1.79	0.06	
Tocopherol, delta.....mg	0.61	0.036	6	A	1		0.17	0.01	
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. 16090

Peanuts, all types, dry-roasted, 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	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	0.0		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.723		0	NC	4		2.189	0.077	
4:0.....g	0.000	0.000	8	A	1		0.000	0.000	
6:0.....g	0.000	0.000	8	A	1		0.000	0.000	
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.016	0.002	8	A	1		0.005	0.000	
15:0.....g	0.004	0.001	8	A	1		0.001	0.000	
16:0.....g	3.982	0.275	8	A	1		1.129	0.040	
17:0.....g	0.041	0.002	8	A	1		0.012	0.000	
18:0.....g	1.200	0.073	8	A	1		0.340	0.012	
20:0.....g	0.575	0.030	8	A	1		0.163	0.006	
22:0.....g	1.216	0.053	8	A	1		0.345	0.012	
24:0.....g	0.689	0.017	8	A	1		0.195	0.007	
Fatty acids, total monounsaturated.....g	26.181		0	NC	4		7.422	0.262	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.031	0.001	8	AS	1		0.009	0.000	
16:1 c.....g	0.031	0.001	8	A	1		0.009	0.000	
16:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	
17:1.....g	0.032	0.002	8	A	1		0.009	0.000	
18:1 undifferentiated.....g	25.435	1.024	8	AS	1		7.211	0.254	
18:1 c.....g	25.421	1.024	8	A	1		7.207	0.254	
18:1 t.....g	0.014	0.000	8	A	1		0.004	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.627	0.047	8	A	1		0.178	0.006	
22:1 undifferentiated.....g	0.055	0.008	8	AS	1		0.016	0.001	
22:1 c.....g	0.054	0.008	8	A	1		0.015	0.001	
22:1 t.....g	0.001	0.000	8	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	9.773		0	NC	4		2.771	0.098	
18:2 undifferentiated.....g	9.715	1.278	8	AS	1		2.754	0.097	
18:2 n-6 c,c.....g	9.694	1.276	8	A	1		2.748	0.097	
18:2 CLAs.....g	0.009	0.000	8	A	1		0.003	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.002	8	A	1		0.004	0.000	
18:3 undifferentiated.....g	0.026	0.001	8	AS	1		0.007	0.000	
18:3 n-3 c,c,c (ALA).....g	0.025	0.000	8	A	1		0.007	0.000	
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	8	A	1		0.000	0.000	
18:4.....g	0.000	0.000	8	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.002	8	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.011	0.000	8	AS	1		0.003	0.000	
20:3 n-3.....g	0.011	0.000	8	A	1		0.003	0.000	
20:3 n-6.....g	0.000	0.000	8	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.016	0.001	8	A	1		0.005	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000	0.000	

NDB No. 16090

Peanuts, all types, dry-roasted, 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
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.027		0	NC	4		0.008	0.000	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.004	0.000	
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4		0.004	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.230		0		1		0.065	0.002	
Threonine.....g	0.811		0		1		0.230	0.008	
Isoleucine.....g	0.833		0		1		0.236	0.008	
Leucine.....g	1.535		0		1		0.435	0.015	
Lysine.....g	0.850		0		1		0.241	0.009	
Methionine.....g	0.291		0		1		0.082	0.003	
Cystine.....g	0.304		0		1		0.086	0.003	
Phenylalanine.....g	1.227		0		1		0.348	0.012	
Tyrosine.....g	0.963		0		1		0.273	0.010	
Valine.....g	0.993		0		1		0.282	0.010	
Arginine.....g	2.832		0		1		0.803	0.028	
Histidine.....g	0.599		0		1		0.170	0.006	
Alanine.....g	0.941		0		1		0.267	0.009	
Aspartic acid.....g	2.888		0		1		0.819	0.029	
Glutamic acid.....g	4.949		0		1		1.403	0.049	
Glycine.....g	1.427		0		1		0.405	0.014	
Proline.....g	1.045		0		1		0.296	0.010	
Serine.....g	1.167		0		1		0.331	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.0g: 1 peanut

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16390

Peanuts, all types, dry-roasted, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.81	0.039	17	A	1		2.64	0.51	0.02
Energy.....kcal	587		0	NC	4		857	166	6
Energy.....kJ	2455		0	NC	4		3584	696	25
Protein (N x 5.46).....g	24.35	0.168	17	A	1		35.54	6.90	0.24
Total lipid (fat).....g	49.66	0.539	9		1		72.50	14.08	0.50
Ash.....g	2.92	0.097	17	A	1		4.27	0.83	0.03
Carbohydrate, by difference.....g	21.26		0	NC	4		31.04	6.03	0.21
Fiber, total dietary.....g	8.4	0.851	8	A	1		12.3	2.4	0.1
Sugars, total.....g	4.90	0.110	8	A	1		7.16	1.39	0.05
Sucrose.....g	4.90	0.110	8	A	1		7.16	1.39	0.05
Glucose (dextrose).....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	4.39	0.117	8	A	1		6.41	1.25	0.04
<b>Minerals:</b>									
Calcium, Ca.....mg	58	1.634	17	A	1		85	17	1
Iron, Fe.....mg	1.58	0.023	17	A	1		2.31	0.45	0.02
Magnesium, Mg.....mg	178	1.568	17	A	1		260	51	2
Phosphorus, P.....mg	363	2.080	17	A	1		529	103	4
Potassium, K.....mg	634	5.035	17	A	1		925	180	6
Sodium, Na.....mg	6		0		1		9	2	0
Zinc, Zn.....mg	2.77	0.034	17	A	1		4.05	0.79	0.03
Copper, Cu.....mg	0.428	0.010	17	A	1		0.625	0.121	0.004
Manganese, Mn.....mg	1.786	0.063	17	A	1		2.607	0.506	0.018
Selenium, Se.....µg	9.3	2.815	6	A	1		13.6	2.6	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.152	0.006	8	A	1		0.222	0.043	0.002
Riboflavin.....mg	0.197	0.013	8	A	1		0.288	0.056	0.002
Niacin.....mg	14.355	0.237	8	A	1		20.958	4.070	0.144
Pantothenic acid.....mg	1.011	0.052	5	A	1		1.476	0.287	0.010
Vitamin B-6.....mg	0.466	0.009	8	A	1		0.681	0.132	0.005
Folate, total.....µg	97	2.165	8	A	1		142	27	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	97	2.165	8	A	1		142	27	1
Folate, DFE.....µg	97		0	NC	4		142	27	1
Choline, total.....mg	64.6		0	AS	1		94.3	18.3	0.6
Betaine.....mg	0.4		1	A	1		0.5	0.1	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	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	4.93	0.441	6	A	1		7.19	1.40	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.36	0.022	6	A	1		0.52	0.10	0.00
Tocopherol, gamma.....mg	6.32	0.599	6	A	1		9.23	1.79	0.06
Tocopherol, delta.....mg	0.61	0.036	6	A	1		0.88	0.17	0.01
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



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menquinone-4.....µg	0.0		1	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.723		0	NC	4		11.276	2.189	0.077
4:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.016	0.002	8	A	1		0.024	0.005	0.000
15:0.....g	0.004	0.001	8	A	1		0.006	0.001	0.000
16:0.....g	3.982	0.275	8	A	1		5.813	1.129	0.040
17:0.....g	0.041	0.002	8	A	1		0.061	0.012	0.000
18:0.....g	1.200	0.073	8	A	1		1.752	0.340	0.012
20:0.....g	0.575	0.030	8	A	1		0.839	0.163	0.006
22:0.....g	1.216	0.053	8	A	1		1.775	0.345	0.012
24:0.....g	0.689	0.017	8	A	1		1.005	0.195	0.007
Fatty acids, total monounsaturated.....g	26.181		0	NC	4		38.224	7.422	0.262
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.031	0.001	8	AS	1		0.045	0.009	0.000
16:1 c.....g	0.031	0.001	8	A	1		0.045	0.009	0.000
16:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
17:1.....g	0.032	0.002	8	A	1		0.047	0.009	0.000
18:1 undifferentiated.....g	25.435	1.024	8	AS	1		37.135	7.211	0.254
18:1 c.....g	25.421	1.024	8	A	1		37.115	7.207	0.254
18:1 t.....g	0.014	0.000	8	A	1		0.020	0.004	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.627	0.047	8	A	1		0.916	0.178	0.006
22:1 undifferentiated.....g	0.055	0.008	8	AS	1		0.081	0.016	0.001
22:1 c.....g	0.054	0.008	8	A	1		0.079	0.015	0.001
22:1 t.....g	0.001	0.000	8	A	1		0.001	0.000	0.000
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	9.773		0	NC	4		14.268	2.771	0.098
18:2 undifferentiated.....g	9.715	1.278	8	AS	1		14.185	2.754	0.097
18:2 n-6 c,c.....g	9.694	1.276	8	A	1		14.153	2.748	0.097
18:2 CLAs.....g	0.009	0.000	8	A	1		0.014	0.003	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.002	8	A	1		0.018	0.004	0.000
18:3 undifferentiated.....g	0.026	0.001	8	AS	1		0.038	0.007	0.000
18:3 n-3 c,c,c (ALA).....g	0.025	0.000	8	A	1		0.037	0.007	0.000
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.001	0.000	0.000
18:3i.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.002	8	A	1		0.006	0.001	0.000
20:3 undifferentiated.....g	0.011	0.000	8	AS	1		0.016	0.003	0.000
20:3 n-3.....g	0.011	0.000	8	A	1		0.016	0.003	0.000
20:3 n-6.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.016	0.001	8	A	1		0.023	0.005	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000	0.000	0.000

NDB No. 16390

Peanuts, all types, dry-roasted, w without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.027		0	NC	4	0.040	0.008	0.000	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4	0.021	0.004	0.000	
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4	0.018	0.004	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.230		0		1	0.336	0.065	0.002	
Threonine.....g	0.811		0		1	1.184	0.230	0.008	
Isoleucine.....g	0.833		0		1	1.216	0.236	0.008	
Leucine.....g	1.535		0		1	2.241	0.435	0.015	
Lysine.....g	0.850		0		1	1.241	0.241	0.009	
Methionine.....g	0.291		0		1	0.425	0.082	0.003	
Cystine.....g	0.304		0		1	0.444	0.086	0.003	
Phenylalanine.....g	1.227		0		1	1.791	0.348	0.012	
Tyrosine.....g	0.963		0		1	1.406	0.273	0.010	
Valine.....g	0.993		0		1	1.450	0.282	0.010	
Arginine.....g	2.832		0		1	4.135	0.803	0.028	
Histidine.....g	0.599		0		1	0.875	0.170	0.006	
Alanine.....g	0.941		0		1	1.374	0.267	0.009	
Aspartic acid.....g	2.888		0		1	4.216	0.819	0.029	
Glutamic acid.....g	4.949		0		1	7.226	1.403	0.049	
Glycine.....g	1.427		0		1	2.083	0.405	0.014	
Proline.....g	1.045		0		1	1.526	0.296	0.010	
Serine.....g	1.167		0		1	1.704	0.331	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 1.0g: 1 peanut

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1	0.0	0.0		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.655		0	NC	4	12.463	2.454		
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	0.038	0.000	4	A	1	0.054	0.011		
12:0.....g	0.038	0.000	4	A	1	0.054	0.011		
13:0.....g									
14:0.....g	0.038	0.000	4	A	1	0.054	0.011		
15:0.....g	0.038	0.000	4	A	1	0.054	0.011		
16:0.....g	5.049	0.107	4	A	1	7.271	1.431		
17:0.....g	0.057	0.003	4	A	1	0.082	0.016		
18:0.....g	1.403	0.030	4	A	1	2.020	0.398		
20:0.....g	0.668	0.010	4	A	1	0.962	0.189		
22:0.....g	1.326	0.025	4	A	1	1.910	0.376		
24:0.....g									
Fatty acids, total monounsaturated.....g	25.995		0	NC	4	37.433	7.370		
14:1.....g	0.038	0.000	4	A	1	0.054	0.011		
15:1.....g	0.038	0.000	4	A	1	0.054	0.011		
16:1 undifferentiated.....g	0.038	0.000	4	A	1	0.054	0.011		
17:1.....g	0.038	0.000	4	A	1	0.054	0.011		
18:1 undifferentiated.....g	25.231	0.469	4	A	1	36.333	7.153		
20:1.....g	0.613	0.014	4	A	1	0.882	0.174		
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.303		0	NC	4	22.037	4.338		
18:2 undifferentiated.....g	15.114	0.159	4	A	1	21.765	4.285		
18:3 undifferentiated.....g	0.038	0.000	4	A	1	0.054	0.011		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.038	0.000	4	A	1	0.054	0.011		
18:3i.....g									
18:4.....g	0.000		0		1	0.000	0.000		
20:2 n-6 c,c.....g	0.038	0.000	4	A	1	0.054	0.011		
20:3 undifferentiated.....g	0.038	0.000	4	A	1	0.054	0.011		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038	0.000	4	A	1	0.054	0.011		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.231	0.004	4	A	1	0.333	0.065		
Threonine.....g	0.610	0.014	4	A	1	0.878	0.173		
Isoleucine.....g	0.978	0.015	4	A	1	1.408	0.277		
Leucine.....g	1.812	0.026	4	A	1	2.609	0.514		
Lysine.....g	0.945	0.019	4	A	1	1.361	0.268		
Methionine.....g	0.291	0.029	4	A	1	0.419	0.083		
Cystine.....g	0.375	0.028	4	A	1	0.540	0.106		
Phenylalanine.....g	1.427	0.021	4	A	1	2.055	0.405		
Tyrosine.....g	1.006	0.012	4	A	1	1.449	0.285		
Valine.....g	1.146	0.011	4	A	1	1.650	0.325		

NDB No. 16089

Peanuts, all types, oil-roasted, 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			
Arginine.....g	3.247	0.067	4	A	1	4.675	0.920	
Histidine.....g	0.655	0.006	4	A	1	0.943	0.186	
Alanine.....g	1.092	0.017	4	A	1	1.573	0.310	
Aspartic acid.....g	3.272	0.055	4	A	1	4.712	0.928	
Glutamic acid.....g	5.422	0.077	4	A	1	7.807	1.537	
Glycine.....g	1.621	0.020	4	A	1	2.335	0.460	
Proline.....g	1.173	0.023	4	A	1	1.689	0.332	
Serine.....g	1.285	0.019	4	A	1	1.851	0.364	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 144g: 1 cup, chopped

Measure 2 = 28.35g: 1 oz shelled (32 nuts)

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
 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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.686		0	NC	4		12.508	2.462	
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	0.038	0.000	4	A	1		0.054	0.011	
10:0.....g	0.038	0.000	4	A	1		0.054	0.011	
12:0.....g	0.038	0.000	4	A	1		0.054	0.011	
13:0.....g									
14:0.....g	0.038	0.000	4	A	1		0.054	0.011	
15:0.....g	0.038	0.000	4	A	1		0.054	0.011	
16:0.....g	5.045	0.107	4	A	1		7.265	1.430	
17:0.....g	0.057	0.003	4	A	1		0.082	0.016	
18:0.....g	1.402	0.030	4	A	1		2.018	0.397	
20:0.....g	0.668	0.010	4	A	1		0.962	0.189	
22:0.....g	1.325	0.025	4	A	1		1.908	0.376	
24:0.....g									
Fatty acids, total monounsaturated.....g	25.976		0	NC	4		37.405	7.364	
14:1.....g	0.038	0.000	4	A	1		0.054	0.011	
15:1.....g	0.038	0.000	4	A	1		0.054	0.011	
16:1 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.011	
17:1.....g	0.038	0.000	4	A	1		0.054	0.011	
18:1 undifferentiated.....g	25.212	0.469	4	A	1		36.306	7.148	
20:1.....g	0.612	0.014	4	A	1		0.882	0.174	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.292		0	NC	4		22.020	4.335	
18:2 undifferentiated.....g	15.103	0.159	4	A	1		21.748	4.282	
18:3 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.011	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.038	0.000	4	A	1		0.054	0.011	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.038	0.000	4	A	1		0.054	0.011	
20:3 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.011	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.011	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.231	0.004	4	A	1		0.333	0.065	
Threonine.....g	0.610	0.014	4	A	1		0.878	0.173	
Isoleucine.....g	0.978	0.015	4	A	1		1.408	0.277	
Leucine.....g	1.812	0.026	4	A	1		2.609	0.514	
Lysine.....g	0.945	0.019	4	A	1		1.361	0.268	
Methionine.....g	0.291	0.029	4	A	1		0.419	0.083	
Cystine.....g	0.375	0.028	4	A	1		0.540	0.106	
Phenylalanine.....g	1.427	0.021	4	A	1		2.055	0.405	
Tyrosine.....g	1.006	0.012	4	A	1		1.449	0.285	
Valine.....g	1.146	0.011	4	A	1		1.650	0.325	

NDB No. 16389

Peanuts, all types, oil-roasted, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	3.247	0.067	4	A	1	4.675	0.920	
Histidine.....g	0.655	0.006	4	A	1	0.943	0.186	
Alanine.....g	1.092	0.017	4	A	1	1.573	0.310	
Aspartic acid.....g	3.272	0.055	4	A	1	4.712	0.928	
Glutamic acid.....g	5.422	0.077	4	A	1	7.807	1.537	
Glycine.....g	1.621	0.020	4	A	1	2.335	0.460	
Proline.....g	1.173	0.023	4	A	1	1.689	0.332	
Serine.....g	1.285	0.019	4	A	1	1.851	0.364	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

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

**Common Measures:**

Measure 1 = 144g: 1 cup,

Measure 2 = 28.35g: 1 oz shelled (32 nuts)

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)





**NDB No. 16087**  
**Peanuts, all types, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.279		0	NC	4		1.780	9.167	
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	0.025		0		1		0.007	0.037	
15:0.....g									
16:0.....g	5.154		0		1		1.461	7.525	
17:0.....g									
18:0.....g	1.100		0		1		0.312	1.606	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.426		0	NC	4		6.925	35.662	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.013	
17:1.....g									
18:1 undifferentiated.....g	23.756		0		1		6.735	34.684	
20:1.....g	0.661		0		1		0.187	0.965	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.558		0	NC	4		4.411	22.715	
18:2 undifferentiated.....g	15.555		0		1		4.410	22.710	
18:3 undifferentiated.....g	0.003		0		1		0.001	0.004	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.250		128		1		0.071	0.365	
Threonine.....g	0.883		144		1		0.250	1.289	
Isoleucine.....g	0.907		140		1		0.257	1.324	
Leucine.....g	1.672		140		1		0.474	2.441	
Lysine.....g	0.926		147		1		0.263	1.352	
Methionine.....g	0.317		22		1		0.090	0.463	
Cystine.....g	0.331		29		1		0.094	0.483	
Phenylalanine.....g	1.377		141		1		0.390	2.010	
Tyrosine.....g	1.049		137		1		0.297	1.532	
Valine.....g	1.082		141		1		0.307	1.580	
Arginine.....g	3.085		140		1		0.875	4.504	
Histidine.....g	0.652		140		1		0.185	0.952	
Alanine.....g	1.025		135		1		0.291	1.497	
Aspartic acid.....g	3.146		135		1		0.892	4.593	
Glutamic acid.....g	5.390		133		1		1.528	7.869	
Glycine.....g	1.554		134		1		0.441	2.269	
Proline.....g	1.138		130		1		0.323	1.661	
Serine.....g	1.271		134		1		0.360	1.856	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

**NDB No. 16087**  
**Peanuts, all types, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 28.35g: 1 oz

Measure 2 = 146g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16092

Peanuts, spanish, oil-roasted, 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
<b>Proximates:</b>									
Water.....g	1.78	0.233	19		1		2.62	0.50	
Energy.....kcal	579		0	NC	4		851	164	
Energy.....kJ	2423		0		4		3561	687	
Protein (N x 5.46).....g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat).....g	49.04	0.330	19		1		72.09	13.90	
Ash.....g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference.....g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary.....g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		147	28	
Iron, Fe.....mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg.....mg	168		0		1		247	48	
Phosphorus, P.....mg	387		0		1		569	110	
Potassium, K.....mg	776		2		1		1141	220	
Sodium, Na.....mg	433		2		1		637	123	
Zinc, Zn.....mg	2.00		0		1		2.94	0.57	
Copper, Cu.....mg	0.661		0		1		0.972	0.187	
Manganese, Mn.....mg	2.355		0		1		3.462	0.668	
Selenium, Se.....µg	7.5		0	BFZN	4		11.0	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin.....mg	0.085		1		1		0.125	0.024	
Niacin.....mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid.....mg	1.392		0		1		2.046	0.395	
Vitamin B-6.....mg	0.256		0		1		0.376	0.073	
Folate, total.....µg	126		0		1		185	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	126		0		1		185	36	
Folate, DFE.....µg	126		0	NC	4		185	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.555		0		1		11.106	2.142	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.028		0		1		0.041	0.008	
15:0.....g									
16:0.....g	5.609		0		1		8.245	1.590	
17:0.....g									
18:0.....g	1.273		0		1		1.871	0.361	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.073		0		1		32.447	6.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.065	0.012	
17:1.....g									
18:1 undifferentiated.....g	21.509		0		1		31.618	6.098	
20:1.....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated.....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.272		0		1		0.400	0.077	
Threonine.....g	0.959		0		1		1.410	0.272	
Isoleucine.....g	0.985		0		1		1.448	0.279	
Leucine.....g	1.816		0		1		2.670	0.515	
Lysine.....g	1.005		0		1		1.477	0.285	
Methionine.....g	0.344		0		1		0.506	0.098	
Cystine.....g	0.359		0		1		0.528	0.102	
Phenylalanine.....g	1.452		0		1		2.134	0.412	
Tyrosine.....g	1.139		0		1		1.674	0.323	
Valine.....g	1.175		0		1		1.727	0.333	
Arginine.....g	3.349		0		1		4.923	0.949	
Histidine.....g	0.708		0		1		1.041	0.201	
Alanine.....g	1.113		0		1		1.636	0.316	
Aspartic acid.....g	3.416		0		1		5.022	0.968	
Glutamic acid.....g	5.852		0		1		8.602	1.659	
Glycine.....g	1.687		0		1		2.480	0.478	
Proline.....g	1.236		0		1		1.817	0.350	
Serine.....g	1.380		0		1		2.029	0.391	
Hydroxyproline.....g									

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

**NDB No. 16092**

**Peanuts, spanish, oil-roasted, with salt**

**Common Measures:**

Measure 1 = 147g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16392

Peanuts, spanish, oil-roasted, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.78	0.233	19		1		2.62	0.50	
Energy.....kcal	579		0	NC	4		851	164	
Energy.....kJ	2423				4		3561	687	
Protein (N x 5.46).....g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat).....g	49.04	0.330	19		1		72.09	13.90	
Ash.....g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference.....g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary.....g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		147	28	
Iron, Fe.....mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg.....mg	168		0		1		247	48	
Phosphorus, P.....mg	387		0		1		569	110	
Potassium, K.....mg	776		2		1		1141	220	
Sodium, Na.....mg	6		0		1		9	2	
Zinc, Zn.....mg	2.00		0		1		2.94	0.57	
Copper, Cu.....mg	0.661		0		1		0.972	0.187	
Manganese, Mn.....mg	2.355		0		1		3.462	0.668	
Selenium, Se.....µg	7.5		0	BFZN	4		11.0	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin.....mg	0.085		1		1		0.125	0.024	
Niacin.....mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid.....mg	1.392		0		1		2.046	0.395	
Vitamin B-6.....mg	0.256		0		1		0.376	0.073	
Folate, total.....µg	126		0		1		185	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	126		0		1		185	36	
Folate, DFE.....µg	126		0	NC	4		185	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16392

Peanuts, spanish, oil-roasted, 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
Fatty acids, total saturated.....g	7.555		0		1		11.106	2.142	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.028		0		1		0.041	0.008	
15:0.....g									
16:0.....g	5.609		0		1		8.245	1.590	
17:0.....g									
18:0.....g	1.273		0		1		1.871	0.361	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.073		0		1		32.447	6.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.065	0.012	
17:1.....g									
18:1 undifferentiated.....g	21.509		0		1		31.618	6.098	
20:1.....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated.....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.272		0		1		0.400	0.077	
Threonine.....g	0.959		0		1		1.410	0.272	
Isoleucine.....g	0.985		0		1		1.448	0.279	
Leucine.....g	1.816		0		1		2.670	0.515	
Lysine.....g	1.005		0		1		1.477	0.285	
Methionine.....g	0.344		0		1		0.506	0.098	
Cystine.....g	0.359		0		1		0.528	0.102	
Phenylalanine.....g	1.452		0		1		2.134	0.412	
Tyrosine.....g	1.139		0		1		1.674	0.323	
Valine.....g	1.175		0		1		1.727	0.333	
Arginine.....g	3.349		0		1		4.923	0.949	
Histidine.....g	0.708		0		1		1.041	0.201	
Alanine.....g	1.113		0		1		1.636	0.316	
Aspartic acid.....g	3.416		0		1		5.022	0.968	
Glutamic acid.....g	5.852		0		1		8.602	1.659	
Glycine.....g	1.687		0		1		2.480	0.478	
Proline.....g	1.236		0		1		1.817	0.350	
Serine.....g	1.380		0		1		2.029	0.391	
Hydroxyproline.....g									

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



**NDB No. 16392**

**Peanuts, spanish, oil-roasted, without salt**

**Common Measures:**

Measure 1 = 147g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16091  
 Peanuts, spanish, raw  
*Arachis hypogaea*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.39	0.309	4		1		9.33	1.81	
Energy.....kcal	570		0	NC	4		833	162	
Energy.....kJ	2386		0	NC	4		3484	676	
Protein (N x 5.46).....g	26.15	0.312	17		1		38.18	7.41	
Total lipid (fat).....g	49.60	0.524	22		1		72.42	14.06	
Ash.....g	2.03	0.303	3		1		2.96	0.58	
Carbohydrate, by difference.....g	15.83		0	NC	4		23.11	4.49	
Fiber, total dietary.....g	9.5		0		1		13.9	2.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106	8.124	5		1		155	30	
Iron, Fe.....mg	3.91	0.363	9		1		5.71	1.11	
Magnesium, Mg.....mg	188	9.695	5		1		274	53	
Phosphorus, P.....mg	388	13.565	5		1		566	110	
Potassium, K.....mg	744	37.355	7		1		1086	211	
Sodium, Na.....mg	22	2.238	7		1		32	6	
Zinc, Zn.....mg	2.12	0.107	5		1		3.10	0.60	
Copper, Cu.....mg	0.900	0.045	5		1		1.314	0.255	
Manganese, Mn.....mg	2.640	0.186	5		1		3.854	0.748	
Selenium, Se.....µg	7.2		0	BFSN	4		10.5	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.675	0.164	4		1		0.986	0.191	
Riboflavin.....mg	0.135		0		1		0.197	0.038	
Niacin.....mg	15.925	0.976	4		1		23.251	4.515	
Pantothenic acid.....mg	1.769		0		1		2.583	0.502	
Vitamin B-6.....mg	0.348		0		1		0.508	0.099	
Folate, total.....µg	240		0		1		350	68	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	240		0		1		350	68	
Folate, DFE.....µg	240		0	NC	4		350	68	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16091**  
**Peanuts, spanish, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.098		0	NC	4		10.362	2.012	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.036		0	BFSN	4		0.052	0.010	
10:0.....g	0.036		0	BFSN	4		0.052	0.010	
12:0.....g	0.036		0	BFSN	4		0.052	0.010	
13:0.....g									
14:0.....g	0.028		0		1		0.041	0.008	
15:0.....g									
16:0.....g	5.674		0		1		8.284	1.609	
17:0.....g									
18:0.....g	1.288		0		1		1.880	0.365	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.325		0	NC	4		32.595	6.329	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	21.757		0		1		31.765	6.168	
20:1.....g	0.523		0		1		0.764	0.148	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.238		0	NC	4		25.167	4.887	
18:2 undifferentiated.....g	17.192		0		1		25.100	4.874	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFSN	4		0.052	0.010	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.254		0		1		0.371	0.072	
Threonine.....g	0.896		0		1		1.308	0.254	
Isoleucine.....g	0.920		0		1		1.343	0.261	
Leucine.....g	1.696		0		1		2.476	0.481	
Lysine.....g	0.939		0		1		1.371	0.266	
Methionine.....g	0.321		0		1		0.469	0.091	
Cystine.....g	0.335		0		1		0.489	0.095	
Phenylalanine.....g	1.356		0		1		1.980	0.384	
Tyrosine.....g	1.063		0		1		1.552	0.301	
Valine.....g	1.097		0		1		1.602	0.311	
Arginine.....g	3.128		0		1		4.567	0.887	
Histidine.....g	0.661		0		1		0.965	0.187	
Alanine.....g	1.039		0		1		1.517	0.295	
Aspartic acid.....g	3.190		0		1		4.657	0.904	
Glutamic acid.....g	5.465		0		1		7.979	1.549	
Glycine.....g	1.576		0		1		2.301	0.447	
Proline.....g	1.154		0		1		1.685	0.327	
Serine.....g	1.289		0		1		1.882	0.365	
Hydroxyproline.....g									
<b>Others:</b>									
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. 16091  
Peanuts, spanish, raw

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

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

**Common Measures:**

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16094

Peanuts, valencia, oil-roasted, 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
<b>Proximates:</b>									
Water.....g	2.12	0.327	11		1		3.05	0.60	
Energy.....kcal	589		0	NC	4		848	167	
Energy.....kJ	2464				4		3549	699	
Protein (N x 5.46).....g	27.04	1.700	6		1		38.94	7.67	
Total lipid (fat).....g	51.24	0.756	6		1		73.79	14.53	
Ash.....g	3.29	0.375	6		1		4.74	0.93	
Carbohydrate, by difference.....g	16.30		0	NC	4		23.47	4.62	
Fiber, total dietary.....g	8.9		0	BFSN	4		12.8	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1		1		78	15	
Iron, Fe.....mg	1.65	0.156	5		1		2.38	0.47	
Magnesium, Mg.....mg	160		0		1		230	45	
Phosphorus, P.....mg	319		1		1		459	90	
Potassium, K.....mg	612	74.253	4		1		881	174	
Sodium, Na.....mg	772	115.829	4		1		1112	219	
Zinc, Zn.....mg	3.08		0		1		4.44	0.87	
Copper, Cu.....mg	0.838		0		1		1.207	0.238	
Manganese, Mn.....mg	1.721		0		1		2.478	0.488	
Selenium, Se.....µg	7.5		0	BFZN	4		10.8	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.090		1		1		0.130	0.026	
Riboflavin.....mg	0.153	0.023	9		1		0.220	0.043	
Niacin.....mg	14.338	1.347	5		1		20.647	4.065	
Pantothenic acid.....mg	1.387		0		1		1.997	0.393	
Vitamin B-6.....mg	0.243		0		1		0.350	0.069	
Folate, total.....µg	126		0		1		181	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	126		0		1		181	36	
Folate, DFE.....µg	126		0	NC	4		181	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	7.894		0		1	11.367	2.238
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.029		0		1	0.042	0.008
15:0.....g							
16:0.....g	5.861		0		1	8.440	1.662
17:0.....g							
18:0.....g	1.330		0		1	1.915	0.377
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	23.065		0		1	33.214	6.539
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.046		0		1	0.066	0.013
17:1.....g							
18:1 undifferentiated.....g	22.475		0		1	32.364	6.372
20:1.....g	0.541		0		1	0.779	0.153
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	17.772		0		1	25.592	5.038
18:2 undifferentiated.....g	17.760		0		1	25.574	5.035
18:3 undifferentiated.....g	0.010		0		1	0.014	0.003
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.263		0		1	0.379	0.075
Threonine.....g	0.926		0		1	1.333	0.263
Isoleucine.....g	0.951		0		1	1.369	0.270
Leucine.....g	1.753		0		1	2.524	0.497
Lysine.....g	0.971		0		1	1.398	0.275
Methionine.....g	0.332		0		1	0.478	0.094
Cystine.....g	0.347		0		1	0.500	0.098
Phenylalanine.....g	1.402		0		1	2.019	0.397
Tyrosine.....g	1.100		0		1	1.584	0.312
Valine.....g	1.134		0		1	1.633	0.321
Arginine.....g	3.234		0		1	4.657	0.917
Histidine.....g	0.684		0		1	0.985	0.194
Alanine.....g	1.075		0		1	1.548	0.305
Aspartic acid.....g	3.299		0		1	4.751	0.935
Glutamic acid.....g	5.651		0		1	8.137	1.602
Glycine.....g	1.630		0		1	2.347	0.462
Proline.....g	1.194		0		1	1.719	0.338
Serine.....g	1.332		0		1	1.918	0.378
Hydroxyproline.....g							

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

**NDB No. 16094**

**Peanuts, valencia, oil-roasted, with salt**

**Common Measures:**

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16394

Peanuts, valencia, oil-roasted, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.12	0.327	11		1		3.05	0.60	
Energy.....kcal	589		0	NC	4		848	167	
Energy.....kJ	2464				4		3549	699	
Protein (N x 5.46).....g	27.04	1.700	6		1		38.94	7.67	
Total lipid (fat).....g	51.24	0.756	6		1		73.79	14.53	
Ash.....g	3.29	0.375	6		1		4.74	0.93	
Carbohydrate, by difference.....g	16.30		0	NC	4		23.47	4.62	
Fiber, total dietary.....g	8.9		0	BFSN	4		12.8	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1		1		78	15	
Iron, Fe.....mg	1.65	0.156	5		1		2.38	0.47	
Magnesium, Mg.....mg	160		0		1		230	45	
Phosphorus, P.....mg	319		1		1		459	90	
Potassium, K.....mg	612	74.253	4		1		881	174	
Sodium, Na.....mg	6		0		1		9	2	
Zinc, Zn.....mg	3.08		0		1		4.44	0.87	
Copper, Cu.....mg	0.838		0		1		1.207	0.238	
Manganese, Mn.....mg	1.721		0		1		2.478	0.488	
Selenium, Se.....µg	7.5		0	BFSN	4		10.8	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.090		1		1		0.130	0.026	
Riboflavin.....mg	0.153	0.023	9		1		0.220	0.043	
Niacin.....mg	14.338	1.347	5		1		20.647	4.065	
Pantothenic acid.....mg	1.387		0		1		1.997	0.393	
Vitamin B-6.....mg	0.243		0		1		0.350	0.069	
Folate, total.....µg	126		0		1		181	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	126		0		1		181	36	
Folate, DFE.....µg	126		0	NC	4		181	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
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	7.894		0		1		11.367	2.238	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.029		0		1		0.042	0.008	
15:0.....g									
16:0.....g	5.861		0		1		8.440	1.662	
17:0.....g									
18:0.....g	1.330		0		1		1.915	0.377	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.065		0		1		33.214	6.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	22.475		0		1		32.364	6.372	
20:1.....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated.....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		0		1		0.379	0.075	
Threonine.....g	0.926		0		1		1.333	0.263	
Isoleucine.....g	0.951		0		1		1.369	0.270	
Leucine.....g	1.753		0		1		2.524	0.497	
Lysine.....g	0.971		0		1		1.398	0.275	
Methionine.....g	0.332		0		1		0.478	0.094	
Cystine.....g	0.347		0		1		0.500	0.098	
Phenylalanine.....g	1.402		0		1		2.019	0.397	
Tyrosine.....g	1.100		0		1		1.584	0.312	
Valine.....g	1.134		0		1		1.633	0.321	
Arginine.....g	3.234		0		1		4.657	0.917	
Histidine.....g	0.684		0		1		0.985	0.194	
Alanine.....g	1.075		0		1		1.548	0.305	
Aspartic acid.....g	3.299		0		1		4.751	0.935	
Glutamic acid.....g	5.651		0		1		8.137	1.602	
Glycine.....g	1.630		0		1		2.347	0.462	
Proline.....g	1.194		0		1		1.719	0.338	
Serine.....g	1.332		0		1		1.918	0.378	
Hydroxyproline.....g									

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

**NDB No. 16394**

**Peanuts, valencia, oil-roasted, without salt**

**Common Measures:**

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16093  
 Peanuts, valencia, raw  
*Arachis hypogaea*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.26	0.573	25		1		6.22	1.21	
Energy.....kcal	570		0	NC	4		832	162	
Energy.....kJ	2385				4		3482	676	
Protein (N x 5.46).....g	25.09	0.341	44		1		36.63	7.11	
Total lipid (fat).....g	47.58	0.232	44		1		69.47	13.49	
Ash.....g	2.17	0.078	19		1		3.17	0.62	
Carbohydrate, by difference.....g	20.91		0	NC	4		30.53	5.93	
Fiber, total dietary.....g	8.7		0	BFSN	4		12.7	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	62	2.749	3		1		91	18	
Iron, Fe.....mg	2.09		2		1		3.05	0.59	
Magnesium, Mg.....mg	184		1		1		269	52	
Phosphorus, P.....mg	336	29.071	3		1		491	95	
Potassium, K.....mg	332		1		1		485	94	
Sodium, Na.....mg	1		1		1		1	0	
Zinc, Zn.....mg	3.34		0		1		4.88	0.95	
Copper, Cu.....mg	1.171		0		1		1.710	0.332	
Manganese, Mn.....mg	1.980		0		1		2.891	0.561	
Selenium, Se.....µg	7.3		0	BFSN	4		10.7	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.639	0.274	3		1		0.933	0.181	
Riboflavin.....mg	0.300	0.041	10		1		0.438	0.085	
Niacin.....mg	12.875		2		1		18.798	3.650	
Pantothenic acid.....mg	1.809		0		1		2.641	0.513	
Vitamin B-6.....mg	0.340	0.052	4		1		0.496	0.096	
Folate, total.....µg	246		0		1		358	70	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	246		0		1		358	70	
Folate, DFE.....µg	246		0	NC	4		358	70	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16093**  
**Peanuts, valencia, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.329		0		1		10.700	2.078	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.027		0		1		0.039	0.008	
15:0.....g									
16:0.....g	5.442		0		1		7.945	1.543	
17:0.....g									
18:0.....g	1.235		0		1		1.803	0.350	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	21.414		0		1		31.264	6.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		1		0.063	0.012	
17:1.....g									
18:1 undifferentiated.....g	20.867		0		1		30.466	5.916	
20:1.....g	0.502		0		1		0.733	0.142	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.500		0		1		24.090	4.678	
18:2 undifferentiated.....g	16.489		0		1		24.074	4.675	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.244		0		1		0.356	0.069	
Threonine.....g	0.859		0		1		1.254	0.244	
Isoleucine.....g	0.882		0		1		1.288	0.250	
Leucine.....g	1.627		0		1		2.375	0.461	
Lysine.....g	0.901		0		1		1.315	0.255	
Methionine.....g	0.308		0		1		0.450	0.087	
Cystine.....g	0.322		0		1		0.470	0.091	
Phenylalanine.....g	1.300		0		1		1.898	0.369	
Tyrosine.....g	1.020		0		1		1.489	0.289	
Valine.....g	1.052		0		1		1.536	0.298	
Arginine.....g	3.001		0		1		4.381	0.851	
Histidine.....g	0.634		0		1		0.926	0.180	
Alanine.....g	0.997		0		1		1.456	0.283	
Aspartic acid.....g	3.060		0		1		4.468	0.868	
Glutamic acid.....g	5.243		0		1		7.655	1.486	
Glycine.....g	1.512		0		1		2.208	0.429	
Proline.....g	1.107		0		1		1.616	0.314	
Serine.....g	1.236		0		1		1.805	0.350	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16093**

**Peanuts, valencia, raw**

**Common Measures:**

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16096

Peanuts, virginia, oil-roasted, 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
<b>Proximates:</b>									
Water.....g	2.17	0.066	15		1		3.10	0.62	
Energy.....kcal	578		0	NC	4		827	164	
Energy.....kJ	2418		0		4		3458	686	
Protein (N x 5.46).....g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat).....g	48.62	0.478	15		1		69.53	13.78	
Ash.....g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference.....g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary.....g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	0.246	8		1		123	24	
Iron, Fe.....mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg.....mg	188	1.102	8		1		269	53	
Phosphorus, P.....mg	506	0.845	8		1		724	143	
Potassium, K.....mg	652	0.720	8		1		932	185	
Sodium, Na.....mg	433		0		1		619	123	
Zinc, Zn.....mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu.....mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn.....mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se.....µg	7.5		0	BFZN	4		10.7	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin.....mg	0.112	0.002	8		1		0.160	0.032	
Niacin.....mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid.....mg	1.386		0		1		1.982	0.393	
Vitamin B-6.....mg	0.254		0		1		0.363	0.072	
Folate, total.....µg	125		0		1		179	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	125		0		1		179	36	
Folate, DFE.....µg	125		0	NC	4		179	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	6.345		0		1	9.073	1.799
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.012		0		1	0.017	0.003
15:0.....g							
16:0.....g	4.498		0		1	6.432	1.275
17:0.....g							
18:0.....g	1.148		0		1	1.642	0.325
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	25.222		0		1	36.067	7.150
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.053		0		1	0.076	0.015
17:1.....g							
18:1 undifferentiated.....g	24.610		0		1	35.192	6.977
20:1.....g	0.542		0		1	0.775	0.154
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	14.669		0		1	20.977	4.159
18:2 undifferentiated.....g	14.640		0		1	20.935	4.150
18:3 undifferentiated.....g	0.019		0		1	0.027	0.005
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		1	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.251		0		1	0.359	0.071
Threonine.....g	0.886		0		1	1.267	0.251
Isoleucine.....g	0.910		0		1	1.301	0.258
Leucine.....g	1.677		0		1	2.398	0.475
Lysine.....g	0.929		0		1	1.328	0.263
Methionine.....g	0.317		0		1	0.453	0.090
Cystine.....g	0.332		0		1	0.475	0.094
Phenylalanine.....g	1.341		0		1	1.918	0.380
Tyrosine.....g	1.052		0		1	1.504	0.298
Valine.....g	1.085		0		1	1.552	0.308
Arginine.....g	3.094		0		1	4.424	0.877
Histidine.....g	0.654		0		1	0.935	0.185
Alanine.....g	1.028		0		1	1.470	0.291
Aspartic acid.....g	3.156		0		1	4.513	0.895
Glutamic acid.....g	5.406		0		1	7.731	1.533
Glycine.....g	1.559		0		1	2.229	0.442
Proline.....g	1.142		0		1	1.633	0.324
Serine.....g	1.275		0		1	1.823	0.361
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16096**

**Peanuts, virginia, oil-roasted, with salt**

**Common Measures:**

Measure 1 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16396

Peanuts, virginia, oil-roasted, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.17	0.066	15		1		3.10	0.62	
Energy.....kcal	578		0	NC	4		827	164	
Energy.....kJ	2418				4		3458	686	
Protein (N x 5.46).....g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat).....g	48.62	0.478	15		1		69.53	13.78	
Ash.....g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference.....g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary.....g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	0.246	8		1		123	24	
Iron, Fe.....mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg.....mg	188	1.102	8		1		269	53	
Phosphorus, P.....mg	506	0.845	8		1		724	143	
Potassium, K.....mg	652	0.720	8		1		932	185	
Sodium, Na.....mg	6		0		1		9	2	
Zinc, Zn.....mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu.....mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn.....mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se.....µg	7.5		0	BFSN	4		10.7	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin.....mg	0.112	0.002	8		1		0.160	0.032	
Niacin.....mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid.....mg	1.386		0		1		1.982	0.393	
Vitamin B-6.....mg	0.254		0		1		0.363	0.072	
Folate, total.....µg	125		0		1		179	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	125		0		1		179	36	
Folate, DFE.....µg	125		0	NC	4		179	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.345		0		1		9.073	1.799	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.012		0		1		0.017	0.003	
15:0.....g									
16:0.....g	4.498		0		1		6.432	1.275	
17:0.....g									
18:0.....g	1.148		0		1		1.642	0.325	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	25.222		0		1		36.067	7.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.076	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.610		0		1		35.192	6.977	
20:1.....g	0.542		0		1		0.775	0.154	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.669		0		1		20.977	4.159	
18:2 undifferentiated.....g	14.640		0		1		20.935	4.150	
18:3 undifferentiated.....g	0.019		0		1		0.027	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.251		0		1		0.359	0.071	
Threonine.....g	0.886		0		1		1.267	0.251	
Isoleucine.....g	0.910		0		1		1.301	0.258	
Leucine.....g	1.677		0		1		2.398	0.475	
Lysine.....g	0.929		0		1		1.328	0.263	
Methionine.....g	0.317		0		1		0.453	0.090	
Cystine.....g	0.332		0		1		0.475	0.094	
Phenylalanine.....g	1.341		0		1		1.918	0.380	
Tyrosine.....g	1.052		0		1		1.504	0.298	
Valine.....g	1.085		0		1		1.552	0.308	
Arginine.....g	3.094		0		1		4.424	0.877	
Histidine.....g	0.654		0		1		0.935	0.185	
Alanine.....g	1.028		0		1		1.470	0.291	
Aspartic acid.....g	3.156		0		1		4.513	0.895	
Glutamic acid.....g	5.406		0		1		7.731	1.533	
Glycine.....g	1.559		0		1		2.229	0.442	
Proline.....g	1.142		0		1		1.633	0.324	
Serine.....g	1.275		0		1		1.823	0.361	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16396**

**Peanuts, virginia, oil-roasted, without salt**

**Common Measures:**

Measure 1 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16095  
 Peanuts, virginia, raw  
*Arachis hypogaea*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.91	0.143	8		1		10.09	1.96	
Energy.....kcal	563		0	NC	4		822	160	
Energy.....kJ	2356		0		4		3439	668	
Protein (N x 5.46).....g	25.19	0.375	21		1		36.78	7.14	
Total lipid (fat).....g	48.75	0.488	27		1		71.18	13.82	
Ash.....g	2.61	0.025	8		1		3.81	0.74	
Carbohydrate, by difference.....g	16.54		0	NC	4		24.15	4.69	
Fiber, total dietary.....g	8.5		0	BFSN	4		12.4	2.4	
Sugars, total.....g	3.95		0	BFSN	4		5.77	1.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	89	4.593	15		1		130	25	
Iron, Fe.....mg	2.55	0.316	15		1		3.72	0.72	
Magnesium, Mg.....mg	171	2.704	15		1		250	48	
Phosphorus, P.....mg	380	18.972	15		1		555	108	
Potassium, K.....mg	690	38.112	15		1		1007	196	
Sodium, Na.....mg	10	1.511	15		1		15	3	
Zinc, Zn.....mg	4.43	0.518	15		1		6.47	1.26	
Copper, Cu.....mg	1.112	0.042	15		1		1.624	0.315	
Manganese, Mn.....mg	1.696	0.062	15		1		2.476	0.481	
Selenium, Se.....µg	7.1		0	BFSN	4		10.4	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.653	0.002	8		1		0.953	0.185	
Riboflavin.....mg	0.131	0.001	8		1		0.191	0.037	
Niacin.....mg	12.375	0.301	8		1		18.068	3.508	
Pantothenic acid.....mg	1.759		0		1		2.568	0.499	
Vitamin B-6.....mg	0.346		0		1		0.505	0.098	
Folate, total.....µg	239		0		1		349	68	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	239		0		1		349	68	
Folate, DFE.....µg	239		0	NC	4		349	68	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	6.56		0	BFSN	4		9.57	1.86	
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	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phyloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16095**  
**Peanuts, virginia, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	6.434		0		1		9.394	1.824	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.039		0	BFSN	4		0.057	0.011	
10:0.....g	0.039		0	BFSN	4		0.057	0.011	
12:0.....g	0.039		0	BFSN	4		0.057	0.011	
13:0.....g									
14:0.....g	0.013		0		1		0.019	0.004	
15:0.....g									
16:0.....g	4.963		0		1		7.246	1.407	
17:0.....g									
18:0.....g	1.267		0		1		1.850	0.359	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	25.580		0		1		37.347	7.252	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.077	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.692		0		1		36.050	7.000	
20:1.....g	0.544		0		1		0.795	0.154	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.877		0		1		21.721	4.218	
18:2 undifferentiated.....g	14.654		0		1		21.394	4.154	
18:3 undifferentiated.....g	0.019		0		1		0.028	0.005	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFSN	4		0.052	0.010	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.245		0		1		0.358	0.069	
Threonine.....g	0.863		0		1		1.260	0.245	
Isoleucine.....g	0.886		0		1		1.294	0.251	
Leucine.....g	1.633		0		1		2.384	0.463	
Lysine.....g	0.904		0		1		1.320	0.256	
Methionine.....g	0.309		0		1		0.451	0.088	
Cystine.....g	0.323		0		1		0.472	0.092	
Phenylalanine.....g	1.306		0		1		1.907	0.370	
Tyrosine.....g	1.024		0		1		1.495	0.290	
Valine.....g	1.057		0		1		1.543	0.300	
Arginine.....g	3.013		0		1		4.399	0.854	
Histidine.....g	0.637		0		1		0.930	0.181	
Alanine.....g	1.001		0		1		1.461	0.284	
Aspartic acid.....g	3.073		0		1		4.487	0.871	
Glutamic acid.....g	5.265		0		1		7.687	1.493	
Glycine.....g	1.518		0		1		2.216	0.430	
Proline.....g	1.112		0		1		1.624	0.315	
Serine.....g	1.241		0		1		1.812	0.352	
Hydroxyproline.....g									
<b>Others:</b>									
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. 16095  
Peanuts, virginia, raw

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

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

**Common Measures:**

Measure 1 = 146g: 1 cup  
Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16085

Peas, green, split, mature seeds, raw

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.161		0	NC	4		0.317	0.730	
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	0.003		0		1		0.006	0.014	
13:0.....g									
14:0.....g	0.002		0		1		0.004	0.009	
15:0.....g									
16:0.....g	0.125		0		1		0.246	0.567	
17:0.....g									
18:0.....g	0.031		0		1		0.061	0.141	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.242		0	NC	4		0.477	1.098	
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	0.232		0		1		0.457	1.052	
20:1.....g	0.010		0		1		0.020	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.495		0	NC	4		0.975	2.245	
18:2 undifferentiated.....g	0.411		0		1		0.810	1.864	
18:3 undifferentiated.....g	0.084		0		1		0.165	0.381	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	135		0		1		266	612	
<b>Amino Acids:</b>									
Tryptophan.....g	0.275		32		1		0.542	1.247	
Threonine.....g	0.872		50		1		1.718	3.955	
Isoleucine.....g	1.014		46		1		1.998	4.600	
Leucine.....g	1.760		50		1		3.467	7.983	
Lysine.....g	1.772		52		1		3.491	8.038	
Methionine.....g	0.251		97		1		0.494	1.139	
Cystine.....g	0.373		90		1		0.735	1.692	
Phenylalanine.....g	1.132		50		1		2.230	5.135	
Tyrosine.....g	0.711		41		1		1.401	3.225	
Valine.....g	1.159		46		1		2.283	5.257	
Arginine.....g	2.188		46		1		4.310	9.925	
Histidine.....g	0.597		46		1		1.176	2.708	
Alanine.....g	1.080		43		1		2.128	4.899	
Aspartic acid.....g	2.896		43		1		5.705	13.136	
Glutamic acid.....g	4.196		43		1		8.266	19.033	
Glycine.....g	1.092		43		1		2.151	4.953	
Proline.....g	1.014		47		1		1.998	4.600	
Serine.....g	1.080		43		1		2.128	4.899	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



NDB No. 16085

Peas, green, split, mature seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 197g: 1 cup

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16386

Peas, split, mature seeds, cooked, boiled, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.054		0		1		0.106		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.042		0		1		0.082		
17:0.....g									
18:0.....g	0.010		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.081		0		1		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.077		0		1		0.151		
20:1.....g	0.003		0		1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.323		
18:2 undifferentiated.....g	0.137		0		1		0.269		
18:3 undifferentiated.....g	0.028		0		1		0.055		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.093		0		1		0.182		
Threonine.....g	0.296		0		1		0.580		
Isoleucine.....g	0.344		0		1		0.674		
Leucine.....g	0.598		0		1		1.172		
Lysine.....g	0.602		0		1		1.180		
Methionine.....g	0.085		0		1		0.167		
Cystine.....g	0.127		0		1		0.249		
Phenylalanine.....g	0.384		0		1		0.753		
Tyrosine.....g	0.242		0		1		0.474		
Valine.....g	0.394		0		1		0.772		
Arginine.....g	0.744		0		1		1.458		
Histidine.....g	0.203		0		1		0.398		
Alanine.....g	0.367		0		1		0.719		
Aspartic acid.....g	0.984		0		1		1.929		
Glutamic acid.....g	1.426		0		1		2.795		
Glycine.....g	0.371		0		1		0.727		
Proline.....g	0.344		0		1		0.674		
Serine.....g	0.367		0		1		0.719		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16386

Peas, split, mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 196g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16086

Peas, split, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.054		0		1		0.106	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.002	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.042		0		1		0.082	0.005	
17:0.....g									
18:0.....g	0.010		0		1		0.020	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.081		0		1		0.159	0.010	
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	0.077		0		1		0.151	0.009	
20:1.....g	0.003		0		1		0.006	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.323	0.020	
18:2 undifferentiated.....g	0.137		0		1		0.269	0.017	
18:3 undifferentiated.....g	0.028		0		1		0.055	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.093		0		1		0.182	0.011	
Threonine.....g	0.296		0		1		0.580	0.036	
Isoleucine.....g	0.344		0		1		0.674	0.042	
Leucine.....g	0.598		0		1		1.172	0.073	
Lysine.....g	0.602		0		1		1.180	0.073	
Methionine.....g	0.085		0		1		0.167	0.010	
Cystine.....g	0.127		0		1		0.249	0.015	
Phenylalanine.....g	0.384		0		1		0.753	0.047	
Tyrosine.....g	0.242		0		1		0.474	0.030	
Valine.....g	0.394		0		1		0.772	0.048	
Arginine.....g	0.744		0		1		1.458	0.091	
Histidine.....g	0.203		0		1		0.398	0.025	
Alanine.....g	0.367		0		1		0.719	0.045	
Aspartic acid.....g	0.984		0		1		1.929	0.120	
Glutamic acid.....g	1.426		0		1		2.795	0.174	
Glycine.....g	0.371		0		1		0.727	0.045	
Proline.....g	0.344		0		1		0.674	0.042	
Serine.....g	0.367		0		1		0.719	0.045	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16086

Peas, split, mature seeds, cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 196g: 1 cup

Measure 2 = 12.2g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16402

Pigeon peas (red gram), mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	68.55	0.415	8		1		115.16		
Energy.....kcal	121		0	NC	4		203		
Energy.....kJ	506				4		851		
Protein (N x 6.25).....g	6.76	0.243	8		1		11.36		
Total lipid (fat).....g	0.38	0.031	8		1		0.64		
Ash.....g	1.06	0.057	8		1		1.78		
Carbohydrate, by difference.....g	23.25		0	NC	4		39.06		
Fiber, total dietary.....g	6.7		0		4		11.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	1.514	8		1		72		
Iron, Fe.....mg	1.11	0.042	8		1		1.86		
Magnesium, Mg.....mg	46	2.659	8		1		77		
Phosphorus, P.....mg	119	3.728	8		1		200		
Potassium, K.....mg	384	15.802	8		1		645		
Sodium, Na.....mg	241		0		1		405		
Zinc, Zn.....mg	0.90	0.035	8		1		1.51		
Copper, Cu.....mg	0.269	0.017	8		1		0.452		
Manganese, Mn.....mg	0.501	0.056	8		1		0.842		
Selenium, Se.....µg	2.9		0	BFSN	4		4.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.146	0.010	8		1		0.245		
Riboflavin.....mg	0.059	0.003	8		1		0.099		
Niacin.....mg	0.781	0.052	8		1		1.312		
Pantothenic acid.....mg	0.319	0.024	8		1		0.536		
Vitamin B-6.....mg	0.050	0.002	8		1		0.084		
Folate, total.....µg	111	4.636	8		1		186		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	111	4.636	8		1		186		
Folate, DFE.....µg	111		0	NC	4		186		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0	0.012	8		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3	0.239	8		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16402

Pigeon peas (red gram), mature seeds, cooked, boiled, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Source	measures of food				
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated.....g	0.083		0		1		0.139		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.077		0		1		0.129		
17:0.....g									
18:0.....g	0.006		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.344		
18:2 undifferentiated.....g	0.196		0		1		0.329		
18:3 undifferentiated.....g	0.009		0		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.111		
Threonine.....g	0.239		0		1		0.402		
Isoleucine.....g	0.245		0		1		0.412		
Leucine.....g	0.483		0		1		0.811		
Lysine.....g	0.474		0		1		0.796		
Methionine.....g	0.076		0		1		0.128		
Cystine.....g	0.078		0		1		0.131		
Phenylalanine.....g	0.579		0		1		0.973		
Tyrosine.....g	0.168		0		1		0.282		
Valine.....g	0.292		0		1		0.491		
Arginine.....g	0.405		0		1		0.680		
Histidine.....g	0.241		0		1		0.405		
Alanine.....g	0.303		0		1		0.509		
Aspartic acid.....g	0.669		0		1		1.124		
Glutamic acid.....g	1.568		0		1		2.634		
Glycine.....g	0.250		0		1		0.420		
Proline.....g	0.298		0		1		0.501		
Serine.....g	0.320		0		1		0.538		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16402**

**Pigeon peas (red gram), mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 168g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16102

Pigeon peas (red gram), mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.55	0.415	8		1		115.16		
Energy.....kcal	121		0	NC	4		203		
Energy.....kJ	506				4		851		
Protein (N x 6.25).....g	6.76	0.243	8		1		11.36		
Total lipid (fat).....g	0.38	0.031	8		1		0.64		
Ash.....g	1.06	0.057	8		1		1.78		
Carbohydrate, by difference.....g	23.25		0	NC	4		39.06		
Fiber, total dietary.....g	6.7		0		4		11.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	1.514	8		1		72		
Iron, Fe.....mg	1.11	0.042	8		1		1.86		
Magnesium, Mg.....mg	46	2.659	8		1		77		
Phosphorus, P.....mg	119	3.728	8		1		200		
Potassium, K.....mg	384	15.802	8		1		645		
Sodium, Na.....mg	5	0.573	4		1		8		
Zinc, Zn.....mg	0.90	0.035	8		1		1.51		
Copper, Cu.....mg	0.269	0.017	8		1		0.452		
Manganese, Mn.....mg	0.501	0.056	8		1		0.842		
Selenium, Se.....µg	2.9		0	BFSN	4		4.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.146	0.010	8		1		0.245		
Riboflavin.....mg	0.059	0.003	8		1		0.099		
Niacin.....mg	0.781	0.052	8		1		1.312		
Pantothenic acid.....mg	0.319	0.024	8		1		0.536		
Vitamin B-6.....mg	0.050	0.002	8		1		0.084		
Folate, total.....µg	111	4.636	8		1		186		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	111	4.636	8		1		186		
Folate, DFE.....µg	111		0	NC	4		186		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0	0.012	8		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3	0.239	8		1		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16102

Pigeon peas (red gram), mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.083		0		1		0.139		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.077		0		1		0.129		
17:0.....g									
18:0.....g	0.006		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.344		
18:2 undifferentiated.....g	0.196		0		1		0.329		
18:3 undifferentiated.....g	0.009		0		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.111		
Threonine.....g	0.239		0		1		0.402		
Isoleucine.....g	0.245		0		1		0.412		
Leucine.....g	0.483		0		1		0.811		
Lysine.....g	0.474		0		1		0.796		
Methionine.....g	0.076		0		1		0.128		
Cystine.....g	0.078		0		1		0.131		
Phenylalanine.....g	0.579		0		1		0.973		
Tyrosine.....g	0.168		0		1		0.282		
Valine.....g	0.292		0		1		0.491		
Arginine.....g	0.405		0		1		0.680		
Histidine.....g	0.241		0		1		0.405		
Alanine.....g	0.303		0		1		0.509		
Aspartic acid.....g	0.669		0		1		1.124		
Glutamic acid.....g	1.568		0		1		2.634		
Glycine.....g	0.250		0		1		0.420		
Proline.....g	0.298		0		1		0.501		
Serine.....g	0.320		0		1		0.538		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16102**

**Pigeon peas (red gram), mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 168g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16101

Pigeon peas (red gram), mature seeds, raw

*Cajanus cajan*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.59	0.380	28		1		21.71		
Energy.....kcal	343		0	NC	4		703		
Energy.....kJ	1435				4		2942		
Protein (N x 6.25).....g	21.70	0.315	41		1		44.49		
Total lipid (fat).....g	1.49	0.105	23		1		3.05		
Ash.....g	3.45	0.053	28		1		7.07		
Carbohydrate, by difference.....g	62.78		0	NC	4		128.70		
Fiber, total dietary.....g	15.0		0		4		30.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130	7.724	18		1		267		
Iron, Fe.....mg	5.23	0.367	30		1		10.72		
Magnesium, Mg.....mg	183	17.121	14		1		375		
Phosphorus, P.....mg	367	30.430	18		1		752		
Potassium, K.....mg	1392	23.534	9		1		2854		
Sodium, Na.....mg	17	1.407	4		1		35		
Zinc, Zn.....mg	2.76	0.260	9		1		5.66		
Copper, Cu.....mg	1.057	0.036	9		1		2.167		
Manganese, Mn.....mg	1.791	0.138	9		1		3.672		
Selenium, Se.....µg	8.2		0	CAZN	4		16.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.643	0.060	11		1		1.318		
Riboflavin.....mg	0.187	0.015	12		1		0.383		
Niacin.....mg	2.965	0.363	12		1		6.078		
Pantothenic acid.....mg	1.266	0.057	8		1		2.595		
Vitamin B-6.....mg	0.283	0.041	12		1		0.580		
Folate, total.....µg	456	15.181	8		1		935		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	456	15.181	8		1		935		
Folate, DFE.....µg	456		0	NC	4		935		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1	0.117	8		1		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	28	2.344	8		1		57		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

## Pigeon peas (red gram), mature seeds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.330		0		1		0.677	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g								
15:0.....g								
16:0.....g	0.307		0		1		0.629	
17:0.....g								
18:0.....g	0.024		0		1		0.049	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.012		0		1		0.025	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.012		0		1		0.025	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.814		0		1		1.669	
18:2 undifferentiated.....g	0.778		0		1		1.595	
18:3 undifferentiated.....g	0.035		0		1		0.072	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
Cholesterol.....mg	0		0		1		0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.212		14		1		0.435	
Threonine.....g	0.767		28		1		1.572	
Isoleucine.....g	0.785		28		1		1.609	
Leucine.....g	1.549		28		1		3.175	
Lysine.....g	1.521		28		1		3.118	
Methionine.....g	0.243		26		1		0.498	
Cystine.....g	0.250		19		1		0.513	
Phenylalanine.....g	1.858		19		1		3.809	
Tyrosine.....g	0.538		26		1		1.103	
Valine.....g	0.937		28		1		1.921	
Arginine.....g	1.299		26		1		2.663	
Histidine.....g	0.774		26		1		1.587	
Alanine.....g	0.972		24		1		1.993	
Aspartic acid.....g	2.146		24		1		4.399	
Glutamic acid.....g	5.031		24		1		10.314	
Glycine.....g	0.802		24		1		1.644	
Proline.....g	0.955		23		1		1.958	
Serine.....g	1.028		24		1		2.107	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16101**

**Pigeon peas (red gram), mature seeds, raw**

**Common Measures:**

Measure 1 = 205g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16172  
 Refried beans, canned, fat-free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.69		2	A	1		181.79	350.19	
Energy.....kcal	79		0	NC	4		183	353	
Energy.....kJ	332		0	NC	4		768	1479	
Protein.....g	5.34		2	A	1		12.34	23.78	
Total lipid (fat).....g	0.45		2	A	1		1.04	2.00	
Ash.....g	2.01		2	A	1		4.65	8.97	
Carbohydrate, by difference.....g	13.50		0	NC	4		31.18	60.06	
Fiber, total dietary.....g	4.7		2	A	1		11.0	21.1	
Sugars, total.....g	0.61		2	A	1		1.41	2.71	
Sucrose.....g	0.61		2	A	1		1.41	2.71	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	8.65		2	A	1		19.98	38.49	
<b>Minerals:</b>									
Calcium, Ca.....mg	34		2	A	1		77	149	
Iron, Fe.....mg	1.62		2	A	1		3.73	7.19	
Magnesium, Mg.....mg	38		2	A	1		89	171	
Phosphorus, P.....mg	111		2	A	1		255	492	
Potassium, K.....mg	344		2	A	1		793	1529	
Sodium, Na.....mg	438		2	A	1		1011	1947	
Zinc, Zn.....mg	0.65		2	A	1		1.51	2.91	
Copper, Cu.....mg	0.163		2	A	1		0.376	0.725	
Manganese, Mn.....mg	0.326		2	A	1		0.752	1.448	
Selenium, Se.....µg	5.7		2	A	1		13.1	25.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		0	BFSN	4		2.0	3.8	
Thiamin.....mg	0.030		2	A	1		0.069	0.133	
Riboflavin.....mg	0.015		2	A	1		0.034	0.066	
Niacin.....mg	0.362		2	A	1		0.837	1.613	
Pantothenic acid.....mg	0.195		2	A	1		0.450	0.868	
Vitamin B-6.....mg	0.113		2	A	1		0.261	0.503	
Folate, total.....µg	57		0	BFSN	4		132	254	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	57		0	BFSN	4		132	254	
Folate, DFE.....µg	57		0	NC	4		132	254	
Choline, total.....mg	20.3		0	BFSN	4		46.9	90.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	BFSN	4		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.09	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.99		2	A	1		2.29	4.41	
Tocopherol, delta.....mg	0.05		2	A	1		0.12	0.22	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.06	0.11	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

**NDB No. 16172**  
**Refried beans, canned, 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	0.01		2	A	1		0.02	0.03	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.0		0	BFSN	4		4.7	9.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.093		0	NC	4		0.214	0.412	
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	0.001		2	A	1		0.002	0.004	
16:0.....g	0.072		2	A	1		0.167	0.323	
17:0.....g	0.001		2	A	1		0.002	0.004	
18:0.....g	0.012		2	A	1		0.028	0.054	
20:0.....g	0.002		2	A	1		0.004	0.007	
22:0.....g	0.002		2	A	1		0.005	0.009	
24:0.....g	0.003		2	A	1		0.007	0.013	
Fatty acids, total monounsaturated.....g	0.044		0	NC	4		0.101	0.195	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		2	A	1		0.000	0.000	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.043		0	AS	1		0.100	0.192	
18:1 c.....g	0.043		2	A	1		0.100	0.192	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.001		2	A	1		0.002	0.004	
Fatty acids, total polyunsaturated.....g	0.287		0	NC	4		0.664	1.278	
18:2 undifferentiated.....g	0.134		0	AS	1		0.310	0.597	
18:2 n-6 c,c.....g	0.134		2	A	1		0.310	0.597	
18:2 CLAs.....g	0.000		2	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.153		0	AS	1		0.354	0.681	
18:3 n-3 c,c,c (ALA).....g	0.153		2	A	1		0.354	0.681	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	

**NDB No. 16172**  
**Refried beans, canned, fat-free**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
<b>Others:</b>								
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 = 231g: 1 cup

Measure 2 = 445g: 1 can

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16103

Refried beans, canned, traditional style (includes USDA commodity)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.75	0.378	17	A	1		185.04	343.65	
Energy.....kcal	90		0	NC	4		215	400	
Energy.....kJ	379		0	NC	4		902	1675	
Protein (N x 6.25).....g	4.98	0.120	17	A	1		11.84	21.99	
Total lipid (fat).....g	2.01	0.067	16	A	1		4.79	8.90	
Ash.....g	1.71	0.037	17	A	1		4.07	7.57	
Carbohydrate, by difference.....g	13.55		0	NC	4		32.25	59.89	
Fiber, total dietary.....g	3.7	0.126	9	A	1		8.9	16.6	
Sugars, total.....g	0.54	0.004	4	A	1		1.29	2.40	
Sucrose.....g	0.54	0.004	4	A	1		1.29	2.40	
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	7.43	0.097	9	A	1		17.69	32.86	
<b>Minerals:</b>									
Calcium, Ca.....mg	29	0.545	17	A	1		68	126	
Iron, Fe.....mg	1.44	0.031	17	A	1		3.42	6.35	
Magnesium, Mg.....mg	35	0.518	17	A	1		84	157	
Phosphorus, P.....mg	92	1.600	17	A	1		220	409	
Potassium, K.....mg	319	5.715	17	A	1		760	1412	
Sodium, Na.....mg	370	8.190	17	A	1		882	1637	
Zinc, Zn.....mg	0.58	0.017	17	A	1		1.38	2.57	
Copper, Cu.....mg	0.129	0.007	17	A	1		0.307	0.570	
Manganese, Mn.....mg	0.289	0.005	17	A	1		0.689	1.279	
Selenium, Se.....µg	5.8	0.271	9	A	1		13.7	25.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		2		1		14.3	26.5	
Thiamin.....mg	0.076	0.002	9	A	1		0.180	0.334	
Riboflavin.....mg	0.079	0.003	9	A	1		0.188	0.350	
Niacin.....mg	0.367	0.010	9	A	1		0.874	1.624	
Pantothenic acid.....mg	0.189	0.014	6	A	1		0.450	0.837	
Vitamin B-6.....mg	0.103	0.003	9	A	1		0.245	0.455	
Folate, total.....µg	11	1.655	4		1		26	49	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11	1.655	4		1		26	49	
Folate, DFE.....µg	11		0	NC	4		26	49	
Choline, total.....mg	21.2		0	BFSN	4		50.4	93.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09	0.008	5	A	1		0.20	0.38	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.81	0.077	5	A	1		1.94	3.60	
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	

Refried beans, canned, traditional style (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.08	0.019	5	A	1		0.20	0.36	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.1		0	BFSN	4		5.1	9.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.631		0	NC	4		1.501	2.787	
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	0.004	0.003	7	A	1		0.009	0.016	
12:0.....g	0.001	0.001	7	A	1		0.002	0.004	
13:0.....g									
14:0.....g	0.022	0.002	7	A	1		0.052	0.096	
15:0.....g	0.003	0.000	7	A	1		0.007	0.013	
16:0.....g	0.394	0.034	7	A	1		0.937	1.740	
17:0.....g	0.006	0.001	7	A	1		0.015	0.027	
18:0.....g	0.192	0.020	7	A	1		0.458	0.851	
20:0.....g	0.004	0.000	7	A	1		0.010	0.019	
22:0.....g	0.002	0.000	7	A	1		0.004	0.008	
24:0.....g	0.003	0.000	7	A	1		0.007	0.012	
Fatty acids, total monounsaturated.....g	0.601		0	NC	4		1.431	2.657	
14:1.....g	0.000	0.000	7	A	1		0.000	0.000	
15:1.....g	0.000	0.000	7	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.024	0.003	7	AS	1		0.058	0.107	
16:1 c.....g	0.024	0.003	7	A	1		0.058	0.107	
16:1 t.....g	0.000	0.000	7	A	1		0.000	0.000	
17:1.....g	0.004	0.000	7	A	1		0.009	0.017	
18:1 undifferentiated.....g	0.564	0.056	7	AS	1		1.343	2.493	
18:1 c.....g	0.549	0.055	7	A	1		1.307	2.428	
18:1 t.....g	0.015	0.001	7	A	1		0.036	0.066	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.001	7	A	1		0.022	0.040	
22:1 undifferentiated.....g	0.000	0.000	7	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	7	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.543		0	NC	4		1.292	2.399	
18:2 undifferentiated.....g	0.361	0.026	7	AS	1		0.858	1.594	
18:2 n-6 c,c.....g	0.360	0.026	7	A	1		0.856	1.589	
18:2 CLAs.....g	0.000	0.000	7	A	1		0.000	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	7	A	1		0.002	0.004	
18:3 undifferentiated.....g	0.169	0.003	7	AS	1		0.403	0.749	
18:3 n-3 c,c,c (ALA).....g	0.169	0.002	7	A	1		0.403	0.748	
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1		0.000	0.001	
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.001	7	A	1		0.020	0.037	
20:3 undifferentiated.....g	0.001	0.000	7	AS	1		0.002	0.005	
20:3 n-3.....g	0.001	0.000	7	A	1		0.002	0.005	
20:3 n-6.....g	0.000	0.000	7	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003	0.001	7	A	1		0.008	0.014	
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	0.000	0.000	7	A	1		0.000	0.001	
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000	0.000	

NDB No. 16103

Refried beans, canned, traditional style (includes USDA commodity)

Nutrients and 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	7	A	1		0.000	0.000		
Fatty acids, total trans.....g	0.016		0	NC	4		0.038	0.070		
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.036	0.066		
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.002	0.004		
Cholesterol.....mg	0		0	Z	7		0	0		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.065		0		1		0.155	0.287		
Threonine.....g	0.231		0		1		0.550	1.021		
Isoleucine.....g	0.242		0		1		0.576	1.070		
Leucine.....g	0.438		0		1		1.042	1.936		
Lysine.....g	0.377		0		1		0.897	1.666		
Methionine.....g	0.083		0		1		0.198	0.367		
Cystine.....g	0.060		0		1		0.143	0.265		
Phenylalanine.....g	0.297		0		1		0.707	1.313		
Tyrosine.....g	0.155		0		1		0.369	0.685		
Valine.....g	0.287		0		1		0.683	1.269		
Arginine.....g	0.340		0		1		0.809	1.503		
Histidine.....g	0.153		0		1		0.364	0.676		
Alanine.....g	0.230		0		1		0.547	1.017		
Aspartic acid.....g	0.664		0		1		1.580	2.935		
Glutamic acid.....g	0.837		0		1		1.992	3.700		
Glycine.....g	0.214		0		1		0.509	0.946		
Proline.....g	0.233		0		1		0.555	1.030		
Serine.....g	0.299		0		1		0.712	1.322		
Hydroxyproline.....g										
<b>Others:</b>										
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 = 238g: 1 cup

Measure 2 = 442g: 1 can

**Calories Factors: Protein 3.5**

**Fat 8.9**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16403

Refried beans, canned, traditional, reduced sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.75	0.378	17	A	1		185.04	12.44	
Energy.....kcal	89		0	NC	4		212	14	
Energy.....kJ	373		0	NC	4		888	60	
Protein (N x 6.25).....g	4.98	0.120	17	A	1		11.84	0.80	
Total lipid (fat).....g	2.01	0.067	16	A	1		4.79	0.32	
Ash.....g	1.71	0.037	17	A	1		4.07	0.27	
Carbohydrate, by difference.....g	13.55		0	NC	4		32.25	2.17	
Fiber, total dietary.....g	3.7	0.126	9	A	1		8.9	0.6	
Sugars, total.....g	0.54	0.004	4	A	1		1.29	0.09	
Sucrose.....g	0.54	0.004	4	A	1		1.29	0.09	
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	7.43	0.097	9	A	1		17.69	1.19	
<b>Minerals:</b>									
Calcium, Ca.....mg	29	0.545	17	A	1		68	5	
Iron, Fe.....mg	1.44	0.031	17	A	1		3.42	0.23	
Magnesium, Mg.....mg	35	0.518	17	A	1		84	6	
Phosphorus, P.....mg	92	1.600	17	A	1		220	15	
Potassium, K.....mg	319	5.715	17	A	1		760	51	
Sodium, Na.....mg	138		0	LC	8		330	22	
Zinc, Zn.....mg	0.58	0.017	17	A	1		1.38	0.09	
Copper, Cu.....mg	0.129	0.007	17	A	1		0.307	0.021	
Manganese, Mn.....mg	0.289	0.005	17	A	1		0.689	0.046	
Selenium, Se.....µg	5.8	0.271	9	A	1		13.7	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	BFSN	4		1.8	0.1	
Thiamin.....mg	0.076	0.002	9	A	1		0.180	0.012	
Riboflavin.....mg	0.079	0.003	9	A	1		0.188	0.013	
Niacin.....mg	0.367	0.010	9	A	1		0.874	0.059	
Pantothenic acid.....mg	0.189	0.014	6	A	1		0.450	0.030	
Vitamin B-6.....mg	0.103	0.003	9	A	1		0.245	0.016	
Folate, total.....µg	26		0	BFSN	4		63	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	26		0	BFSN	4		63	4	
Folate, DFE.....µg	26		0	NC	4		63	4	
Choline, total.....mg	22.7		0	BFSN	4		54.0	3.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09	0.008	5	A	1		0.20	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.81	0.077	5	A	1		1.94	0.13	
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	

Refried beans, canned, traditional, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.08	0.019	5	A	1		0.20	0.01	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.3		0	BFSN	4		5.4	0.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.631		0	NC	4		1.501	0.101	
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	0.004	0.003	7	A	1		0.009	0.001	
12:0.....g	0.001	0.001	7	A	1		0.002	0.000	
13:0.....g									
14:0.....g	0.022	0.002	7	A	1		0.052	0.003	
15:0.....g	0.003	0.000	7	A	1		0.007	0.000	
16:0.....g	0.394	0.034	7	A	1		0.937	0.063	
17:0.....g	0.006	0.001	7	A	1		0.015	0.001	
18:0.....g	0.192	0.020	7	A	1		0.458	0.031	
20:0.....g	0.004	0.000	7	A	1		0.011	0.001	
22:0.....g	0.002	0.000	7	A	1		0.004	0.000	
24:0.....g	0.003	0.000	7	A	1		0.007	0.000	
Fatty acids, total monounsaturated.....g	0.601		0	NC	4		1.431	0.096	
14:1.....g	0.000	0.000	7	A	1		0.000	0.000	
15:1.....g	0.000	0.000	7	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.024	0.003	7	AS	1		0.058	0.004	
16:1 c.....g	0.024	0.003	7	A	1		0.058	0.004	
16:1 t.....g	0.000	0.000	7	A	1		0.000	0.000	
17:1.....g	0.004	0.000	7	A	1		0.009	0.001	
18:1 undifferentiated.....g	0.564	0.056	7	AS	1		1.343	0.090	
18:1 c.....g	0.549	0.055	7	A	1		1.307	0.088	
18:1 t.....g	0.015	0.001	7	A	1		0.036	0.002	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.001	7	A	1		0.022	0.001	
22:1 undifferentiated.....g	0.000	0.000	7	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	7	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.543		0	NC	4		1.292	0.087	
18:2 undifferentiated.....g	0.361	0.026	7	AS	1		0.858	0.058	
18:2 n-6 c,c.....g	0.360	0.026	7	A	1		0.856	0.058	
18:2 CLAs.....g	0.000	0.000	7	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	7	A	1		0.002	0.000	
18:3 undifferentiated.....g	0.169	0.003	7	AS	1		0.403	0.027	
18:3 n-3 c,c,c (ALA).....g	0.169	0.002	7	A	1		0.403	0.027	
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.001	7	A	1		0.020	0.001	
20:3 undifferentiated.....g	0.001	0.000	7	AS	1		0.002	0.000	
20:3 n-3.....g	0.001	0.000	7	A	1		0.002	0.000	
20:3 n-6.....g	0.000	0.000	7	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003	0.001	7	A	1		0.008	0.001	
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	0.000	0.000	7	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000	0.000	



NDB No. 16403

Refried beans, canned, traditional, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.016		0	NC	4		0.038	0.003	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.036	0.002	
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.002	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		0	A	1		0.141	0.010	
Threonine.....g	0.183		0	A	1		0.435	0.029	
Isoleucine.....g	0.235		0	A	1		0.560	0.038	
Leucine.....g	0.423		0	A	1		1.006	0.068	
Lysine.....g	0.348		0	A	1		0.829	0.056	
Methionine.....g	0.065		0	A	1		0.154	0.010	
Cystine.....g	0.047		0	A	1		0.111	0.007	
Phenylalanine.....g	0.294		0	A	1		0.699	0.047	
Tyrosine.....g	0.118		0	A	1		0.280	0.019	
Valine.....g	0.287		0	A	1		0.683	0.046	
Arginine.....g	0.273		0	A	1		0.649	0.044	
Histidine.....g	0.137		0	A	1		0.325	0.022	
Alanine.....g	0.226		0	A	1		0.538	0.036	
Aspartic acid.....g	0.623		0	A	1		1.483	0.100	
Glutamic acid.....g	0.800		0	A	1		1.903	0.128	
Glycine.....g	0.201		0	A	1		0.479	0.032	
Proline.....g	0.285		0	A	1		0.677	0.046	
Serine.....g	0.312		0	A	1		0.743	0.050	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 238g: 1 cup  
 Measure 2 = 16g: 1 tablespoon

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

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16171  
 Refried beans, canned, vegetarian

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.142		0	NC	4		0.344	0.632	
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	0.002		2	A	1		0.004	0.007	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.104		2	A	1		0.251	0.461	
17:0.....g	0.002		2	A	1		0.004	0.007	
18:0.....g	0.025		2	A	1		0.062	0.113	
20:0.....g	0.003		2	A	1		0.007	0.014	
22:0.....g	0.003		2	A	1		0.008	0.015	
24:0.....g	0.003		2	A	1		0.008	0.015	
Fatty acids, total monounsaturated.....g	0.206		0	NC	4		0.500	0.917	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.002		0	AS	1		0.005	0.009	
16:1 c.....g	0.002		2	A	1		0.005	0.009	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.195		0	AS	1		0.472	0.865	
18:1 c.....g	0.195		2	A	1		0.472	0.865	
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	0.008		2	A	1		0.019	0.034	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.002		2	A	1		0.005	0.009	
Fatty acids, total polyunsaturated.....g	0.471		0	NC	4		1.140	2.091	
18:2 undifferentiated.....g	0.295		0	AS	1		0.713	1.308	
18:2 n-6 c,c.....g	0.291		2	A	1		0.705	1.294	
18:2 CLAs.....g	0.000		2	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003		2	A	1		0.007	0.014	
18:3 undifferentiated.....g	0.176		0	AS	1		0.427	0.783	
18:3 n-3 c,c,c (ALA).....g	0.176		2	A	1		0.425	0.780	
18:3 n-6 c,c,c.....g	0.001		2	A	1		0.002	0.003	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.003		0	NC	4		0.007	0.014	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.007	0.014	
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 16171  
Refried beans, canned, vegetarian

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

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food, or similar food.

**Common Measures:**

Measure 1 = 242g: 1 cup

Measure 2 = 444g: 1 can

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16259

**SILK Banana-Strawberry soy yogurt**

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

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16256  
SILK Black Cherry soy yogurt

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

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16257  
SILK Blueberry soy yogurt

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

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16247  
 SILK Chai, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.62		0	O	4		212.92		
Energy.....kcal	53		1	LC	8		130		
Energy.....kJ	222		1	LC	8		539		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	1.44		1	LC	8		3.50		
Ash.....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference.....g	7.82		1	LC	8		19.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	5.76		1	LC	8		14.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	0		1	LC	8		0		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	41		1	LC	8		100		
Zinc, Zn.....mg	0.37		1	LC	8		0.90		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		1	LC	8		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.140		1	LC	8		0.340		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	7		1	LC	8		16		
Folic acid.....µg									
Folate, food.....µg	7		1	LC	8		16		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.37		1	LC	8		0.90		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	123		1	LC	8		300		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8		1	LC	8		2.0		
Vitamin D.....IU	33		1	LC	8		80		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16247**  
**SILK Chai, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16237  
 SILK Chocolate, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	86.39		0	O	4		209.93		
Energy.....kcal	58		1	LC	8		140		
Energy.....kJ	243		1	LC	8		590		
Protein (N x 6.25).....g	2.06		1	LC	8		5.00		
Total lipid (fat).....g	1.44		1	LC	8		3.50		
Ash.....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference.....g	9.47		1	LC	8		23.00		
Fiber, total dietary.....g	0.8		1	LC	8		2.0		
Sugars, total.....g	7.82		1	LC	8		19.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.59		1	LC	8		1.44		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	144		1	LC	8		350		
Sodium, Na.....mg	41		1	LC	8		100		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	1.7		1	LC	8		4.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16237**  
**SILK Chocolate, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16249  
 SILK Coffee, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.56		0	O	4		207.91		
Energy.....kcal	62		1	LC	8		150		
Energy.....kJ	259		1	LC	8		629		
Protein (N x 6.25).....g	2.06		1	LC	8		5.00		
Total lipid (fat).....g	1.44		1	LC	8		3.50		
Ash.....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference.....g	10.29		1	LC	8		25.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	9.47		1	LC	8		23.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.00		1	LC	8		0.00		
Magnesium, Mg.....mg	0		1	LC	8		0		
Phosphorus, P.....mg									
Potassium, K.....mg	132		1	LC	8		320		
Sodium, Na.....mg	41		1	LC	8		100		
Zinc, Zn.....mg	0.37		1	LC	8		0.90		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		1	LC	8		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	7		1	LC	8		16		
Folic acid.....µg									
Folate, food.....µg	7		1	LC	8		16		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.37		1	LC	8		0.90		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	123		1	LC	8		300		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16249**  
**SILK Coffee, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16261  
SILK French Vanilla Creamer

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

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

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16262  
SILK Hazelnut Creamer

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

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

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16258  
SILK Key Lime soy yogurt

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

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16240  
 SILK Light Chocolate, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.63		0	O	4		212.94		
Energy.....kcal	49		1	LC	8		120		
Energy.....kJ	205		1	LC	8		498		
Protein (N x 6.25).....g	2.06		1	LC	8		5.00		
Total lipid (fat).....g	0.62		1	LC	8		1.50		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	9.05		1	LC	8		22.00		
Fiber, total dietary.....g	0.8		1	LC	8		2.0		
Sugars, total.....g	7.82		1	LC	8		19.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.59		1	LC	8		1.44		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	144		1	LC	8		350		
Sodium, Na.....mg	41		1	LC	8		100		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	1.7		1	LC	8		4.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		

**NDB No. 16240**  
**SILK Light Chocolate, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16238  
 SILK Light Plain, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	92.77		0	O	4		225.43		
Energy.....kcal	29		1	LC	8		70		
Energy.....kJ	121		1	LC	8		294		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	0.82		1	LC	8		2.00		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	3.29		1	LC	8		8.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	2.47		1	LC	8		6.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	49		1	LC	8		120		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		

**NDB No. 16238**  
**SILK Light Plain, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8	0.000			
Cholesterol.....mg	0		1	LC	8	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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16239  
 SILK Light Vanilla, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.95		0	O	4		223.44		
Energy.....kcal	33		1	LC	8		80		
Energy.....kJ	138		1	LC	8		335		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	0.82		1	LC	8		2.00		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	2.88		1	LC	8		7.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	39		1	LC	8		95		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		

**NDB No. 16239**  
**SILK Light Vanilla, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16248  
 SILK Mocha, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	86.80		0	O	4		210.92	
Energy.....kcal	58		1	LC	8		140	
Energy.....kJ	243		1	LC	8		590	
Protein (N x 6.25).....g	2.06		1	LC	8		5.00	
Total lipid (fat).....g	1.44		1	LC	8		3.50	
Ash.....g	0.65		0	BFZN	4		1.58	
Carbohydrate, by difference.....g	9.05		1	LC	8		22.00	
Fiber, total dietary.....g	0.0		1	LC	8		0.0	
Sugars, total.....g	7.41		1	LC	8		18.00	
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	123		1	LC	8		300	
Iron, Fe.....mg	0.44		1	LC	8		1.08	
Magnesium, Mg.....mg	0		1	LC	8		0	
Phosphorus, P.....mg								
Potassium, K.....mg	123		1	LC	8		300	
Sodium, Na.....mg	41		1	LC	8		100	
Zinc, Zn.....mg	0.37		1	LC	8		0.90	
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....µg	0.0		1	LC	8		0.0	
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0	
Thiamin.....mg								
Riboflavin.....mg	0.140		1	LC	8		0.340	
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....µg	7		1	LC	8		16	
Folic acid.....µg								
Folate, food.....µg	7		1	LC	8		16	
Folate, DFE.....µg								
Choline, total.....mg								
Betaine.....mg								
Vitamin B-12.....µg	0.37		1	LC	8		0.90	
Vitamin A, RAE.....µg								
Retinol.....µg								
Carotene, beta.....µg								
Carotene, alpha.....µg								
Cryptoxanthin, beta.....µg								
Vitamin A, IU.....IU	123		1	LC	8		300	
Lycopene.....µg								
Lutein + zeaxanthin.....µg								
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg								
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500	

**NDB No. 16248**  
**SILK Mocha, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16246  
 SILK Nog, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.96		0	O	4		101.21		
Energy.....kcal	74		1	LC	8		90		
Energy.....kJ	310		1	LC	8		378		
Protein (N x 6.25).....g	2.46		1	LC	8		3.00		
Total lipid (fat).....g	1.64		1	LC	8		2.00		
Ash.....g	0.65		0	BFZN	4		0.79		
Carbohydrate, by difference.....g	12.30		1	LC	8		15.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	9.84		1	LC	8		12.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		20		
Iron, Fe.....mg	0.30		1	LC	8		0.36		
Magnesium, Mg.....mg	0		1	LC	8		0		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		150		
Sodium, Na.....mg	61		1	LC	8		75		
Zinc, Zn.....mg	0.00		1	LC	8		0.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		1	LC	8		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.000		1	LC	8		0.000		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	0		1	LC	8		0		
Folic acid.....µg									
Folate, food.....µg	0		1	LC	8		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	LC	8		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0			Z	7		0.0		
Vitamin D.....IU	0		1	LC	8		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		

NDB No. 16246  
 SILK Nog, soymilk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 122g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16260  
SILK Original Creamer

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

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

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16255  
SILK Peach soy yogurt

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

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16252  
SILK Plain soy yogurt

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

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

**Common Measures:**

Measure 1 = 227g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16235  
 SILK Plain, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.53		0	O	4		222.42		
Energy.....kcal	41		1	LC	8		100		
Energy.....kJ	172		1	LC	8		418		
Protein (N x 6.25).....g	2.88		1	LC	8		7.00		
Total lipid (fat).....g	1.65		1	LC	8		4.00		
Ash.....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference.....g	3.29		1	LC	8		8.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	2.47		1	LC	8		6.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	49		1	LC	8		120		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16235**  
**SILK Plain, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16243  
 SILK Plus Fiber, soym ilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	89.69		0	O	4		217.95		
Energy.....kcal	41		1	LC	8		100		
Energy.....kJ	172		1	LC	8		418		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	1.44		1	LC	8		3.50		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	5.76		1	LC	8		14.00		
Fiber, total dietary.....g	2.1		1	LC	8		5.0		
Sugars, total.....g	2.88		1	LC	8		7.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	39		1	LC	8		95		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16243**  
**SILK Plus Fiber, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16241  
 SILK Plus Omega-3 DHA, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.13		0	O	4		221.45		
Energy.....kcal	45		1	LC	8		110		
Energy.....kJ	188		1	LC	8		457		
Protein (N x 6.25).....g	2.88		1	LC	8		7.00		
Total lipid (fat).....g	2.06		1	LC	8		5.00		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	3.29		1	LC	8		8.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	2.47		1	LC	8		6.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	144		1	LC	8		350		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	144		1	LC	8		350		
Sodium, Na.....mg	49		1	LC	8		120		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	412		1	LC	8		1000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16241**  
**SILK Plus Omega-3 DHA, soymilk**

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16242**  
**SILK Plus for Bone Health, soymilk**  
*WhiteWave Foods Company*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.92		0	O	4		220.94		
Energy.....kcal	41		1	LC	8		100		
Energy.....kJ	172		1	LC	8		418		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	1.44		1	LC	8		3.50		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	4.53		1	LC	8		11.00		
Fiber, total dietary.....g	0.8		1	LC	8		2.0		
Sugars, total.....g	2.88		1	LC	8		7.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	165		1	LC	8		400		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	39		1	LC	8		95		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

NDB No. 16242  
 SILK Plus for Bone Health, soymilk

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16254  
SILK Raspberry soy yogurt

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

---

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16253  
SILK Strawberry soy yogurt

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Nutrients and Units	<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					

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16244  
 SILK Unsweetened, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.18		0	O	4		226.43		
Energy.....kcal	33		1	LC	8		80		
Energy.....kJ	138		1	LC	8		335		
Protein (N x 6.25).....g	2.88		1	LC	8		7.00		
Total lipid (fat).....g	1.65		1	LC	8		4.00		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	1.65		1	LC	8		4.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	0.41		1	LC	8		1.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	35		1	LC	8		85		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0			Z	7		0.0		
Vitamin D.....IU	0		1	LC	8		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16244**  
**SILK Unsweetened, soymilk**

Nutrients and Units	<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						
Fatty acids, total monounsaturated.....g										
Fatty acids, total polyunsaturated.....g										
Fatty acids, total trans.....g	0.000		1	LC		8	0.000			
Cholesterol.....mg	0		1	LC		8	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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16250

SILK Vanilla soy yogurt (family size)

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

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

**Common Measures:**

Measure 1 = 227g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16251

SILK Vanilla soy yogurt (single serving size)

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

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

**Common Measures:**

Measure 1 = 170g: 1 container

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16236  
 SILK Vanilla, soymilk  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.32		0	O	4		221.91		
Energy.....kcal	41		1	LC	8		100		
Energy.....kJ	172		1	LC	8		418		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	1.44		1	LC	8		3.50		
Ash.....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	2.88		1	LC	8		7.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	39		1	LC	8		95		
Zinc, Zn.....mg	0.25		1	LC	8		0.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		1	LC	8		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

**NDB No. 16236**  
**SILK Vanilla, soymilk**

Nutrients and Units	<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						
Fatty acids, total monounsaturated.....g										
Fatty acids, total polyunsaturated.....g										
Fatty acids, total trans.....g	0.000		1	LC		8		0.000		
Cholesterol.....mg	0		1	LC		8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16245  
**SILK Very Vanilla, soymilk**  
 WhiteWave Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.41		0	O	4		212.41		
Energy.....kcal	53		1	LC	8		130		
Energy.....kJ	222		1	LC	8		539		
Protein (N x 6.25).....g	2.47		1	LC	8		6.00		
Total lipid (fat).....g	1.65		1	LC	8		4.00		
Ash.....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference.....g	7.82		1	LC	8		19.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	6.58		1	LC	8		16.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	144		1	LC	8		350		
Iron, Fe.....mg	0.44		1	LC	8		1.08		
Magnesium, Mg.....mg	16		1	LC	8		40		
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	LC	8		300		
Sodium, Na.....mg	58		1	LC	8		140		
Zinc, Zn.....mg	0.62		1	LC	8		1.50		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	LC	8		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.6		1	LC	8		21.0		
Thiamin.....mg									
Riboflavin.....mg	0.210		1	LC	8		0.510		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	LC	8		24		
Folic acid.....µg									
Folate, food.....µg	10		1	LC	8		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		1	LC	8		3.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	412		1	LC	8		1000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		1	LC	8		3.0		
Vitamin D.....IU	49		1	LC	8		120		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.206		1	LC	8		0.500		

NDB No. 16245  
 SILK Very Vanilla, soymilk

Nutrients and Units	<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
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 43135  
Sandwich spread, meatless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.425		0		4	0.214		
4:0.....g	0.000		0		4	0.000		
6:0.....g	0.000		0		4	0.000		
8:0.....g	0.000		0		4	0.000		
10:0.....g	0.000		0		4	0.000		
12:0.....g	0.087		0		4	0.013		
13:0.....g								
14:0.....g	0.043		0		4	0.006		
15:0.....g								
16:0.....g	0.925		0		4	0.139		
17:0.....g								
18:0.....g	0.369		0		4	0.055		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.188		0		4	0.328		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000		
17:1.....g								
18:1 undifferentiated.....g	2.188		0		4	0.328		
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	4.666		0		4	0.700		
18:2 undifferentiated.....g	4.146		0		4	0.622		
18:3 undifferentiated.....g	0.520		0		4	0.078		
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	0.000		0	Z	7	0.000		
Cholesterol.....mg	0		0		7	0		
Phytosterols.....mg								
<b>Others:</b>								
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 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16107**  
**Sausage, meatless**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.926		0		1		0.732	1.112	0.819
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	0.217		0		1		0.054	0.082	0.061
13:0.....g									
14:0.....g	0.067		0		1		0.017	0.025	0.019
15:0.....g									
16:0.....g	1.856		0		1		0.464	0.705	0.520
17:0.....g									
18:0.....g	0.786		0		1		0.197	0.299	0.220
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.498		0		1		1.125	1.709	1.259
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	4.498		0		1		1.125	1.709	1.259
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	9.279		0		1		2.320	3.526	2.598
18:2 undifferentiated.....g	8.209		0		1		2.052	3.119	2.299
18:3 undifferentiated.....g	1.070		0		1		0.268	0.407	0.300
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	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.279		0		1		0.070	0.106	0.078
Threonine.....g	0.785		0		1		0.196	0.298	0.220
Isoleucine.....g	0.970		0		1		0.243	0.369	0.272
Leucine.....g	1.587		0		1		0.397	0.603	0.444
Lysine.....g	1.262		0		1		0.316	0.480	0.353
Methionine.....g	0.253		0		1		0.063	0.096	0.071
Cystine.....g	0.305		0		1		0.076	0.116	0.085
Phenylalanine.....g	1.061		0		1		0.265	0.403	0.297
Tyrosine.....g	0.694		0		1		0.174	0.264	0.194
Valine.....g	1.029		0		1		0.257	0.391	0.288
Arginine.....g	1.519		0		1		0.380	0.577	0.425
Histidine.....g	0.519		0		1		0.130	0.197	0.145
Alanine.....g	0.853		0		1		0.213	0.324	0.239
Aspartic acid.....g	2.307		0		1		0.577	0.877	0.646
Glutamic acid.....g	4.215		0		1		1.054	1.602	1.180
Glycine.....g	0.821		0		1		0.205	0.312	0.230
Proline.....g	1.116		0		1		0.279	0.424	0.312
Serine.....g	1.087		0		1		0.272	0.413	0.304
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0



**NDB No. 16107**  
**Sausage, meatless**

Nutrients and Units	<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 = 25g: 1 link
- Measure 2 = 38g: 1 patty
- Measure 3 = 28g: 1 slice

**Calories Factors: Protein 3.48**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
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NDB No. 16117  
Soy flour, defatted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.136		0		1		0.143	0.009
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.003		0		1		0.003	0.000
15:0.....g								
16:0.....g	0.100		0		1		0.105	0.007
17:0.....g								
18:0.....g	0.034		0		1		0.036	0.002
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.208		0		1		0.218	0.014
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.003		0		1		0.003	0.000
17:1.....g								
18:1 undifferentiated.....g	0.206		0		1		0.216	0.014
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.533		0		1		0.560	0.035
18:2 undifferentiated.....g	0.470		0		1		0.494	0.031
18:3 undifferentiated.....g	0.063		0		1		0.066	0.004
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	0.000		0	Z	7		0.000	0.000
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.683		0		1		0.717	0.045
Threonine.....g	2.042		0		1		2.144	0.135
Isoleucine.....g	2.281		0		1		2.395	0.151
Leucine.....g	3.828		0		1		4.019	0.253
Lysine.....g	3.129		0		1		3.285	0.207
Methionine.....g	0.634		0		1		0.666	0.042
Cystine.....g	0.757		0		1		0.795	0.050
Phenylalanine.....g	2.453		0		1		2.576	0.162
Tyrosine.....g	1.778		0		1		1.867	0.117
Valine.....g	2.346		0		1		2.463	0.155
Arginine.....g	3.647		0		1		3.829	0.241
Histidine.....g	1.268		0		1		1.331	0.084
Alanine.....g	2.215		0		1		2.326	0.146
Aspartic acid.....g	5.911		0		1		6.207	0.390
Glutamic acid.....g	9.106		0		1		9.561	0.601
Glycine.....g	2.174		0		1		2.283	0.143
Proline.....g	2.750		0		1		2.888	0.182
Serine.....g	2.725		0		1		2.861	0.180
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

**NDB No. 16117**  
**Soy flour, defatted**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data 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 = 105g: 1 cup

Measure 2 = 6.6g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16115**  
**Soy flour, full-fat, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.987		0		1		2.509	0.155	
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	0.057		0		1		0.048	0.003	
15:0.....g									
16:0.....g	2.192		0		1		1.841	0.114	
17:0.....g									
18:0.....g	0.737		0		1		0.619	0.038	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.561		0		1		3.831	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.048	0.003	
17:1.....g									
18:1 undifferentiated.....g	4.504		0		1		3.783	0.234	
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	11.657		0		1		9.792	0.606	
18:2 undifferentiated.....g	10.280		0		1		8.635	0.535	
18:3 undifferentiated.....g	1.378		0		1		1.158	0.072	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.502		0		1		0.422	0.026	
Threonine.....g	1.500		0		1		1.260	0.078	
Isoleucine.....g	1.675		0		1		1.407	0.087	
Leucine.....g	2.812		0		1		2.362	0.146	
Lysine.....g	2.298		0		1		1.930	0.119	
Methionine.....g	0.466		0		1		0.391	0.024	
Cystine.....g	0.556		0		1		0.467	0.029	
Phenylalanine.....g	1.802		0		1		1.514	0.094	
Tyrosine.....g	1.306		0		1		1.097	0.068	
Valine.....g	1.724		0		1		1.448	0.090	
Arginine.....g	2.679		0		1		2.250	0.139	
Histidine.....g	0.931		0		1		0.782	0.048	
Alanine.....g	1.627		0		1		1.367	0.085	
Aspartic acid.....g	4.342		0		1		3.647	0.226	
Glutamic acid.....g	6.689		0		1		5.619	0.348	
Glycine.....g	1.597		0		1		1.341	0.083	
Proline.....g	2.020		0		1		1.697	0.105	
Serine.....g	2.002		0		1		1.682	0.104	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16115  
 Soy flour, full-fat, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 84g: 1 cup, stirred

Measure 2 = 5.2g: 1 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
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**NDB No. 16116**  
**Soy flour, full-fat, roasted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	3.162		0		1	2.688	
4:0.....g	0.000		0	BFSN	4	0.000	
6:0.....g	0.000		0	BFSN	4	0.000	
8:0.....g	0.000		0	BFSN	4	0.000	
10:0.....g	0.000		0	BFSN	4	0.000	
12:0.....g	0.000		0	BFSN	4	0.000	
13:0.....g							
14:0.....g	0.061		0		1	0.052	
15:0.....g							
16:0.....g	2.320		0		1	1.972	
17:0.....g							
18:0.....g	0.780		0		1	0.663	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.829		0		1	4.105	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.061		0		1	0.052	
17:1.....g							
18:1 undifferentiated.....g	4.768		0		1	4.053	
20:1.....g	0.000		0	BFSN	4	0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	12.341		0		1	10.490	
18:2 undifferentiated.....g	10.883		0		1	9.251	
18:3 undifferentiated.....g	1.458		0		1	1.239	
18:4.....g	0.000		0	BFSN	4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	BFSN	4	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	BFSN	4	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	
Cholesterol.....mg	0		0		1	0	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.506		0		1	0.430	
Threonine.....g	1.511		0		1	1.284	
Isoleucine.....g	1.688		0		1	1.435	
Leucine.....g	2.834		0		1	2.409	
Lysine.....g	2.316		0		1	1.969	
Methionine.....g	0.469		0		1	0.399	
Cystine.....g	0.561		0		1	0.477	
Phenylalanine.....g	1.816		0		1	1.544	
Tyrosine.....g	1.316		0		1	1.119	
Valine.....g	1.737		0		1	1.476	
Arginine.....g	2.700		0		1	2.295	
Histidine.....g	0.938		0		1	0.797	
Alanine.....g	1.639		0		1	1.393	
Aspartic acid.....g	4.375		0		1	3.719	
Glutamic acid.....g	6.740		0		1	5.729	
Glycine.....g	1.609		0		1	1.368	
Proline.....g	2.035		0		1	1.730	
Serine.....g	2.017		0		1	1.714	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	
Caffeine.....mg	0		0	Z	7	0	

**NDB No. 16116**  
**Soy flour, full-fat, roasted**

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

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

**Common Measures:**

Measure 1 = 85g: 1 cup, stirred

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

**Food Group:** 16 Legumes and Legume Products  
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NDB No. 16118  
Soy flour, low-fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.61		2	A	1		4.06	0.25	
Energy.....kcal	372		0	NC	4		327	20	
Energy.....kJ	1557		0	NC	4		1370	86	
Protein (N x 6.25).....g	49.81		2	A	1		43.84	2.74	
Total lipid (fat).....g	8.90		2	A	1		7.84	0.49	
Ash.....g	6.04		2	A	1		5.32	0.33	
Carbohydrate, by difference.....g	30.63		0	NC	4		26.95	1.68	
Fiber, total dietary.....g	16.0		2	A	1		14.1	0.9	
Sugars, total.....g	9.33		0	O	4		8.21	0.51	
Starch.....g	5.25		2	A	1		4.62	0.29	
<b>Minerals:</b>									
Calcium, Ca.....mg	285		2	A	1		251	16	
Iron, Fe.....mg	8.20		2	A	1		7.22	0.45	
Magnesium, Mg.....mg	285		2	A	1		251	16	
Phosphorus, P.....mg	675		2	A	1		594	37	
Potassium, K.....mg	2090		2	A	1		1839	115	
Sodium, Na.....mg	9		2	A	1		8	0	
Zinc, Zn.....mg	4.10		2	A	1		3.61	0.23	
Copper, Cu.....mg	1.600		2	A	1		1.408	0.088	
Manganese, Mn.....mg	3.150		2	A	1		2.772	0.173	
Selenium, Se.....µg	58.9		2	A	1		51.8	3.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	1.088		2	A	1		0.957	0.060	
Riboflavin.....mg	0.280		2	A	1		0.247	0.015	
Niacin.....mg	2.950		2	A	1		2.596	0.162	
Pantothenic acid.....mg	1.550		2	A	1		1.364	0.085	
Vitamin B-6.....mg	1.050		2	A	1		0.924	0.058	
Folate, total.....µg	289		0	BFNN	4		254	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	289		0	BFNN	4		254	16	
Folate, DFE.....µg	289		0	NC	4		254	16	
Choline, total.....mg	191.7		0	AS	1		168.7	10.5	
Betaine.....mg	2.8		2	A	1		2.5	0.2	
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	2		0	NC	4		2	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	24		0	O	4		21	1	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	40		0	NC	4		35	2	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.55		2	A	1		0.49	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.05		2	A	1		0.05	0.00	
Tocopherol, gamma.....mg	6.03		2	A	1		5.31	0.33	
Tocopherol, delta.....mg	2.61		2	A	1		2.30	0.14	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.9		0	BFNN	4		3.4	0.2	

**NDB No. 16118**  
**Soy flour, low-fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	1.290		0	NC	4	1.135	0.071
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		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	0.000		2	A	1	0.000	0.000
16:0.....g	0.885		2	A	1	0.779	0.049
17:0.....g	0.000		2	A	1	0.000	0.000
18:0.....g	0.355		2	A	1	0.312	0.020
20:0.....g	0.025		2	A	1	0.022	0.001
22:0.....g	0.020		2	A	1	0.018	0.001
24:0.....g	0.005		2	A	1	0.004	0.000
Fatty acids, total monounsaturated.....g	1.460		0	NC	4	1.285	0.080
14:1.....g	0.000		2	A	1	0.000	0.000
15:1.....g	0.000		2	A	1	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000
17:1.....g	0.000		2	A	1	0.000	0.000
18:1 undifferentiated.....g	1.450		2	A	1	1.276	0.080
20:1.....g	0.010		2	A	1	0.009	0.001
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	4.215		0	NC	4	3.709	0.232
18:2 undifferentiated.....g	3.660		2	A	1	3.221	0.201
18:3 undifferentiated.....g	0.555		2	A	1	0.488	0.031
18:4.....g	0.000		2	A	1	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000
21:5.....g	0.000		2	A	1	0.000	0.000
22:4.....g	0.000		2	A	1	0.000	0.000
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Others:</b>							
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 = 88g: 1 cup, stirred

Measure 2 = 5.5g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16119  
Soy meal, defatted, raw

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.94	0.307	4		1		8.47		
Energy.....kcal	337		0	NC	4		411		
Energy.....kJ	1409		0	NC	4		1719		
Protein (N x 6.25).....g	49.20	1.342	5		1		60.03		
Total lipid (fat).....g	2.39		2		1		2.92		
Ash.....g	5.58		3		1		6.81		
Carbohydrate, by difference.....g	35.89		0	NC	4		43.78		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	244	38.533	10		1		298		
Iron, Fe.....mg	13.70	0.378	7		1		16.71		
Magnesium, Mg.....mg	306	8.200	7		1		373		
Phosphorus, P.....mg	701	16.380	8		1		855		
Potassium, K.....mg	2490	79.372	7		1		3038		
Sodium, Na.....mg	3	2.143	7		1		4		
Zinc, Zn.....mg	5.06		8		1		6.17		
Copper, Cu.....mg	2.000	0.163	6		1		2.440		
Manganese, Mn.....mg	3.800	0.134	5		1		4.636		
Selenium, Se.....µg	3.3		0	BFFN	4		4.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.691		0		1		0.843		
Riboflavin.....mg	0.251		0		1		0.306		
Niacin.....mg	2.587		0		1		3.156		
Pantothenic acid.....mg	1.976		0		1		2.411		
Vitamin B-6.....mg	0.569		0		1		0.694		
Folate, total.....µg	303		0		1		369		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	303		0		1		369		
Folate, DFE.....µg	303		0	NC	4		369		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	2		0		1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		0		1		49		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 16119**  
**Soy meal, defatted, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	0.268		0			1		0.327	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		0			1		0.006	
15:0.....g									
16:0.....g	0.196		0			1		0.239	
17:0.....g									
18:0.....g	0.066		0			1		0.081	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.409		0			1		0.499	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0			1		0.006	
17:1.....g									
18:1 undifferentiated.....g	0.404		0			1		0.493	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.045		0			1		1.275	
18:2 undifferentiated.....g	0.921		0			1		1.124	
18:3 undifferentiated.....g	0.123		0			1		0.150	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7		0.000	
Cholesterol.....mg	0		0			1		0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.653		0			1		0.797	
Threonine.....g	1.952		0			1		2.381	
Isoleucine.....g	2.180		0			1		2.660	
Leucine.....g	3.660		0			1		4.465	
Lysine.....g	2.991		0			1		3.649	
Methionine.....g	0.606		0			1		0.739	
Cystine.....g	0.724		0			1		0.883	
Phenylalanine.....g	2.346		0			1		2.862	
Tyrosine.....g	1.700		0			1		2.074	
Valine.....g	2.243		0			1		2.736	
Arginine.....g	3.487		0			1		4.254	
Histidine.....g	1.212		0			1		1.479	
Alanine.....g	2.117		0			1		2.583	
Aspartic acid.....g	5.651		0			1		6.894	
Glutamic acid.....g	8.705		0			1		10.620	
Glycine.....g	2.078		0			1		2.535	
Proline.....g	2.629		0			1		3.207	
Serine.....g	2.605		0			1		3.178	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16119**

**Soy meal, defatted, raw**

**Common Measures:**

Measure 1 = 122g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16420

Soy protein concentrate, produced by acid wash

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.80	0.520	7		1		1.64		
Energy.....kcal	328		0	NC	4		93		
Energy.....kJ	1373		0	NC	4		389		
Protein (N x 6.25).....g	63.63	2.356	360		1		18.04		
Total lipid (fat).....g	0.46	0.186	5		1		0.13		
Ash.....g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference.....g	25.41		0	NC	4		7.20		
Fiber, total dietary.....g	5.5		0	BFZN	4		1.6		
Sugars, total.....g	20.00		0	O	4		5.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	363	3.172	5		1		103		
Iron, Fe.....mg	10.78	0.464	5		1		3.06		
Magnesium, Mg.....mg	140		0		1		40		
Phosphorus, P.....mg	839	15.256	5		1		238		
Potassium, K.....mg	450		0		1		128		
Sodium, Na.....mg	900		0		1		255		
Zinc, Zn.....mg	4.40	0.818	5		1		1.25		
Copper, Cu.....mg	0.976	0.158	5		1		0.277		
Manganese, Mn.....mg	4.190	0.272	5		1		1.188		
Selenium, Se.....µg	0.8		0	CAZN	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.316	0.020	5		1		0.090		
Riboflavin.....mg	0.142	0.022	5		1		0.040		
Niacin.....mg	0.716	0.108	5		1		0.203		
Pantothenic acid.....mg	0.057	0.009	3		1		0.016		
Vitamin B-6.....mg	0.134	0.005	5		1		0.038		
Folate, total.....µg	340	23.022	5		1		96		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	340	23.022	5		1		96		
Folate, DFE.....µg	340		0	NC	4		96		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16420

Soy protein concentrate, produced by acid wash

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.052		0		1		0.015		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.000		
15:0.....g									
16:0.....g	0.038		0		1		0.011		
17:0.....g									
18:0.....g	0.013		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16420

Soy protein concentrate, produced by acid wash

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Soy protein concentrate, produced by alcohol extraction

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0		1		0.015		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.000		
15:0.....g									
16:0.....g	0.038		0		1		0.011		
17:0.....g									
18:0.....g	0.013		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16121

Soy protein concentrate, produced by alcohol extraction

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16122**  
**Soy protein isolate**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.422		0		1		0.120		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.008		0		1		0.002		
15:0.....g									
16:0.....g	0.310		0		1		0.088		
17:0.....g									
18:0.....g	0.104		0		1		0.029		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.645		0		1		0.183		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.637		0		1		0.181		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.648		0		1		0.467		
18:2 undifferentiated.....g	1.453		0		1		0.412		
18:3 undifferentiated.....g	0.195		0		1		0.055		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

**NDB No. 16122**  
**Soy protein isolate**

Nutrients and Units	<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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Soy protein isolate, potassium type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.077		0				0.022		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.000		
15:0.....g									
16:0.....g	0.056		0		1		0.016		
17:0.....g									
18:0.....g	0.019		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.117		0		1		0.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.116		0		1		0.033		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.299		0		1		0.085		
18:2 undifferentiated.....g	0.264		0		1		0.075		
18:3 undifferentiated.....g	0.035		0		1		0.010		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16422

Soy protein isolate, potassium type

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Soy sauce made from hydrolyzed vegetable protein

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		1		0.007	0.002	0.023
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.027		0		1		0.005	0.002	0.016
17:0.....g									
18:0.....g	0.007		0		1		0.001	0.000	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.011	0.004	0.035
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.010	0.003	0.031
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.147		0		1		0.027	0.009	0.086
18:2 undifferentiated.....g	0.127		0		1		0.023	0.008	0.074
18:3 undifferentiated.....g	0.020		0		1		0.004	0.001	0.012
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	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	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 = 18g: 1 tbsp

Measure 2 = 6.0g: 1 tsp

Measure 3 = 58g: .25 cup

**NDB No. 16125**

**Soy sauce made from hydrolyzed vegetable protein**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16124

Soy sauce made from soy (tamari)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.011		0		1		0.002	0.001
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.008		0		1		0.001	0.000
17:0.....g								
18:0.....g	0.003		0		1		0.001	0.000
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.017		0		1		0.003	0.001
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	0.017		0		1		0.003	0.001
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.008	0.003
18:2 undifferentiated.....g	0.039		0		1		0.007	0.002
18:3 undifferentiated.....g	0.005		0		1		0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.181		1		1		0.033	0.011
Threonine.....g	0.407		5		1		0.073	0.024
Isoleucine.....g	0.487		5		1		0.088	0.029
Leucine.....g	0.735		5		1		0.132	0.044
Lysine.....g	0.731		4		1		0.132	0.044
Methionine.....g	0.167		3		1		0.030	0.010
Cystine.....g	0.107		3		1		0.019	0.006
Phenylalanine.....g	0.534		5		1		0.096	0.032
Tyrosine.....g	0.342		4		1		0.062	0.021
Valine.....g	0.524		5		1		0.094	0.031
Arginine.....g	0.405		4		1		0.073	0.024
Histidine.....g	0.215		4		1		0.039	0.013
Alanine.....g	0.536		5		1		0.096	0.032
Aspartic acid.....g	0.882		5		1		0.159	0.053
Glutamic acid.....g	2.411		6		1		0.434	0.145
Glycine.....g	0.435		5		1		0.078	0.026
Proline.....g	0.806		5		1		0.145	0.048
Serine.....g	0.483		5		1		0.087	0.029
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0



NDB No. 16124

Soy sauce made from soy (tamari)

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

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

**Common Measures:**

Measure 1 = 18g: 1 tbsp

Measure 2 = 6.0g: 1 tsp

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 4**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Soy sauce made from soy and wheat (shoyu)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.073		0		1		0.012	0.004	0.186
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.058		0		1		0.009	0.003	0.149
17:0.....g									
18:0.....g	0.007		0		1		0.001	0.000	0.019
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0		1		0.014	0.005	0.224
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.080		0		1		0.013	0.004	0.205
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.263		0		1		0.042	0.014	0.671
18:2 undifferentiated.....g	0.234		0		1		0.037	0.012	0.596
18:3 undifferentiated.....g	0.029		0		1		0.005	0.002	0.075
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	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		1	JA	6		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0	DA	1		0.015	0.005	0.245
Threonine.....g	0.271		0	DA	1		0.043	0.014	0.691
Isoleucine.....g	0.318		0	DA	1		0.051	0.017	0.810
Leucine.....g	0.537		0	DA	1		0.086	0.028	1.368
Lysine.....g	0.381		0	DA	1		0.061	0.020	0.972
Methionine.....g	0.097		0	DA	1		0.016	0.005	0.248
Cystine.....g	0.118		0	DA	1		0.019	0.006	0.301
Phenylalanine.....g	0.353		0	DA	1		0.056	0.019	0.899
Tyrosine.....g	0.244		0	DA	1		0.039	0.013	0.621
Valine.....g	0.332		0	DA	1		0.053	0.018	0.846
Arginine.....g	0.463		0	DA	1		0.074	0.025	1.180
Histidine.....g	0.174		0	DA	1		0.028	0.009	0.443
Alanine.....g	0.294		0	DA	1		0.047	0.016	0.750
Aspartic acid.....g	0.719		0	DA	1		0.115	0.038	1.834
Glutamic acid.....g	1.579		0	DA	1		0.253	0.084	4.026

NDB No. 16123

Soy sauce made from soy and wheat (shoyu)

Nutrients and Units	<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	0.297		0	DA	1		0.047	0.016	0.757
Proline.....g	0.493		0	DA	1		0.079	0.026	1.256
Serine.....g	0.388		0	DA	1		0.062	0.021	0.988
Hydroxyproline.....g									
<b>Others:</b>									
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 = 16g: 1 tbsp

Measure 2 = 5.3g: 1 tsp

Measure 3 = 255g: 1 cup

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate4**

**Food Group: 16 Legumes and Legume Products**

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

NDB No. 16424

Soy sauce made from soy and wheat (shoyu), low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.14	0.063	6	A	1		10.67	3.38	191.62
Energy.....kcal	57		0	NC	4		8	3	144
Energy.....kJ	237		0	NC	4		34	11	604
Protein (N x 6.25).....g	9.05	0.155	6	A	1		1.29	0.41	23.08
Total lipid (fat).....g	0.30	0.027	6	A	1		0.04	0.01	0.76
Ash.....g	9.92	0.014	6	A	1		1.41	0.45	25.29
Carbohydrate, by difference.....g	5.59		0	NC	4		0.79	0.25	14.25
Fiber, total dietary.....g	0.7	0.035	3	A	1		0.1	0.0	1.7
Sugars, total.....g	0.50	0.000	3	A	1		0.07	0.02	1.28
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.30	0.000	3	A	1		0.04	0.01	0.77
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.20	0.000	3	A	1		0.03	0.01	0.51
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30	0.303	6	A	1		4	1	77
Iron, Fe.....mg	1.35	0.013	6	A	1		0.19	0.06	3.45
Magnesium, Mg.....mg	69	0.325	6	A	1		10	3	177
Phosphorus, P.....mg	166	0.615	6	A	1		24	7	422
Potassium, K.....mg	352	4.931	6	A	1		50	16	897
Sodium, Na.....mg	3598	10.775	6	A	1		511	162	9176
Zinc, Zn.....mg	0.79	0.001	6	A	1		0.11	0.04	2.02
Copper, Cu.....mg	0.049	0.000	6	A	1		0.007	0.002	0.125
Manganese, Mn.....mg	1.008	0.005	6	A	1		0.143	0.045	2.571
Selenium, Se.....µg	0.5		0	BFSN	4		0.1	0.0	1.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.040	0.000	3	A	1		0.006	0.002	0.102
Riboflavin.....mg	0.240	0.010	3	A	1		0.034	0.011	0.612
Niacin.....mg	1.140	0.025	3	A	1		0.162	0.051	2.907
Pantothenic acid.....mg	0.425		2	A	1		0.060	0.019	1.083
Vitamin B-6.....mg	0.160	0.000	3	A	1		0.023	0.007	0.408
Folate, total.....µg	44		1	A	1		6	2	112
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	44		1	A	1		6	2	112
Folate, DFE.....µg	44		0	NC	4		6	2	112
Choline, total.....mg	30.8		0	AS	1		4.4	1.4	78.6
Betaine.....mg	38.6		1	A	1		5.5	1.7	98.4
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.41		2	A	1		0.06	0.02	1.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01		2	A	1		0.00	0.00	0.03
Tocopherol, gamma.....mg	0.05		2	A	1		0.01	0.00	0.13
Tocopherol, delta.....mg	0.01		2	A	1		0.00	0.00	0.03
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.16		2	A	1		0.02	0.01	0.40

Soy sauce made from soy and wheat (shoyu), low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		2	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	0.0		1	A	1	0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.035		0	NC	4	0.005	0.002	0.088
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1	0.000	0.000	0.000
15:0.....g								
16:0.....g	0.031		0		1	0.004	0.001	0.078
17:0.....g								
18:0.....g	0.004		0		1	0.001	0.000	0.010
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.042		0	NC	4	0.006	0.002	0.108
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.042		0		1	0.006	0.002	0.108
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.138		0	NC	4	0.020	0.006	0.352
18:2 undifferentiated.....g	0.123		0		1	0.017	0.006	0.313
18:3 undifferentiated.....g	0.015		0		1	0.002	0.001	0.039
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	0.000		0	Z	7	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.000		0	A	1	0.000	0.000	0.000
Threonine.....g	0.378		0	A	1	0.054	0.017	0.963
Isoleucine.....g	0.408		0	A	1	0.058	0.018	1.041
Leucine.....g	0.595		0	A	1	0.084	0.027	1.517
Lysine.....g	0.340		0	A	1	0.048	0.015	0.868
Methionine.....g	0.093		0	A	1	0.013	0.004	0.237
Cystine.....g	0.000		0	A	1	0.000	0.000	0.000
Phenylalanine.....g	0.337		0	A	1	0.048	0.015	0.860
Tyrosine.....g	0.089		0	A	1	0.013	0.004	0.227
Valine.....g	0.433		0	A	1	0.062	0.019	1.105
Arginine.....g	0.495		0	A	1	0.070	0.022	1.262
Histidine.....g	0.169		0	A	1	0.024	0.008	0.430
Alanine.....g	0.646		0	A	1	0.092	0.029	1.648

NDB No. 16424

Soy sauce made from soy and wheat (shoyu), low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.455		0	A	1		0.065	0.020	1.159
Glutamic acid.....g	1.682		0	A	1		0.239	0.076	4.289
Glycine.....g	0.330		0	A	1		0.047	0.015	0.842
Proline.....g	0.597		0	A	1		0.085	0.027	1.522
Serine.....g	0.478		0	A	1		0.068	0.021	1.218
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<b>Others:</b>									
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 = 14.2g: 1 tbsp
- Measure 2 = 4.5g: 1 tsp
- Measure 3 = 255g: 1 cup

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 4**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16425

Soy sauce, reduced sodium, made from hydrolyzed vegetable protein

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.33		4	A	1		9.50	3.10	36.73
Energy.....kcal	90		0	NC	4		13	4	52
Energy.....kJ	375		0	NC	4		56	18	218
Protein (N x 6.25).....g	8.19		4	A	1		1.23	0.40	4.75
Total lipid (fat).....g	0.31		4	A	1		0.05	0.02	0.18
Ash.....g	13.74		4	A	1		2.06	0.67	7.97
Carbohydrate, by difference.....g	14.44		0	NC	4		2.17	0.71	8.37
Fiber, total dietary.....g	0.3		3	A	1		0.0	0.0	0.2
Sugars, total.....g	5.63		4	A	1		0.84	0.28	3.27
Sucrose.....g	0.08		4	A	1		0.01	0.00	0.05
Glucose (dextrose).....g	3.02		4	A	1		0.45	0.15	1.75
Fructose.....g	0.10		4	A	1		0.02	0.00	0.06
Lactose.....g	0.00		4	A	1		0.00	0.00	0.00
Maltose.....g	2.42		4	A	1		0.36	0.12	1.41
Galactose.....g	0.00		4	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		4	A	1		2	1	6
Iron, Fe.....mg	0.43		4	A	1		0.07	0.02	0.25
Magnesium, Mg.....mg	34		4	A	1		5	2	20
Phosphorus, P.....mg	89		4	A	1		13	4	52
Potassium, K.....mg	3098		4	A	1		465	152	1797
Sodium, Na.....mg	2890		4	A	1		434	142	1676
Zinc, Zn.....mg	0.25		4	A	1		0.04	0.01	0.15
Copper, Cu.....mg	0.049		4	A	1		0.007	0.002	0.029
Manganese, Mn.....mg	0.151		4	A	1		0.023	0.007	0.088
Selenium, Se.....µg	0.9		0	BFSN	4		0.1	0.0	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.030		3	A	1		0.004	0.001	0.017
Riboflavin.....mg	0.043		3	A	1		0.006	0.002	0.025
Niacin.....mg	0.453		3	A	1		0.068	0.022	0.263
Pantothenic acid.....mg	0.148		2	A	1		0.022	0.007	0.086
Vitamin B-6.....mg	0.037		3	A	1		0.006	0.002	0.021
Folate, total.....µg	4		1	A	1		1	0	3
Folic acid.....µg									
Folate, food.....µg	4		1	A	1		1	0	3
Folate, DFE.....µg									
Choline, total.....mg	31.6		0	BFSN	4		4.7	1.5	18.3
Betaine.....mg	0.6		1	A	1		0.1	0.0	0.4
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		2	A	1		0.00	0.00	0.00
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	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00





NDB No. 16425

Soy sauce, reduced sodium, made from hydrolyzed vegetable protein

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<b>Others:</b>									
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 = 15g: 1 tbsp
- Measure 2 = 4.9g: 1 tsp
- Measure 3 = 58g: .25 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 43299**  
**Soybean, curd cheese**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.172		0		4		2.637		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.022		0		4		0.050		
15:0.....g									
16:0.....g	0.860		0		4		1.935		
17:0.....g									
18:0.....g	0.289		0		4		0.650		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.789		0		4		4.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		4		0.050		
17:1.....g									
18:1 undifferentiated.....g	1.766		0		4		3.974		
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	4.572		0		4		10.287		
18:2 undifferentiated.....g	4.032		0		4		9.072		
18:3 undifferentiated.....g	0.540		0		4		1.215		
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 225g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 16 Legumes and Legume Products**

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.297		0		1		2.231	0.139	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.025		0		1		0.043	0.003	
15:0.....g									
16:0.....g	0.952		0		1		1.637	0.102	
17:0.....g									
18:0.....g	0.320		0		1		0.550	0.034	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.981		0		1		3.407	0.212	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.043	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.956		0		1		3.364	0.209	
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	5.064		0		1		8.710	0.542	
18:2 undifferentiated.....g	4.465		0		1		7.680	0.478	
18:3 undifferentiated.....g	0.598		0		1		1.029	0.064	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.242		0		1		0.416	0.026	
Threonine.....g	0.723		0		1		1.244	0.077	
Isoleucine.....g	0.807		0		1		1.388	0.086	
Leucine.....g	1.355		0		1		2.331	0.145	
Lysine.....g	1.108		0		1		1.906	0.119	
Methionine.....g	0.224		0		1		0.385	0.024	
Cystine.....g	0.268		0		1		0.461	0.029	
Phenylalanine.....g	0.869		0		1		1.495	0.093	
Tyrosine.....g	0.630		0		1		1.084	0.067	
Valine.....g	0.831		0		1		1.429	0.089	
Arginine.....g	1.291		0		1		2.221	0.138	
Histidine.....g	0.449		0		1		0.772	0.048	
Alanine.....g	0.784		0		1		1.348	0.084	
Aspartic acid.....g	2.093		0		1		3.600	0.224	
Glutamic acid.....g	3.224		0		1		5.545	0.345	
Glycine.....g	0.770		0		1		1.324	0.082	
Proline.....g	0.974		0		1		1.675	0.104	
Serine.....g	0.965		0		1		1.660	0.103	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16109

Soybeans, mature cooked, boiled, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		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 = 172g: 1 cup

Measure 2 = 10.7g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16409

Soybeans, mature seeds, cooked, boiled, 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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.297		0		1		2.231		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.025		0		1		0.043		
15:0.....g									
16:0.....g	0.952		0		1		1.637		
17:0.....g									
18:0.....g	0.320		0		1		0.550		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.981		0		1		3.407		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.043		
17:1.....g									
18:1 undifferentiated.....g	1.956		0		1		3.364		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.064		0		1		8.710		
18:2 undifferentiated.....g	4.465		0		1		7.680		
18:3 undifferentiated.....g	0.598		0		1		1.029		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.242		0		1		0.416		
Threonine.....g	0.723		0		1		1.244		
Isoleucine.....g	0.807		0		1		1.388		
Leucine.....g	1.355		0		1		2.331		
Lysine.....g	1.108		0		1		1.906		
Methionine.....g	0.224		0		1		0.385		
Cystine.....g	0.268		0		1		0.461		
Phenylalanine.....g	0.869		0		1		1.495		
Tyrosine.....g	0.630		0		1		1.084		
Valine.....g	0.831		0		1		1.429		
Arginine.....g	1.291		0		1		2.221		
Histidine.....g	0.449		0		1		0.772		
Alanine.....g	0.784		0		1		1.348		
Aspartic acid.....g	2.093		0		1		3.600		
Glutamic acid.....g	3.224		0		1		5.545		
Glycine.....g	0.770		0		1		1.324		
Proline.....g	0.974		0		1		1.675		
Serine.....g	0.965		0		1		1.660		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 16409

Soybeans, mature seeds, cooked, boiled, with salt

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

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food, or similar food.

**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16111

Soybeans, mature seeds, dry roasted

Soy nuts

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.80	0.173	3		1		0.74		
Energy.....kcal	449		0	NC	4		418		
Energy.....kJ	1880		0	NC	4		1748		
Protein (N x 6.25).....g	43.32		0		1		40.29		
Total lipid (fat).....g	21.62		0		1		20.11		
Ash.....g	5.28		0		1		4.91		
Carbohydrate, by difference.....g	28.98		0	NC	4		26.95		
Fiber, total dietary.....g	8.1		0		4		7.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140		0	BFSN	4		130		
Iron, Fe.....mg	3.95		0		1		3.67		
Magnesium, Mg.....mg	228		0		1		212		
Phosphorus, P.....mg	649		0		1		604		
Potassium, K.....mg	1364		0		1		1269		
Sodium, Na.....mg	2		0		1		2		
Zinc, Zn.....mg	4.77		0		1		4.44		
Copper, Cu.....mg	1.079		0		1		1.003		
Manganese, Mn.....mg	2.184		0		1		2.031		
Selenium, Se.....µg	19.3		0	BFSN	4		17.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6		0		1		4.3		
Thiamin.....mg	0.427		0		1		0.397		
Riboflavin.....mg	0.755		0		1		0.702		
Niacin.....mg	1.056		0		1		0.982		
Pantothenic acid.....mg	0.473		0		1		0.440		
Vitamin B-6.....mg	0.225		0		1		0.209		
Folate, total.....µg	205	9.944	3		1		190		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	205	9.944	3		1		190		
Folate, DFE.....µg	205		0	NC	4		190		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	37.0		0	T	4		34.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16111

Soybeans, mature seeds, dry roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.127		0		1		2.908		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.060		0		1		0.056		
15:0.....g									
16:0.....g	2.295		0		1		2.134		
17:0.....g									
18:0.....g	0.772		0		1		0.718		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.776		0		1		4.442		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.056		
17:1.....g									
18:1 undifferentiated.....g	4.716		0		1		4.386		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.207		0		1		11.353		
18:2 undifferentiated.....g	10.764		0		1		10.011		
18:3 undifferentiated.....g	1.443		0		1		1.342		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.575		0		1		0.535		
Threonine.....g	1.719		0		1		1.599		
Isoleucine.....g	1.920		0		1		1.786		
Leucine.....g	3.223		0		1		2.997		
Lysine.....g	2.634		0		1		2.450		
Methionine.....g	0.534		0		1		0.497		
Cystine.....g	0.638		0		1		0.593		
Phenylalanine.....g	2.066		0		1		1.921		
Tyrosine.....g	1.497		0		1		1.392		
Valine.....g	1.976		0		1		1.838		
Arginine.....g	3.071		0		1		2.856		
Histidine.....g	1.068		0		1		0.993		
Alanine.....g	1.865		0		1		1.734		
Aspartic acid.....g	4.977		0		1		4.629		
Glutamic acid.....g	7.667		0		1		7.130		
Glycine.....g	1.830		0		1		1.702		
Proline.....g	2.315		0		1		2.153		
Serine.....g	2.294		0		1		2.133		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16111**

**Soybeans, mature seeds, dry roasted**

**Common Measures:**

Measure 1 = 93g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16108**  
**Soybeans, mature seeds, raw**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.54	0.142	433				15.88		
Energy.....kcal	446		0	NC	4		830		
Energy.....kJ	1866		0	NC	4		3471		
Protein.....g	36.49	0.205	454				67.87		
Total lipid (fat).....g	19.94	0.183	364				37.09		
Ash.....g	4.87	0.092	190				9.06		
Carbohydrate, by difference.....g	30.16		0	NC	4		56.10		
Fiber, total dietary.....g	9.3		0				17.3		
Sugars, total.....g	7.33		0	BFSN	4		13.63		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	277	5.268	71				515		
Iron, Fe.....mg	15.70	0.741	78				29.20		
Magnesium, Mg.....mg	280	9.190	49				521		
Phosphorus, P.....mg	704	11.330	82				1309		
Potassium, K.....mg	1797	28.702	56				3342		
Sodium, Na.....mg	2	1.084	5				4		
Zinc, Zn.....mg	4.89	0.073	60				9.10		
Copper, Cu.....mg	1.658	0.029	60				3.084		
Manganese, Mn.....mg	2.517	0.099	58				4.682		
Selenium, Se.....µg	17.8		0	BFSN	4		33.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		3				11.2		
Thiamin.....mg	0.874	0.039	50				1.626		
Riboflavin.....mg	0.870	0.196	21				1.618		
Niacin.....mg	1.623	0.303	32				3.019		
Pantothenic acid.....mg	0.793	0.189	6				1.475		
Vitamin B-6.....mg	0.377	0.065	6				0.701		
Folate, total.....µg	375		0				698		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	375		0				698		
Folate, DFE.....µg	375		0	NC	4		698		
Choline, total.....mg	115.9		0	AS	1		215.6		
Betaine.....mg	2.1		2	A	1		3.9		
Vitamin B-12.....µg	0.00		0				0.00		
Vitamin A, RAE.....µg	1		0	NC	4		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	13		0	BFSN	4		25		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	22		0	NC	4		41		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.85		0				1.58		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	47.0		0	T	4		87.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16108**  
**Soybeans, mature seeds, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	2.884		0		1		5.364		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.055		0		1		0.102		
15:0.....g									
16:0.....g	2.116		0		1		3.936		
17:0.....g									
18:0.....g	0.712		0		1		1.324		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.404		0		1		8.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.102		
17:1.....g									
18:1 undifferentiated.....g	4.348		0		1		8.087		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.255		0		1		20.934		
18:2 undifferentiated.....g	9.925		0		1		18.461		
18:3 undifferentiated.....g	1.330		0		1		2.474		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg	161		0		1		299		
<b>Amino Acids:</b>									
Tryptophan.....g	0.591		0	BFSN	4		1.099		
Threonine.....g	1.766		0	BFSN	4		3.284		
Isoleucine.....g	1.971		0	BFSN	4		3.666		
Leucine.....g	3.309		0	BFSN	4		6.155		
Lysine.....g	2.706		0	BFSN	4		5.033		
Methionine.....g	0.547		0	BFSN	4		1.018		
Cystine.....g	0.655		0	BFSN	4		1.217		
Phenylalanine.....g	2.122		0	BFSN	4		3.947		
Tyrosine.....g	1.539		0	BFSN	4		2.862		
Valine.....g	2.029		0	BFSN	4		3.775		
Arginine.....g	3.153		0	BFSN	4		5.864		
Histidine.....g	1.097		0	BFSN	4		2.040		
Alanine.....g	1.915		0	BFSN	4		3.561		
Aspartic acid.....g	5.112		0	BFSN	4		9.507		
Glutamic acid.....g	7.874		0	BFSN	4		14.645		
Glycine.....g	1.880		0	BFSN	4		3.498		
Proline.....g	2.379		0	BFSN	4		4.424		
Serine.....g	2.357		0	BFSN	4		4.383		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16108  
Soybeans, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 186g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16410

Soybeans, mature seeds, roasted, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.95		6		1		3.35		
Energy.....kcal	469		0	NC	4		807		
Energy.....kJ	1964		0	NC	4		3378		
Protein (N x 6.25).....g	38.55		3		1		66.31		
Total lipid (fat).....g	25.40		3		1		43.69		
Ash.....g	3.88		3		1		6.67		
Carbohydrate, by difference.....g	30.22		0	NC	4		51.98		
Fiber, total dietary.....g	17.7		0	BFSN	4		30.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		1		1		237		
Iron, Fe.....mg	3.90		1		1		6.71		
Magnesium, Mg.....mg	145		1		1		249		
Phosphorus, P.....mg	363		1		1		624		
Potassium, K.....mg	1470		1		1		2528		
Sodium, Na.....mg	4		0	BFZN	4		7		
Zinc, Zn.....mg	3.14		1		1		5.40		
Copper, Cu.....mg	0.828		1		1		1.424		
Manganese, Mn.....mg	2.158		0		1		3.712		
Selenium, Se.....µg	19.1	13.325	4	A	1		32.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1		1		3.8		
Thiamin.....mg	0.100		1		1		0.172		
Riboflavin.....mg	0.145		1		1		0.249		
Niacin.....mg	1.410		1		1		2.425		
Pantothenic acid.....mg	0.453		1		1		0.779		
Vitamin B-6.....mg	0.208		1		1		0.358		
Folate, total.....µg	211		1		1		363		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	211		1		1		363		
Folate, DFE.....µg	211		0	NC	4		363		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 16410

Soybeans, mature seeds, roasted, no salt added

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

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

**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16110

Soybeans, mature seeds, roasted, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.674		0		1		6.319		
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	0.071		0		1		0.122		
15:0.....g									
16:0.....g	2.696		0		1		4.637		
17:0.....g									
18:0.....g	0.907		0		1		1.560		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.610		0		1		9.649		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0		1		0.122		
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		9.527		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.339		0		1		24.663		
18:2 undifferentiated.....g	12.644		0		1		21.748		
18:3 undifferentiated.....g	1.694		0		1		2.914		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.512		0		1		0.881		
Threonine.....g	1.530		0		1		2.632		
Isoleucine.....g	1.709		0		1		2.939		
Leucine.....g	2.868		0		1		4.933		
Lysine.....g	2.344		0		1		4.032		
Methionine.....g	0.475		0		1		0.817		
Cystine.....g	0.567		0		1		0.975		
Phenylalanine.....g	1.838		0		1		3.161		
Tyrosine.....g	1.332		0		1		2.291		
Valine.....g	1.758		0		1		3.024		
Arginine.....g	2.732		0		1		4.699		
Histidine.....g	0.950		0		1		1.634		
Alanine.....g	1.659		0		1		2.853		
Aspartic acid.....g	4.429		0		1		7.618		
Glutamic acid.....g	6.822		0		1		11.734		
Glycine.....g	1.628		0		1		2.800		
Proline.....g	2.060		0		1		3.543		
Serine.....g	2.042		0		1		3.512		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 16110

Soybeans, mature seeds, roasted, salted

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

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**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16223

Soy milk (All flavors), enhanced (1, 2)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.98		0	O	4		221.07		
Energy.....kcal	45	4.894	4	MA	12		109		
Energy.....kJ	189		0	MA	12		458		
Protein.....g	2.94	0.692	4	MA	12		7.15		
Total lipid (fat).....g	1.99	0.173	4	MA	12		4.83		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	3.45	0.818	4	MA	12		8.37		
Fiber, total dietary.....g	0.4	0.173	4	MA	12		1.0		
Sugars, total.....g	2.53	0.591	4	MA	12		6.14		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140	24.470	4	MA	12		340		
Iron, Fe.....mg	0.49	0.125	4	MA	12		1.20		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	141	29.953	4	MA	12		343		
Sodium, Na.....mg	50	5.739	4	MA	12		121		
Zinc, Zn.....mg	0.24		2	MA	12		0.57		
Copper, Cu.....mg	0.123		1	MA	12		0.300		
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		1	MA	12		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.2	3.634	4	MA	12		17.5		
Thiamin.....mg	0.062		1	MA	12		0.150		
Riboflavin.....mg	0.199	0.085	3	MA	12		0.485		
Niacin.....mg	3.292		1	MA	12		8.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.233	0.092	3	MA	12		0.565		
Folate, total.....µg	32	8.731	3	MA	12		77		
Folic acid.....µg									
Folate, food.....µg	32	8.731	3	MA	12		77		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.08	0.599	4	MA	12		2.61		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	393	165.665	4	MA	12		956		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.52	0.327	3	MA	12		6.12		
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	1.2	0.300	4	MA	12		2.9		
Vitamin D.....IU	47	11.988	4	MA	12		114		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**NDB No. 16223**  
**Soy milk (All flavors), enhanced (1, 2)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.206	0.000	4	MA	12		0.500		
Fatty acids, total monounsaturated.....g	0.412	0.000	4	MA	12		1.000		
Fatty acids, total polyunsaturated.....g	1.190	0.166	4	MA	12		2.892		
Fatty acids, total trans.....g	0.000	0.000	4	MA	12		0.000		
Cholesterol.....mg	0	0.000	4	MA	12		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 243g: 1 cup

**Footnotes:**

- 1 Product may also have omega-3 fatty acids, vitamin C, vitamin B6, folate, and vitamin E added. Check label.
- 2 Product may also be called "extra" or "plus"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16229

Soy milk (All flavors), lowfat, with added calcium, vitamins A and D

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

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

**Common Measures:**

Measure 1 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 16230**  
**Soymilk (all flavors), nonfat, with added calcium, vitamins A and 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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.000	0.000	4	MA	12		0.000	
4:0.....g	0.000		0	BFSN	4		0.000	
6:0.....g	0.000		0	BFSN	4		0.000	
8:0.....g	0.000		0	BFSN	4		0.000	
10:0.....g	0.000		0	BFSN	4		0.000	
12:0.....g	0.000		0	BFSN	4		0.000	
13:0.....g								
14:0.....g	0.000		0	BFSN	4		0.000	
15:0.....g								
16:0.....g	0.000		0	BFSN	4		0.000	
17:0.....g								
18:0.....g	0.000		0	BFSN	4		0.000	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.000	0.000	4	MA	12		0.000	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
17:1.....g								
18:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
20:1.....g	0.000		0	BFSN	4		0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.036	0.000	4	MA	12		0.087	
18:2 undifferentiated.....g	0.032		0	BFSN	4		0.077	
18:3 undifferentiated.....g	0.004		0	BFSN	4		0.010	
18:4.....g	0.000		0	BFSN	4		0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	
Fatty acids, total trans.....g	0.000	0.000	4	MA	12		0.000	
Cholesterol.....mg	0	0.000	4	MA	12		0	
Phytosterols.....mg								
<b>Others:</b>								
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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16222

Soy milk (all flavors), unsweetened, with added calcium, vitamins A and D

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

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

**Common Measures:**

Measure 1 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16227

Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.032	0.092	4	MA	12		0.079		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFSN	4		0.000		
15:0.....g									
16:0.....g	0.024		0	BFSN	4		0.059		
17:0.....g									
18:0.....g	0.008		0	BFSN	4		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037	0.076	4	MA	12		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.035		0	BFSN	4		0.086		
20:1.....g	0.001		0	BFSN	4		0.003		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.405	0.122	4	MA	12		0.983		
18:2 undifferentiated.....g	0.358		0	BFSN	4		0.871		
18:3 undifferentiated.....g	0.046		0	BFSN	4		0.112		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000	0.000	3	MA	12		0.000		
Cholesterol.....mg	0	0.000	4	MA	12		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	2		0	BFSN	4		4		
Theobromine.....mg	19		0	BFSN	4		45		

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

**Common Measures:**

Measure 1 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





**NDB No. 16231**  
**Soy milk, chocolate, nonfat, with added calcium, vitamins A and D**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.000	0.000	4	MA	12	0.000		
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	0.000		0	BFZN	4	0.000		
17:0.....g								
18:0.....g	0.000		0	BFZN	4	0.000		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.000	0.000	4	MA	12	0.000		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	BFZN	4	0.000		
17:1.....g								
18:1 undifferentiated.....g	0.000		0	BFZN	4	0.000		
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	0.036	0.000	4	MA	12	0.087		
18:2 undifferentiated.....g	0.032		0	BFZN	4	0.077		
18:3 undifferentiated.....g	0.004		0	BFZN	4	0.010		
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	0.000	0.000	4	MA	12	0.000		
Cholesterol.....mg	0	0.000	4	MA	12	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0		
Caffeine.....mg	2		0	BFZN	4	4		
Theobromine.....mg	19		0	BFZN	4	45		

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

**Common Measures:**

Measure 1 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16166**  
**Soy milk, chocolate, unfortified**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.240	0.106	9	MA	12		0.582	0.073	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.150		0	BFZN	4		0.365	0.046	
17:0.....g									
18:0.....g	0.050		0	BFZN	4		0.122	0.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.379	0.090	7	MA	12		0.921	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.310		0	BFZN	4		0.752	0.095	
20:1.....g	0.010		0	BFZN	4		0.024	0.003	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.836	0.148	7	MA	12		2.032	0.256	
18:2 undifferentiated.....g	0.584		0	BFZN	4		1.418	0.179	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.182	0.023	
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	0.000	0.000	8	MA	12		0.000	0.000	
Cholesterol.....mg	0	0.000	9	MA	12		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0	JA	6		0.093	0.012	
Threonine.....g	0.108		0	JA	6		0.262	0.033	
Isoleucine.....g	0.114		0	JA	6		0.277	0.035	
Leucine.....g	0.186		0	JA	6		0.451	0.057	
Lysine.....g	0.131		0	JA	6		0.319	0.040	
Methionine.....g	0.027		0	JA	6		0.066	0.008	
Cystine.....g	0.000		0	JA	6		0.000	0.000	
Phenylalanine.....g	0.113		0	JA	6		0.274	0.035	
Tyrosine.....g	0.089		0	JA	6		0.216	0.027	
Valine.....g	0.117		0	JA	6		0.283	0.036	
Arginine.....g	0.187		0	JA	6		0.455	0.057	
Histidine.....g	0.061		0	JA	6		0.148	0.019	
Alanine.....g	0.104		0	JA	6		0.253	0.032	
Aspartic acid.....g	0.288		0	JA	6		0.700	0.088	
Glutamic acid.....g	0.487		0	JA	6		1.183	0.149	
Glycine.....g	0.103		0	JA	6		0.249	0.031	
Proline.....g	0.147		0	JA	6		0.358	0.045	
Serine.....g	0.140		0	JA	6		0.341	0.043	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		5	1	

**NDB No. 16166**  
**Soy milk, chocolate, unfortified**

Nutrients and Units	<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	23		0	BFZN	4	56	7

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

**Common Measures:**

Measure 1 = 243g: 1 cup  
 Measure 2 = 30.6g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16168

Soy milk, chocolate, with added calcium, vitamins A and 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.240	0.106	9	MA	12		0.582	0.073	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.150		0	BFZN	4		0.365	0.046	
17:0.....g									
18:0.....g	0.050		0	BFZN	4		0.122	0.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.379	0.090	7	MA	12		0.921	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.310		0	BFZN	4		0.752	0.095	
20:1.....g	0.010		0	BFZN	4		0.024	0.003	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.836	0.148	7	MA	12		2.032	0.256	
18:2 undifferentiated.....g	0.584		0	BFZN	4		1.418	0.179	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.182	0.023	
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	0.000	0.000	8	MA	12		0.000	0.000	
Cholesterol.....mg	0	0.000	9	MA	12		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	A	1		0.065	0.008	
Threonine.....g	0.075		0	A	1		0.183	0.023	
Isoleucine.....g	0.080		0	A	1		0.194	0.024	
Leucine.....g	0.130		0	A	1		0.315	0.040	
Lysine.....g	0.092		0	A	1		0.222	0.028	
Methionine.....g	0.019		0	A	1		0.046	0.006	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.079		0	A	1		0.191	0.024	
Tyrosine.....g	0.062		0	A	1		0.151	0.019	
Valine.....g	0.081		0	A	1		0.198	0.025	
Arginine.....g	0.131		0	A	1		0.318	0.040	
Histidine.....g	0.043		0	A	1		0.103	0.013	
Alanine.....g	0.073		0	A	1		0.177	0.022	
Aspartic acid.....g	0.201		0	A	1		0.489	0.062	
Glutamic acid.....g	0.340		0	A	1		0.826	0.104	
Glycine.....g	0.072		0	A	1		0.174	0.022	
Proline.....g	0.103		0	A	1		0.250	0.031	
Serine.....g	0.098		0	A	1		0.238	0.030	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		5	1	

NDB No. 16168

Soy milk, chocolate, with added calcium, vitamins A and D

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Nutrients and Units	<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	23		0	BFZN	4	56	7		

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

**Common Measures:**

Measure 1 = 243g: 1 cup

Measure 2 = 30.6g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16228

Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and 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
<b>Proximates:</b>									
Water.....g	92.03		0	O	4		223.64		
Energy.....kcal	34		2	NC	4		82		
Energy.....kJ	140		0	NC	4		341		
Protein.....g	2.62		2	MA	12		6.38		
Total lipid (fat).....g	0.85		2	MA	12		2.07		
Ash.....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference.....g	3.85		2	MA	12		9.35		
Fiber, total dietary.....g	0.6		2	MA	12		1.5		
Sugars, total.....g	0.41		2	MA	12		1.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		2	MA	12		300		
Iron, Fe.....mg	0.46		2	MA	12		1.13		
Magnesium, Mg.....mg	13		2	MA	12		33		
Phosphorus, P.....mg	103		2	MA	12		250		
Potassium, K.....mg	117		2	MA	12		284		
Sodium, Na.....mg	63		2	MA	12		153		
Zinc, Zn.....mg	0.10		1	MA	12		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	MA	12		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.174		2	MA	12		0.424		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	7		1	MA	12		17		
Folic acid.....µg									
Folate, food.....µg	7		1	MA	12		17		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.23		2	MA	12		0.56		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	206		2	MA	12		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		2	MA	12		2.5		
Vitamin D.....IU	41		2	MA	12		100		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.078		2	MA	12		0.189		

NDB No. 16228

Soy milk, original and vanilla, light, unsweetened, with added calcium, vitamins A and 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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total monounsaturated.....g	0.263		2	MA 12	0.639		
Fatty acids, total polyunsaturated.....g	0.558		2	MA 12	1.357		
Fatty acids, total trans.....g	0.000		2	MA 12	0.000		
Cholesterol.....mg	0		2	MA 12	0		
Phytosterols.....mg							

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

**Common Measures:**

Measure 1 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16225

Soy milk, original and vanilla, light, with added calcium, vitamins A and 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 Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.005	0.080	6	MA	12		0.012		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.004		0	BFFN	4		0.009		
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.202	0.011	6	MA	12		0.491		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.196		0	BFFN	4		0.476		
20:1.....g	0.006		0	BFFN	4		0.015		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.426	0.043	6	MA	12		1.036		
18:2 undifferentiated.....g	0.378		0	BFFN	4		0.918		
18:3 undifferentiated.....g	0.049		0	BFFN	4		0.118		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000	0.000	4	MA	12		0.000		
Cholesterol.....mg	0	0.000	6	MA	12		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 243g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16120**  
**Soy milk, original and vanilla, unfortified**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.205	0.002	9	JO	11		0.498	0.063	
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		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.150		2	A	1		0.365	0.046	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.050		2	A	1		0.122	0.015	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.401	0.045	9	JO	11		0.976	0.123	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.010		2	A	1		0.024	0.003	
18:1 undifferentiated.....g	0.310		2	A	1		0.752	0.095	
20:1.....g	0.010		2	A	1		0.024	0.003	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.961	0.093	9	JO	11		2.334	0.294	
18:2 undifferentiated.....g	0.584		2	A	1		1.418	0.179	
18:3 undifferentiated.....g	0.075		2	A	1		0.182	0.023	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000	0.000	5	MA	12		0.000	0.000	
Cholesterol.....mg	0	0.000	7	MA	12		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0	JA	6		0.093	0.012	
Threonine.....g	0.108		0	JA	6		0.262	0.033	
Isoleucine.....g	0.114		0	JA	6		0.277	0.035	
Leucine.....g	0.186		0	JA	6		0.451	0.057	
Lysine.....g	0.131		0	JA	6		0.319	0.040	
Methionine.....g	0.027		0	JA	6		0.066	0.008	
Cystine.....g	0.000		0	JA	6		0.000	0.000	
Phenylalanine.....g	0.113		0	JA	6		0.274	0.035	
Tyrosine.....g	0.089		0	JA	6		0.216	0.027	
Valine.....g	0.117		0	JA	6		0.283	0.036	
Arginine.....g	0.187		0	JA	6		0.455	0.057	
Histidine.....g	0.061		0	JA	6		0.148	0.019	
Alanine.....g	0.104		0	JA	6		0.253	0.032	
Aspartic acid.....g	0.288		0	JA	6		0.700	0.088	
Glutamic acid.....g	0.487		0	JA	6		1.183	0.149	
Glycine.....g	0.103		0	JA	6		0.249	0.031	
Proline.....g	0.147		0	JA	6		0.358	0.045	
Serine.....g	0.140		0	JA	6		0.341	0.043	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	

**NDB No. 16120**  
**Soy milk, original and vanilla, unfortified**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Caffeine.....mg	0		0	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 = 243g: 1 cup  
 Measure 2 = 30.6g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.205	0.035	15	MA	12		0.498	0.063	
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	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.150		0	BFZN	4		0.365	0.046	
17:0.....g									
18:0.....g	0.050		0	BFZN	4		0.122	0.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.382	0.097	7	MA	12		0.929	0.117	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.310		0	BFZN	4		0.752	0.095	
20:1.....g	0.010		0	BFZN	4		0.024	0.003	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.858	0.168	7	MA	12		2.084	0.262	
18:2 undifferentiated.....g	0.584		0	BFZN	4		1.418	0.179	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.182	0.023	
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	BFZN	4		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	0.000	0.000	7	MA	12		0.000	0.000	
Cholesterol.....mg	0	0.000	15	MA	12		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0	A	1		0.054	0.007	
Threonine.....g	0.062		0	A	1		0.151	0.019	
Isoleucine.....g	0.066		0	A	1		0.160	0.020	
Leucine.....g	0.107		0	A	1		0.260	0.033	
Lysine.....g	0.076		0	A	1		0.184	0.023	
Methionine.....g	0.016		0	A	1		0.038	0.005	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.065		0	A	1		0.158	0.020	
Tyrosine.....g	0.051		0	A	1		0.125	0.016	
Valine.....g	0.067		0	A	1		0.163	0.021	
Arginine.....g	0.108		0	A	1		0.263	0.033	
Histidine.....g	0.035		0	A	1		0.085	0.011	
Alanine.....g	0.060		0	A	1		0.146	0.018	
Aspartic acid.....g	0.166		0	A	1		0.404	0.051	
Glutamic acid.....g	0.281		0	A	1		0.682	0.086	
Glycine.....g	0.059		0	A	1		0.144	0.018	
Proline.....g	0.085		0	A	1		0.206	0.026	
Serine.....g	0.081		0	A	1		0.197	0.025	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16139

Soy milk, original and vanilla, with added calcium, vitamins A and 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			
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 = 243g: 1 cup

Measure 2 = 30.6g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16114

Tempeh

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.65		1	A	1		99.02		
Energy.....kcal	192		0	NC	4		319		
Energy.....kJ	803		0	NC	4		1333		
Protein (N x 6.25).....g	20.29		1	A	1		33.69		
Total lipid (fat).....g	10.80		1	A	1		17.93		
Ash.....g	1.62		1	A	1		2.69		
Carbohydrate, by difference.....g	7.64		0	NC	4		12.68		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	111		1	A	1		184		
Iron, Fe.....mg	2.70		1	A	1		4.49		
Magnesium, Mg.....mg	81		1	A	1		134		
Phosphorus, P.....mg	266		1	A	1		442		
Potassium, K.....mg	412		1	A	1		684		
Sodium, Na.....mg	9		1	A	1		15		
Zinc, Zn.....mg	1.14		1	A	1		1.89		
Copper, Cu.....mg	0.560		1	A	1		0.930		
Manganese, Mn.....mg	1.300		1	A	1		2.158		
Selenium, Se.....µg	0.0		1	A	1		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.078		1	A	1		0.129		
Riboflavin.....mg	0.358		1	A	1		0.594		
Niacin.....mg	2.640		1	A	1		4.382		
Pantothenic acid.....mg	0.278		1	A	1		0.461		
Vitamin B-6.....mg	0.215		1	A	1		0.357		
Folate, total.....µg	24		1	A	1		40		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	24		1	A	1		40		
Folate, DFE.....µg	24		0	NC	4		40		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		1	A	1		0.12		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.539		0	NC	4		4.215		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.023		1	A	1		0.037		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.693		1	A	1		2.810		
17:0.....g	0.034		1	A	1		0.056		
18:0.....g	0.677		1	A	1		1.124		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.113		1	A	1		0.187		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.205		0	NC	4		5.320		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.056		1	A	1		0.094		
18:1 undifferentiated.....g	3.103		1	A	1		5.151		
20:1.....g	0.045		1	A	1		0.075		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.300		0	NC	4		7.139		
18:2 undifferentiated.....g	4.052		1	A	1		6.727		
18:3 undifferentiated.....g	0.248		1	A	1		0.412		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.194		0	A	1		0.323		
Threonine.....g	0.796		0	A	1		1.321		
Isoleucine.....g	0.880		0	A	1		1.461		
Leucine.....g	1.430		0	A	1		2.374		
Lysine.....g	0.908		0	A	1		1.508		
Methionine.....g	0.175		0	A	1		0.290		
Cystine.....g	0.193		0	A	1		0.321		
Phenylalanine.....g	0.893		0	A	1		1.482		
Tyrosine.....g	0.664		0	A	1		1.103		
Valine.....g	0.920		0	A	1		1.528		
Arginine.....g	1.252		0	A	1		2.078		
Histidine.....g	0.466		0	A	1		0.774		
Alanine.....g	0.960		0	A	1		1.593		
Aspartic acid.....g	1.995		0	A	1		3.312		
Glutamic acid.....g	3.292		0	A	1		5.464		
Glycine.....g	0.754		0	A	1		1.252		
Proline.....g	1.030		0	A	1		1.710		
Serine.....g	1.019		0	A	1		1.692		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16114**

**Tempeh**

**Common Measures:**

Measure 1 = 166g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16174  
 Tempeh, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.56		1	A	1				
Energy.....kcal	195		0	NC	4				
Energy.....kJ	817		0	NC	4				
Protein (N x 6.25).....g	19.91		1	A	1				
Total lipid (fat).....g	11.38		1	A	1				
Ash.....g	1.53		1	A	1				
Carbohydrate, by difference.....g	7.62		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		1	A	1				
Iron, Fe.....mg	2.13		1	A	1				
Magnesium, Mg.....mg	77		1	A	1				
Phosphorus, P.....mg	253		1	A	1				
Potassium, K.....mg	401		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn.....mg	1.57		1	A	1				
Copper, Cu.....mg	0.540		1	A	1				
Manganese, Mn.....mg	1.285		1	A	1				
Selenium, Se.....µg	0.0		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.054		1	A	1				
Riboflavin.....mg	0.357		1	A	1				
Niacin.....mg	2.135		1	A	1				
Pantothenic acid.....mg	0.453		1	A	1				
Vitamin B-6.....mg	0.199		1	A	1				
Folate, total.....µg	21		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	21		1	A	1				
Folate, DFE.....µg	21		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		1	A	1				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16174**  
**Tempeh, cooked**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	3.400		0	NC	4		
4:0.....g							
6:0.....g							
8:0.....g	0.000		1	A	1		
10:0.....g	0.000		1	A	1		
12:0.....g	0.000		1	A	1		
13:0.....g							
14:0.....g	0.050		1	A	1		
15:0.....g	0.000		1	A	1		
16:0.....g	2.200		1	A	1		
17:0.....g	0.050		1	A	1		
18:0.....g	0.800		1	A	1		
20:0.....g	0.100		1	A	1		
22:0.....g	0.200		1	A	1		
24:0.....g	0.000		1	A	1		
Fatty acids, total monounsaturated.....g	3.745		0	NC	4		
14:1.....g	0.000		1	A	1		
15:1.....g							
16:1 undifferentiated.....g	0.100		1	A	1		
17:1.....g	0.070		1	A	1		
18:1 undifferentiated.....g	3.475		1	A	1		
20:1.....g	0.100		1	A	1		
22:1 undifferentiated.....g	0.000		1	A	1		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.638		0	NC	4		
18:2 undifferentiated.....g	2.518		1	A	1		
18:3 undifferentiated.....g	0.120		1	A	1		
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g	0.000		1	A	1		
20:4 undifferentiated.....g	0.000		1	A	1		
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7		
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:**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.259		0		4		0.679		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.005		0		4		0.013		
15:0.....g									
16:0.....g	0.191		0		4		0.500		
17:0.....g									
18:0.....g	0.063		0		4		0.165		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0		4		1.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		4		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.395		0		4		1.035		
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	1.017		0		4		2.665		
18:2 undifferentiated.....g	0.901		0		4		2.361		
18:3 undifferentiated.....g	0.116		0		4		0.304		
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 262g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16128**  
**Tofu, dried-frozen (koyadofu)**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.78		1		1		0.98		
Energy.....kcal	477		0	NC	4		81		
Energy.....kJ	1995		0	NC	4		339		
Protein (N x 6.25).....g	52.47		1		1		8.92		
Total lipid (fat).....g	30.34		1		1		5.16		
Ash.....g	1.38		1		1		0.23		
Carbohydrate, by difference.....g	10.03		0	NC	4		1.70		
Fiber, total dietary.....g	7.2		0	BFSN	4		1.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	364		1		1		62		
Iron, Fe.....mg	9.73		1		1		1.65		
Magnesium, Mg.....mg	59		1		1		10		
Phosphorus, P.....mg	483		1		1		82		
Potassium, K.....mg	20		1		1		3		
Sodium, Na.....mg	6		1		1		1		
Zinc, Zn.....mg	4.90		0		1		0.83		
Copper, Cu.....mg	1.179		0		1		0.200		
Manganese, Mn.....mg	3.689		0		1		0.627		
Selenium, Se.....µg	54.3		0	BFSN	4		9.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.1		
Thiamin.....mg	0.494		0		1		0.084		
Riboflavin.....mg	0.317		0		1		0.054		
Niacin.....mg	1.189		0		1		0.202		
Pantothenic acid.....mg	0.415		0		1		0.071		
Vitamin B-6.....mg	0.286		0		1		0.049		
Folate, total.....µg	92		0		1		16		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	92		0		1		16		
Folate, DFE.....µg	92		0	NC	4		16		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	26		0		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	518		0		1		88		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 16128**  
**Tofu, dried-frozen (koyadofu)**

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	4.388		0			1		0.746	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.084		0			1		0.014	
15:0.....g									
16:0.....g	3.220		0			1		0.547	
17:0.....g									
18:0.....g	1.083		0			1		0.184	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.701		0			1		1.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0			1		0.014	
17:1.....g									
18:1 undifferentiated.....g	6.617		0			1		1.125	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.128		0			1		2.912	
18:2 undifferentiated.....g	15.104		0			1		2.568	
18:3 undifferentiated.....g	2.024		0			1		0.344	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7		0.000	
Cholesterol.....mg	0		0			1		0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.747		0			1		0.127	
Threonine.....g	1.956		0			1		0.333	
Isoleucine.....g	2.376		0			1		0.404	
Leucine.....g	3.644		0			1		0.619	
Lysine.....g	3.157		0			1		0.537	
Methionine.....g	0.613		0			1		0.104	
Cystine.....g	0.663		0			1		0.113	
Phenylalanine.....g	2.334		0			1		0.397	
Tyrosine.....g	1.604		0			1		0.273	
Valine.....g	2.418		0			1		0.411	
Arginine.....g	3.190		0			1		0.542	
Histidine.....g	1.394		0			1		0.237	
Alanine.....g	1.965		0			1		0.334	
Aspartic acid.....g	5.298		0			1		0.901	
Glutamic acid.....g	8.287		0			1		1.409	
Glycine.....g	1.872		0			1		0.318	
Proline.....g	2.586		0			1		0.440	
Serine.....g	2.259		0			1		0.384	
Hydroxyproline.....g									

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

**NDB No. 16128**

**Tofu, dried-frozen (koyadofu)**

**Common Measures:**

Measure 1 = 17g: 1 piece

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16428

Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.78		1		1		0.98		
Energy.....kcal	470		0	NC	4		80		
Energy.....kJ	1965		0	NC	4		334		
Protein (N x 6.25).....g	52.43		1		1		8.91		
Total lipid (fat).....g	30.34		1		1		5.16		
Ash.....g	3.15		0	O	4		0.54		
Carbohydrate, by difference.....g	8.30		0	NC	4		1.41		
Fiber, total dietary.....g	1.2		0	BFZN	4		0.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2134		0		1		363		
Iron, Fe.....mg	9.73		1		1		1.65		
Magnesium, Mg.....mg	181		0		1		31		
Phosphorus, P.....mg	483		1		1		82		
Potassium, K.....mg	20		1		1		3		
Sodium, Na.....mg	6		1		1		1		
Zinc, Zn.....mg	4.90		0		1		0.83		
Copper, Cu.....mg	1.179		0		1		0.200		
Manganese, Mn.....mg	3.689		0		1		0.627		
Selenium, Se.....µg	54.3		0	BFSN	4		9.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.1		
Thiamin.....mg	0.494		0		1		0.084		
Riboflavin.....mg	0.317		0		1		0.054		
Niacin.....mg	1.189		0		1		0.202		
Pantothenic acid.....mg	0.415		0		1		0.071		
Vitamin B-6.....mg	0.286		0		1		0.049		
Folate, total.....µg	92		0		1		16		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	92		0		1		16		
Folate, DFE.....µg	92		0	NC	4		16		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.388		0		1		0.746		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.084		0		1		0.014		
15:0.....g									
16:0.....g	3.220		0		1		0.547		
17:0.....g									
18:0.....g	1.083		0		1		0.184		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.701		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	6.617		0		1		1.125		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.128		0		1		2.912		
18:2 undifferentiated.....g	15.104		0		1		2.568		
18:3 undifferentiated.....g	2.024		0		1		0.344		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.747		0		1		0.127		
Threonine.....g	1.956		0		1		0.333		
Isoleucine.....g	2.376		0		1		0.404		
Leucine.....g	3.644		0		1		0.619		
Lysine.....g	3.157		0		1		0.537		
Methionine.....g	0.613		0		1		0.104		
Cystine.....g	0.663		0		1		0.113		
Phenylalanine.....g	2.334		0		1		0.397		
Tyrosine.....g	1.604		0		1		0.273		
Valine.....g	2.418		0		1		0.411		
Arginine.....g	3.190		0		1		0.542		
Histidine.....g	1.394		0		1		0.237		
Alanine.....g	1.965		0		1		0.334		
Aspartic acid.....g	5.298		0		1		0.901		
Glutamic acid.....g	8.287		0		1		1.409		
Glycine.....g	1.872		0		1		0.318		
Proline.....g	2.586		0		1		0.440		
Serine.....g	2.259		0		1		0.384		
Hydroxyproline.....g									

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

**NDB No. 16428**

**Tofu, dried-frozen (koyadofu), prepared with calcium sulfate**

**Common Measures:**

Measure 1 = 17g: 1 piece

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.919		0	NC	4		0.836		
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		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.009		1	A	1		0.008		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.631		1	A	1		0.574		
17:0.....g	0.009		1	A	1		0.008		
18:0.....g	0.270		1	A	1		0.246		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	1.318		0	NC	4		1.200		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.036		1	A	1		0.033		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.018		1	A	1		0.016		
18:1 undifferentiated.....g	1.246		1	A	1		1.134		
20:1.....g	0.018		1	A	1		0.016		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.657		0	NC	4		2.417		
18:2 undifferentiated.....g	2.386		1	A	1		2.171		
18:3 undifferentiated.....g	0.261		1	A	1		0.238		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.135		0	A	1		0.123		
Threonine.....g	0.453		0	A	1		0.412		
Isoleucine.....g	0.490		0	A	1		0.446		
Leucine.....g	0.804		0	A	1		0.731		
Lysine.....g	0.510		0	A	1		0.464		
Methionine.....g	0.122		0	A	1		0.111		
Cystine.....g	0.033		0	A	1		0.030		
Phenylalanine.....g	0.482		0	A	1		0.439		
Tyrosine.....g	0.405		0	A	1		0.369		
Valine.....g	0.503		0	A	1		0.457		
Arginine.....g	0.790		0	A	1		0.719		
Histidine.....g	0.249		0	A	1		0.226		
Alanine.....g	0.447		0	A	1		0.406		
Aspartic acid.....g	1.176		0	A	1		1.070		
Glutamic acid.....g	1.899		0	A	1		1.728		
Glycine.....g	0.423		0	A	1		0.385		
Proline.....g	0.626		0	A	1		0.570		
Serine.....g	0.586		0	A	1		0.533		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		

NDB No. 16159

Tofu, extra firm, prepared with nigari (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 Code			
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 = 91g: .2 block

**Footnotes:**

- 1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- 2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
- 3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (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
<b>Proximates:</b>									
Water.....g	82.93	0.985	10	JA	6		104.49	67.17	75.47
Energy.....kcal	78		0	NC	4		98	63	71
Energy.....kJ	326		0	NC	4		411	264	297
Protein (N x 6.25).....g	9.04	0.225	4	A	1		11.39	7.32	8.23
Total lipid (fat).....g	4.17	0.120	7	A	1		5.26	3.38	3.80
Ash.....g	1.01	0.069	7	A	1		1.27	0.82	0.92
Carbohydrate, by difference.....g	2.85		0	NC	4		3.59	2.30	2.59
Fiber, total dietary.....g	0.9	0.020	5	JA	6		1.1	0.7	0.8
Sugars, total.....g	0.60		1	A	1		0.76	0.49	0.55
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca (2).....mg	201	26.326	7	A	1		253	163	183
Iron, Fe.....mg	1.61	0.131	7	A	1		2.03	1.31	1.47
Magnesium, Mg (2).....mg	37	1.971	5	A	1		47	30	34
Phosphorus, P.....mg	121	5.846	6	A	1		153	98	110
Potassium, K.....mg	148	8.812	7	A	1		186	120	134
Sodium, Na.....mg	12	3.706	7	A	1		15	10	11
Zinc, Zn.....mg	0.83	0.029	6	A	1		1.04	0.67	0.75
Copper, Cu.....mg	0.213	0.010	6	A	1		0.268	0.172	0.194
Manganese, Mn.....mg	0.625	0.037	6	A	1		0.787	0.506	0.568
Selenium, Se.....µg	9.9	2.075	6	JO	11		12.4	8.0	9.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.3	0.2	0.2
Thiamin.....mg	0.060	0.009	6	A	1		0.076	0.049	0.055
Riboflavin.....mg	0.063	0.004	6	A	1		0.080	0.051	0.058
Niacin.....mg	0.101	0.031	6	A	1		0.128	0.082	0.092
Pantothenic acid.....mg	0.110	0.009	4	A	1		0.138	0.089	0.100
Vitamin B-6.....mg	0.071	0.008	6	A	1		0.090	0.058	0.065
Folate, total.....µg	19	3.496	6	A	1		24	15	17
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	19	3.496	6	A	1		24	15	17
Folate, DFE.....µg	19		0	NC	4		24	15	17
Choline, total.....mg	28.1		0	AS	1		35.4	22.8	25.6
Betaine.....mg	0.4		1	A	1		0.6	0.4	0.4
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		2	A	1		0	0	0
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.01	0.01	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.4		0	BFSN	4		3.0	1.9	2.2
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.793	0.068	3	JO	11		1.000	0.643	0.722
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.013	0.003	3	A	1		0.017	0.011	0.012
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	0.567	0.067	3	A	1		0.714	0.459	0.516
17:0.....g	0.013	0.003	3	A	1		0.017	0.011	0.012
18:0.....g	0.200	0.000	3	A	1		0.252	0.162	0.182
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.127	0.154	3	JO	11		1.420	0.913	1.025
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g	0.067	0.042	3	A	1		0.084	0.054	0.061
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g	0.023	0.003	3	A	1		0.029	0.019	0.021
18:1 undifferentiated.....g	1.007	0.107	3	A	1		1.268	0.815	0.916
20:1.....g	0.023	0.013	3	A	1		0.029	0.019	0.021
22:1 undifferentiated.....g	0.007	0.003	3	A	1		0.008	0.005	0.006
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.649	0.413	3	JO	11		2.078	1.336	1.501
18:2 undifferentiated.....g	1.469	0.363	3	A	1		1.851	1.190	1.337
18:3 undifferentiated.....g	0.167	0.059	3	A	1		0.210	0.135	0.152
18:4.....g									
20:2 n-6 c,c.....g	0.003	0.003	3	A	1		0.004	0.003	0.003
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.003	0.003	3	A	1		0.004	0.003	0.003
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0	A	1		0.155	0.099	0.112
Threonine.....g	0.411		0	A	1		0.517	0.333	0.374
Isoleucine.....g	0.444		0	A	1		0.560	0.360	0.404
Leucine.....g	0.728		0	A	1		0.918	0.590	0.663
Lysine.....g	0.462		0	A	1		0.582	0.374	0.420
Methionine.....g	0.110		0	A	1		0.139	0.089	0.100
Cystine.....g	0.030		0	A	1		0.038	0.024	0.027
Phenylalanine.....g	0.437		0	A	1		0.551	0.354	0.398
Tyrosine.....g	0.367		0	A	1		0.462	0.297	0.334
Valine.....g	0.455		0	A	1		0.574	0.369	0.415
Arginine.....g	0.716		0	A	1		0.903	0.580	0.652
Histidine.....g	0.225		0	A	1		0.284	0.183	0.205
Alanine.....g	0.405		0	A	1		0.510	0.328	0.368
Aspartic acid.....g	1.066		0	A	1		1.343	0.863	0.970
Glutamic acid.....g	1.721		0	A	1		2.168	1.394	1.566
Glycine.....g	0.384		0	A	1		0.483	0.311	0.349
Proline.....g	0.567		0	A	1		0.715	0.460	0.516
Serine.....g	0.531		0	A	1		0.669	0.430	0.483
Hydroxyproline.....g									
<b>Others:</b>									
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. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1)

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

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

**Common Measures:**

Measure 1 = 126g: .5 cup

Measure 2 = 81g: .25 block

Measure 3 = 91g: .2 block

**Footnotes:**

- 1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- 2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.918		0		1		0.827	0.379	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.056		0		1		0.016	0.007	
15:0.....g									
16:0.....g	2.141		0		1		0.607	0.278	
17:0.....g									
18:0.....g	0.720		0		1		0.204	0.094	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.456		0		1		1.263	0.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.007	
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		1.247	0.572	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.390		0		1		3.229	1.481	
18:2 undifferentiated.....g	10.044		0		1		2.847	1.306	
18:3 undifferentiated.....g	1.346		0		1		0.382	0.175	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.268		0		1		0.076	0.035	
Threonine.....g	0.701		0		1		0.199	0.091	
Isoleucine.....g	0.852		0		1		0.242	0.111	
Leucine.....g	1.306		0		1		0.370	0.170	
Lysine.....g	1.131		0		1		0.321	0.147	
Methionine.....g	0.220		0		1		0.062	0.029	
Cystine.....g	0.238		0		1		0.067	0.031	
Phenylalanine.....g	0.837		0		1		0.237	0.109	
Tyrosine.....g	0.575		0		1		0.163	0.075	
Valine.....g	0.867		0		1		0.246	0.113	
Arginine.....g	1.143		0		1		0.324	0.149	
Histidine.....g	0.499		0		1		0.141	0.065	
Alanine.....g	0.704		0		1		0.200	0.092	
Aspartic acid.....g	1.899		0		1		0.538	0.247	
Glutamic acid.....g	2.970		0		1		0.842	0.386	
Glycine.....g	0.671		0		1		0.190	0.087	
Proline.....g	0.927		0		1		0.263	0.121	
Serine.....g	0.809		0		1		0.229	0.105	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16129

Tofu, fried

Nutrients and Units	<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 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 piece

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16429

Tofu, fried, prepared with calcium sulfate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.52		3		1		6.57		
Energy.....kcal	270		0	NC	4		35		
Energy.....kJ	1131		0	NC	4		147		
Protein (N x 6.25).....g	18.82		2		1		2.45		
Total lipid (fat).....g	20.18		2		1		2.62		
Ash.....g	1.62		3		1		0.21		
Carbohydrate, by difference.....g	8.86		0	NC	4		1.15		
Fiber, total dietary.....g	3.9		0	BFZN	4		0.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	961		0		1		125		
Iron, Fe.....mg	4.87		2		1		0.63		
Magnesium, Mg.....mg	95		0		1		12		
Phosphorus, P.....mg	287		2		1		37		
Potassium, K.....mg	146		1		1		19		
Sodium, Na.....mg	16		1		1		2		
Zinc, Zn.....mg	1.99		0		1		0.26		
Copper, Cu.....mg	0.398		0		1		0.052		
Manganese, Mn.....mg	1.495		0		1		0.194		
Selenium, Se.....µg	28.5		0	BFSN	4		3.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.170		1		1		0.022		
Riboflavin.....mg	0.050		1		1		0.007		
Niacin.....mg	0.100		1		1		0.013		
Pantothenic acid.....mg	0.140		0		1		0.018		
Vitamin B-6.....mg	0.099		0		1		0.013		
Folate, total.....µg	27		0		1		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	27		0		1		3		
Folate, DFE.....µg	27		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16429

Tofu, fried, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.918		0		1		0.379		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.056		0		1		0.007		
15:0.....g									
16:0.....g	2.141		0		1		0.278		
17:0.....g									
18:0.....g	0.720		0		1		0.094		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.456		0		1		0.579		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		0.572		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.390		0		1		1.481		
18:2 undifferentiated.....g	10.044		0		1		1.306		
18:3 undifferentiated.....g	1.346		0		1		0.175		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.255		0	NR	4		0.033		
Threonine.....g	0.854		0	NR	4		0.111		
Isoleucine.....g	0.924		0	NR	4		0.120		
Leucine.....g	1.516		0	NR	4		0.197		
Lysine.....g	0.961		0	NR	4		0.125		
Methionine.....g	0.230		0	NR	4		0.030		
Cystine.....g	0.062		0	NR	4		0.008		
Phenylalanine.....g	0.910		0	NR	4		0.118		
Tyrosine.....g	0.764		0	NR	4		0.099		
Valine.....g	0.948		0	NR	4		0.123		
Arginine.....g	1.491		0	NR	4		0.194		
Histidine.....g	0.469		0	NR	4		0.061		
Alanine.....g	0.842		0	NR	4		0.110		
Aspartic acid.....g	2.218		0	NR	4		0.288		
Glutamic acid.....g	3.581		0	NR	4		0.466		
Glycine.....g	0.798		0	NR	4		0.104		
Proline.....g	1.181		0	NR	4		0.153		
Serine.....g	1.105		0	NR	4		0.144		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16429**

**Tofu, fried, prepared with calcium sulfate**

**Common Measures:**

Measure 1 = 13.0g: 1 piece

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16160

Tofu, hard, prepared with nigari (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
<b>Proximates:</b>									
Water.....g	71.12		1	A	1		86.77		
Energy.....kcal	145		0	NC	4		177		
Energy.....kJ	609		0	NC	4		743		
Protein (N x 6.25).....g	12.68		1	A	1		15.47		
Total lipid (fat).....g	9.99		1	A	1		12.19		
Ash.....g	1.82		1	A	1		2.22		
Carbohydrate, by difference.....g	4.39		0	NC	4		5.36		
Fiber, total dietary.....g	0.6		1	A	1		0.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca (2).....mg	345		1	A	1		421		
Iron, Fe.....mg	2.75		1	A	1		3.36		
Magnesium, Mg (3).....mg	53		1	A	1		65		
Phosphorus, P.....mg	231		1	A	1		282		
Potassium, K.....mg	146		1	A	1		178		
Sodium, Na.....mg	2		1	A	1		2		
Zinc, Zn.....mg	1.66		1	A	1		2.03		
Copper, Cu.....mg	0.328		1	A	1		0.400		
Manganese, Mn.....mg	1.052		1	A	1		1.283		
Selenium, Se.....µg	16.8		0	BFSN	4		20.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.4		
Thiamin.....mg	0.042		1	A	1		0.051		
Riboflavin.....mg	0.077		1	A	1		0.094		
Niacin.....mg	0.639		1	A	1		0.780		
Pantothenic acid.....mg	0.037		1	A	1		0.045		
Vitamin B-6.....mg	0.039		1	A	1		0.048		
Folate, total.....µg	22		1	A	1		27		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	22		1	A	1		27		
Folate, DFE.....µg	22		0	NC	4		27		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16160

Tofu, hard, prepared with nigari (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.445		0	BFFN	4		1.763		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.027		0	BFFN	4		0.033		
15:0.....g									
16:0.....g	1.060		0	BFFN	4		1.293		
17:0.....g									
18:0.....g	0.356		0	BFFN	4		0.434		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.205		0	BFFN	4		2.690		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0	BFFN	4		0.033		
17:1.....g									
18:1 undifferentiated.....g	2.178		0	BFFN	4		2.657		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.638		0	BFFN	4		6.878		
18:2 undifferentiated.....g	4.971		0	BFFN	4		6.065		
18:3 undifferentiated.....g	0.667		0	BFFN	4		0.814		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.188		0	NR	4		0.230		
Threonine.....g	0.630		0	NR	4		0.769		
Isoleucine.....g	0.682		0	NR	4		0.832		
Leucine.....g	1.118		0	NR	4		1.364		
Lysine.....g	0.709		0	NR	4		0.865		
Methionine.....g	0.169		0	NR	4		0.207		
Cystine.....g	0.046		0	NR	4		0.056		
Phenylalanine.....g	0.671		0	NR	4		0.819		
Tyrosine.....g	0.563		0	NR	4		0.687		
Valine.....g	0.699		0	NR	4		0.853		
Arginine.....g	1.100		0	NR	4		1.342		
Histidine.....g	0.346		0	NR	4		0.422		
Alanine.....g	0.621		0	NR	4		0.758		
Aspartic acid.....g	1.636		0	NR	4		1.996		
Glutamic acid.....g	2.642		0	NR	4		3.223		
Glycine.....g	0.589		0	NR	4		0.718		
Proline.....g	0.871		0	NR	4		1.063		
Serine.....g	0.815		0	NR	4		0.995		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16160**

**Tofu, hard, prepared with nigari (1)**

**Common Measures:**

Measure 1 = 122g: .25 block

**Footnotes:**

- 1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- 2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
- 3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16426

Tofu, raw, firm, prepared with calcium sulfate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.83		0		1		87.99	56.56	
Energy.....kcal	144		0	NC	4		182	117	
Energy.....kJ	603		0	NC	4		760	488	
Protein (N x 6.25).....g	17.27	0.493	6		1		21.76	13.99	
Total lipid (fat).....g	8.72	0.591	6		1		10.99	7.06	
Ash.....g	1.40		0		1		1.76	1.13	
Carbohydrate, by difference.....g	2.78		0	NC	4		3.50	2.25	
Fiber, total dietary.....g	2.3		0	BFZN	4		2.9	1.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	683		0		1		861	553	
Iron, Fe.....mg	2.66		0	BFSN	4		3.35	2.15	
Magnesium, Mg.....mg	58		0		1		73	47	
Phosphorus, P.....mg	190		0		1		239	154	
Potassium, K.....mg	237		0		1		299	192	
Sodium, Na.....mg	14		0		1		18	11	
Zinc, Zn.....mg	1.57		0		1		1.98	1.27	
Copper, Cu.....mg	0.378		0		1		0.476	0.306	
Manganese, Mn.....mg	1.181		0		1		1.488	0.957	
Selenium, Se.....µg	17.4		0	BFSN	4		21.9	14.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.3	0.2	
Thiamin.....mg	0.158		0		1		0.199	0.128	
Riboflavin.....mg	0.102		0		1		0.129	0.083	
Niacin.....mg	0.381		0		1		0.480	0.309	
Pantothenic acid.....mg	0.133		0		1		0.168	0.108	
Vitamin B-6.....mg	0.092		0		1		0.116	0.075	
Folate, total.....µg	29		0		1		37	24	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	29		0		1		37	24	
Folate, DFE.....µg	29		0	NC	4		37	24	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	166		0		1		209	134	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16426

Tofu, raw, firm, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.261		0		1		1.589	1.021	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.024		0		1		0.030	0.019	
15:0.....g									
16:0.....g	0.925		0		1		1.166	0.749	
17:0.....g									
18:0.....g	0.311		0		1		0.392	0.252	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.925		0		1		2.426	1.559	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.030	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.901		0		1		2.395	1.540	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.921		0		1		6.200	3.986	
18:2 undifferentiated.....g	4.339		0		1		5.467	3.515	
18:3 undifferentiated.....g	0.582		0		1		0.733	0.471	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.235		0	NR	4		0.296	0.190	
Threonine.....g	0.785		0	NR	4		0.988	0.635	
Isoleucine.....g	0.849		0	NR	4		1.069	0.687	
Leucine.....g	1.392		0	NR	4		1.754	1.127	
Lysine.....g	0.883		0	NR	4		1.112	0.715	
Methionine.....g	0.211		0	NR	4		0.266	0.171	
Cystine.....g	0.057		0	NR	4		0.072	0.046	
Phenylalanine.....g	0.835		0	NR	4		1.053	0.677	
Tyrosine.....g	0.701		0	NR	4		0.884	0.568	
Valine.....g	0.870		0	NR	4		1.097	0.705	
Arginine.....g	1.369		0	NR	4		1.724	1.109	
Histidine.....g	0.431		0	NR	4		0.543	0.349	
Alanine.....g	0.773		0	NR	4		0.974	0.626	
Aspartic acid.....g	2.036		0	NR	4		2.566	1.649	
Glutamic acid.....g	3.288		0	NR	4		4.143	2.663	
Glycine.....g	0.733		0	NR	4		0.923	0.594	
Proline.....g	1.084		0	NR	4		1.366	0.878	
Serine.....g	1.015		0	NR	4		1.278	0.822	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16426**

**Tofu, raw, firm, prepared with calcium sulfate**

**Common Measures:**

Measure 1 = 126g: .5 cup

Measure 2 = 81g: .25 block

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16427

Tofu, raw, regular, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.691		0		1		0.857	0.802	
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	0.013		0		1		0.016	0.015	
15:0.....g									
16:0.....g	0.507		0		1		0.629	0.588	
17:0.....g									
18:0.....g	0.171		0		1		0.212	0.198	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.056		0		1		1.309	1.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.016	0.015	
17:1.....g									
18:1 undifferentiated.....g	1.043		0		1		1.293	1.210	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.699		0		1		3.347	3.131	
18:2 undifferentiated.....g	2.380		0		1		2.951	2.761	
18:3 undifferentiated.....g	0.319		0		1		0.396	0.370	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.120		0	NR	4		0.149	0.139	
Threonine.....g	0.402		0	NR	4		0.498	0.466	
Isoleucine.....g	0.435		0	NR	4		0.539	0.504	
Leucine.....g	0.713		0	NR	4		0.884	0.827	
Lysine.....g	0.452		0	NR	4		0.560	0.524	
Methionine.....g	0.108		0	NR	4		0.134	0.125	
Cystine.....g	0.029		0	NR	4		0.036	0.034	
Phenylalanine.....g	0.428		0	NR	4		0.530	0.496	
Tyrosine.....g	0.359		0	NR	4		0.445	0.416	
Valine.....g	0.446		0	NR	4		0.553	0.517	
Arginine.....g	0.701		0	NR	4		0.869	0.813	
Histidine.....g	0.221		0	NR	4		0.273	0.256	
Alanine.....g	0.396		0	NR	4		0.491	0.459	
Aspartic acid.....g	1.043		0	NR	4		1.293	1.209	
Glutamic acid.....g	1.684		0	NR	4		2.088	1.953	
Glycine.....g	0.375		0	NR	4		0.465	0.435	
Proline.....g	0.555		0	NR	4		0.688	0.644	
Serine.....g	0.519		0	NR	4		0.644	0.603	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 16427

Tofu, raw, regular, prepared with calcium sulfate

Nutrients and Units	<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 = 124g: .5 cup

Measure 2 = 116g: .25 block

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16132

Tofu, salted and fermented (fuyu)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.01		1		1		7.70		
Energy.....kcal	116		0	NC	4		13		
Energy.....kJ	484		0	NC	4		53		
Protein (N x 6.25).....g	8.92		1		1		0.98		
Total lipid (fat).....g	8.00		1		1		0.88		
Ash.....g	8.69		1		1		0.96		
Carbohydrate, by difference.....g	4.38		0	NC	4		0.48		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46		1		1		5		
Iron, Fe.....mg	1.98		1		1		0.22		
Magnesium, Mg.....mg	52		1		1		6		
Phosphorus, P.....mg	73		1		1		8		
Potassium, K.....mg	75		1		1		8		
Sodium, Na.....mg	2873		1		1		316		
Zinc, Zn.....mg	1.56		0		4		0.17		
Copper, Cu.....mg	0.376		0		4		0.041		
Manganese, Mn.....mg	1.174		0		4		0.129		
Selenium, Se.....µg	17.3		0	BFSN	4		1.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.0		
Thiamin.....mg	0.157		0		4		0.017		
Riboflavin.....mg	0.101		0		4		0.011		
Niacin.....mg	0.379		0		4		0.042		
Pantothenic acid.....mg	0.132		0		4		0.015		
Vitamin B-6.....mg	0.091		0		4		0.010		
Folate, total.....µg	29		0		4		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29		0		4		3		
Folate, DFE.....µg	29		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16132

Tofu, salted and fermented (fuyu)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.157		0		1		0.127		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.022		0		1		0.002		
15:0.....g									
16:0.....g	0.849		0		1		0.093		
17:0.....g									
18:0.....g	0.286		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.767		0		1		0.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.745		0		1		0.192		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.516		0		1		0.497		
18:2 undifferentiated.....g	3.982		0		1		0.438		
18:3 undifferentiated.....g	0.534		0		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.127		0		1		0.014		
Threonine.....g	0.332		0		1		0.037		
Isoleucine.....g	0.404		0		1		0.044		
Leucine.....g	0.619		0		1		0.068		
Lysine.....g	0.537		0		1		0.059		
Methionine.....g	0.104		0		1		0.011		
Cystine.....g	0.113		0		1		0.012		
Phenylalanine.....g	0.397		0		1		0.044		
Tyrosine.....g	0.273		0		1		0.030		
Valine.....g	0.411		0		1		0.045		
Arginine.....g	0.542		0		1		0.060		
Histidine.....g	0.237		0		1		0.026		
Alanine.....g	0.334		0		1		0.037		
Aspartic acid.....g	0.900		0		1		0.099		
Glutamic acid.....g	1.408		0		1		0.155		
Glycine.....g	0.318		0		1		0.035		
Proline.....g	0.440		0		1		0.048		
Serine.....g	0.384		0		1		0.042		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16132**

**Tofu, salted and fermented (fuyu)**

**Common Measures:**

Measure 1 = 11.0g: 1 block

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16432

Tofu, salted and fermented (fuyu), prepared with calcium sulfate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.01		1		1		7.70		
Energy.....kcal	116		0	NC	4		13		
Energy.....kJ	485		0		4		53		
Protein (N x 6.25).....g	8.15		1		1		0.90		
Total lipid (fat).....g	8.00		1		1		0.88		
Ash.....g	8.69		1		1		0.96		
Carbohydrate, by difference.....g	5.15		0	NC	4		0.57		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1229		0		1		135		
Iron, Fe.....mg	1.98		1		1		0.22		
Magnesium, Mg.....mg	58		0		1		6		
Phosphorus, P.....mg	73		1		1		8		
Potassium, K.....mg	75		1		1		8		
Sodium, Na.....mg	2873		1		1		316		
Zinc, Zn.....mg	1.56		0		4		0.17		
Copper, Cu.....mg	0.376		0		4		0.041		
Manganese, Mn.....mg	1.174		0		4		0.129		
Selenium, Se.....µg	17.3		0	BFSN	4		1.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.0		
Thiamin.....mg	0.157		0		4		0.017		
Riboflavin.....mg	0.101		0		4		0.011		
Niacin.....mg	0.379		0		4		0.042		
Pantothenic acid.....mg	0.132		0		4		0.015		
Vitamin B-6.....mg	0.091		0		4		0.010		
Folate, total.....µg	29		0		4		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29		0		4		3		
Folate, DFE.....µg	29		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	Z	7		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	Z	7		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



NDB No. 16432

Tofu, salted and fermented (fuyu), prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.157		0		1		0.127		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.022		0		1		0.002		
15:0.....g									
16:0.....g	0.849		0		1		0.093		
17:0.....g									
18:0.....g	0.286		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.767		0		1		0.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.745		0		1		0.192		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.516		0		1		0.497		
18:2 undifferentiated.....g	3.982		0		1		0.438		
18:3 undifferentiated.....g	0.534		0		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.121		0	NR	4		0.013		
Threonine.....g	0.405		0	NR	4		0.045		
Isoleucine.....g	0.438		0	NR	4		0.048		
Leucine.....g	0.719		0	NR	4		0.079		
Lysine.....g	0.456		0	NR	4		0.050		
Methionine.....g	0.109		0	NR	4		0.012		
Cystine.....g	0.029		0	NR	4		0.003		
Phenylalanine.....g	0.431		0	NR	4		0.047		
Tyrosine.....g	0.362		0	NR	4		0.040		
Valine.....g	0.449		0	NR	4		0.049		
Arginine.....g	0.707		0	NR	4		0.078		
Histidine.....g	0.222		0	NR	4		0.024		
Alanine.....g	0.399		0	NR	4		0.044		
Aspartic acid.....g	1.052		0	NR	4		0.116		
Glutamic acid.....g	1.698		0	NR	4		0.187		
Glycine.....g	0.379		0	NR	4		0.042		
Proline.....g	0.560		0	NR	4		0.062		
Serine.....g	0.524		0	NR	4		0.058		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16432

Tofu, salted and fermented (fuyu), prepared with calcium sulfate

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

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

**Common Measures:**

Measure 1 = 11.0g: 1 block

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.533		0	A	1		0.640	1.322	0.096
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		0	A	1		0.012	0.025	0.002
15:0.....g									
16:0.....g	0.391		0	A	1		0.469	0.970	0.070
17:0.....g									
18:0.....g	0.132		0	A	1		0.158	0.327	0.024
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.814		0	A	1		0.977	2.019	0.147
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	A	1		0.012	0.025	0.002
17:1.....g									
18:1 undifferentiated.....g	0.804		0	A	1		0.965	1.994	0.145
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.081		0	A	1		2.497	5.161	0.375
18:2 undifferentiated.....g	1.835		0	A	1		2.202	4.551	0.330
18:3 undifferentiated.....g	0.246		0	A	1		0.295	0.610	0.044
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	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.102		0	A	1		0.122	0.253	0.018
Threonine.....g	0.268		0	A	1		0.322	0.665	0.048
Isoleucine.....g	0.324		0	A	1		0.389	0.804	0.058
Leucine.....g	0.498		0	A	1		0.598	1.235	0.090
Lysine.....g	0.431		0	A	1		0.517	1.069	0.078
Methionine.....g	0.084		0	A	1		0.101	0.208	0.015
Cystine.....g	0.091		0	A	1		0.109	0.226	0.016
Phenylalanine.....g	0.319		0	A	1		0.383	0.791	0.057
Tyrosine.....g	0.219		0	A	1		0.263	0.543	0.039
Valine.....g	0.331		0	A	1		0.397	0.821	0.060
Arginine.....g	0.436		0	A	1		0.523	1.081	0.078
Histidine.....g	0.191		0	A	1		0.229	0.474	0.034
Alanine.....g	0.268		0	A	1		0.322	0.665	0.048
Aspartic acid.....g	0.724		0	A	1		0.869	1.796	0.130
Glutamic acid.....g	1.133		0	A	1		1.360	2.810	0.204
Glycine.....g	0.256		0	A	1		0.307	0.635	0.046
Proline.....g	0.353		0	A	1		0.424	0.875	0.064
Serine.....g	0.309		0	A	1		0.371	0.766	0.056
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (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 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 = 120g: 1 piece (2-1/2" x 2-3/4" x 1")

Measure 2 = 248g: 1 cup (1/2" cubes)

Measure 3 = 18g: 1 cubic inch

**Footnotes:**

- 1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- 2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16167

USDA Commodity, Peanut Butter, smooth

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.55	0.156	5	A	1		0.50	3.99	
Energy.....kcal	588		0	NC	4		188	1518	
Energy.....kJ	2462		0	NC	4		788	6351	
Protein (N x 5.46).....g	21.93	0.489	5	A	1		7.02	56.59	
Total lipid (fat).....g	49.54	0.826	5	A	1		15.85	127.81	
Ash.....g	3.00	0.089	5	A	1		0.96	7.73	
Carbohydrate, by difference.....g	23.98		0	NC	4		7.67	61.87	
Fiber, total dietary.....g	5.7	0.162	5	A	1		1.8	14.8	
Sugars, total.....g	6.50		0	NC	4		2.08	16.77	
Sucrose.....g	2.39	0.802	5	A	1		0.77	6.17	
Glucose (dextrose).....g	4.11	0.816	5	A	1		1.31	10.60	
Fructose.....g	0.00	0.000	5	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g	4.57	0.033	3	A	1		1.46	11.78	
<b>Minerals:</b>									
Calcium, Ca.....mg	54	3.743	5	A	1		17	140	
Iron, Fe.....mg	2.16	0.225	5	A	1		0.69	5.58	
Magnesium, Mg.....mg	179	10.434	5	A	1		57	461	
Phosphorus, P.....mg	335	14.431	5	A	1		107	865	
Potassium, K.....mg	592	30.474	5	A	1		190	1528	
Sodium, Na.....mg	476	38.273	5	A	1		152	1229	
Zinc, Zn.....mg	2.67	0.215	5	A	1		0.85	6.88	
Copper, Cu.....mg	0.571	0.042	5	A	1		0.183	1.473	
Manganese, Mn.....mg	1.361	0.199	5	A	1		0.435	3.511	
Selenium, Se.....µg	40.4	4.622	4	A	1		12.9	104.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.107	0.017	5	A	1		0.034	0.276	
Riboflavin.....mg	0.105		0	BFSN	4		0.034	0.272	
Niacin.....mg	13.160	0.291	5	A	1		4.211	33.953	
Pantothenic acid.....mg	1.044	0.051	5	A	1		0.334	2.693	
Vitamin B-6.....mg	0.551	0.081	5	A	1		0.176	1.423	
Folate, total.....µg	35	9.432	5	A	1		11	91	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	35	9.432	5	A	1		11	91	
Folate, DFE.....µg	35		0	NC	4		11	91	
Choline, total.....mg	65.7		0	AS	1		21.0	169.4	
Betaine.....mg	0.4		2	A	1		0.1	1.1	
Vitamin B-12.....µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	BFSN	4		0	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	5.94	0.698	5	A	1		1.90	15.34	
Tocopherol, beta.....mg	0.19	0.024	5	A	1		0.06	0.49	
Tocopherol, gamma.....mg	8.32	0.418	5	A	1		2.66	21.48	
Tocopherol, delta.....mg	0.68	0.188	5	A	1		0.22	1.75	
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.519		0	NC	4		3.046	24.558	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.014	0.005	5	A	1		0.004	0.036	
10:0.....g	0.000	0.000	5	A	1		0.000	0.000	
12:0.....g	0.000	0.000	5	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.011	0.006	5	A	1		0.004	0.028	
15:0.....g	0.000	0.000	5	A	1		0.000	0.000	
16:0.....g	4.520	0.222	5	A	1		1.446	11.662	
17:0.....g	0.040	0.004	5	A	1		0.013	0.103	
18:0.....g	1.854	0.040	5	A	1		0.593	4.783	
20:0.....g	0.614	0.037	5	A	1		0.196	1.584	
22:0.....g	1.730	0.067	5	A	1		0.554	4.463	
24:0.....g	0.736	0.020	5	A	1		0.235	1.899	
Fatty acids, total monounsaturated.....g	20.726		0	NC	4		6.632	53.473	
14:1.....g	0.000	0.000	5	A	1		0.000	0.000	
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.052	0.002	5	A	1		0.017	0.134	
17:1.....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated.....g	19.880	0.834	5	A	1		6.362	51.290	
20:1.....g	0.680	0.041	5	A	1		0.218	1.754	
22:1 undifferentiated.....g	0.114	0.013	5	A	1		0.036	0.294	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.331		0	NC	4		3.626	29.235	
18:2 undifferentiated.....g	11.280	0.511	5	A	1		3.610	29.102	
18:3 undifferentiated.....g	0.039	0.009	5	A	1		0.013	0.102	
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.012	0.004	5	A	1		0.004	0.031	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.228		0	A	1		0.073	0.589	
Threonine.....g	0.518		0	A	1		0.166	1.337	
Isoleucine.....g	0.608		0	A	1		0.195	1.570	
Leucine.....g	1.527		0	A	1		0.489	3.940	
Lysine.....g	0.672		0	A	1		0.215	1.735	
Methionine.....g	0.262		0	A	1		0.084	0.676	
Cystine.....g	0.226		0	A	1		0.072	0.583	
Phenylalanine.....g	1.187		0	A	1		0.380	3.062	
Tyrosine.....g	0.819		0	A	1		0.262	2.112	
Valine.....g	0.773		0	A	1		0.247	1.993	
Arginine.....g	2.734		0	A	1		0.875	7.054	
Histidine.....g	0.550		0	A	1		0.176	1.420	
Alanine.....g	0.905		0	A	1		0.289	2.334	
Aspartic acid.....g	3.016		0	A	1		0.965	7.781	
Glutamic acid.....g	5.029		0	A	1		1.609	12.976	

NDB No. 16167

USDA Commodity, Peanut Butter, smooth

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Glycine.....g	1.419		0	A	1	0.454	3.661
Proline.....g	1.391		0	A	1	0.445	3.588
Serine.....g	1.463		0	A	1	0.468	3.775
Hydroxyproline.....g							
<b>Others:</b>							
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 43134  
Vegetarian fillets

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	2.849		0		4	2.422	
4:0.....g	0.000		0		4	0.000	
6:0.....g	0.000		0		4	0.000	
8:0.....g	0.000		0		4	0.000	
10:0.....g	0.000		0		4	0.000	
12:0.....g	0.174		0		4	0.148	
13:0.....g							
14:0.....g	0.087		0		4	0.074	
15:0.....g							
16:0.....g	1.850		0		4	1.573	
17:0.....g							
18:0.....g	0.738		0		4	0.627	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.376		0		4	3.720	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	
17:1.....g							
18:1 undifferentiated.....g	4.376		0		4	3.720	
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	9.332		0		4	7.932	
18:2 undifferentiated.....g	8.292		0		4	7.048	
18:3 undifferentiated.....g	1.040		0		4	0.884	
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	0.000		0	Z	7	0.000	
Cholesterol.....mg	0		0		7	0	
Phytosterols.....mg							
<b>Others:</b>							
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 = 85g: 1 fillet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



NDB No. 43137  
Vegetarian meatloaf or patties

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.425		0		4		0.798	
4:0.....g	0.000		0		4		0.000	
6:0.....g	0.000		0		4		0.000	
8:0.....g	0.000		0		4		0.000	
10:0.....g	0.000		0		4		0.000	
12:0.....g	0.087		0		4		0.049	
13:0.....g								
14:0.....g	0.043		0		4		0.024	
15:0.....g								
16:0.....g	0.925		0		4		0.518	
17:0.....g								
18:0.....g	0.369		0		4		0.207	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.188		0		4		1.225	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4		0.000	
17:1.....g								
18:1 undifferentiated.....g	2.188		0		4		1.225	
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	4.666		0		4		2.613	
18:2 undifferentiated.....g	4.146		0		4		2.322	
18:3 undifferentiated.....g	0.520		0		4		0.291	
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	0.000		0	Z	7		0.000	
Cholesterol.....mg	0		0		7		0	
Phytosterols.....mg								
<b>Others:</b>								
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 = 56g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



Veggie burgers or soyburgers, unprepared (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	4.2	1.320	4	A	1		3.0		
Dihydrophyloquinone.....µg	0.9	0.850	4	A	1		0.6		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.440		0	NC	4		1.008		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.099	0.083	4	A	1		0.069		
10:0.....g	0.081	0.046	4	A	1		0.057		
12:0.....g	0.032	0.019	4	A	1		0.023		
13:0.....g									
14:0.....g	0.112	0.067	4	A	1		0.078		
15:0.....g	0.011	0.007	4	A	1		0.008		
16:0.....g	0.805	0.100	4	A	1		0.563		
17:0.....g	0.008	0.004	4	A	1		0.005		
18:0.....g	0.267	0.085	4	A	1		0.187		
20:0.....g	0.018	0.005	4	A	1		0.013		
22:0.....g	0.007	0.004	4	A	1		0.005		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.778		0	NC	4		1.244		
14:1.....g	0.008	0.005	4	A	1		0.006		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.023	0.010	4	A	1		0.016		
17:1.....g	0.002	0.002	4	A	1		0.001		
18:1 undifferentiated.....g	1.720	0.315	4	A	1		1.204		
20:1.....g	0.023	0.005	4	A	1		0.016		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023		0	NC	4		1.416		
18:2 undifferentiated.....g	1.940	0.737	4	A	1		1.358		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 n-3 c,c,c (ALA).....g	0.081	0.024	4	A	1		0.057		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.001	0.001	4	A	1		0.001		
20:4 n-6.....g									
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	5	2.034	4	A	1		3		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.162		0	A	1		0.114		
Threonine.....g	0.605		0	A	1		0.423		
Isoleucine.....g	0.780		0	A	1		0.546		
Leucine.....g	1.399		0	A	1		0.979		
Lysine.....g	1.004		0	A	1		0.703		
Methionine.....g	0.291		0	A	1		0.203		
Cystine.....g	0.260		0	A	1		0.182		
Phenylalanine.....g	0.885		0	A	1		0.619		
Tyrosine.....g	0.652		0	A	1		0.457		

NDB No. 16147

Veggie burgers or soyburgers, unprepared (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
Valine.....g	0.890		0	A	1		0.623		
Arginine.....g	1.045		0	A	1		0.731		
Histidine.....g	0.465		0	A	1		0.326		
Alanine.....g	0.726		0	A	1		0.508		
Aspartic acid.....g	1.553		0	A	1		1.087		
Glutamic acid.....g	4.086		0	A	1		2.860		
Glycine.....g	0.660		0	A	1		0.462		
Proline.....g	1.299		0	A	1		0.909		
Serine.....g	0.967		0	A	1		0.677		
Hydroxyproline.....g									
<b>Others:</b>									
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 = 70g: 1 pattie

**Footnotes:**

- 1 Profile represents several different brands and types; check label for the brand and type purchased.
- 2 Vitamin added to some products; check label for product purchased
- 3 Vitamin added to some products; check label for product purchased

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 43114  
Vermicelli, made from soy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.014		0		4		0.020
4:0.....g	0.000		0		4		0.000
6:0.....g	0.000		0		4		0.000
8:0.....g	0.000		0		4		0.000
10:0.....g	0.000		0		4		0.000
12:0.....g	0.000		0		4		0.000
13:0.....g							
14:0.....g	0.000		0		4		0.000
15:0.....g							
16:0.....g	0.012		0		4		0.017
17:0.....g							
18:0.....g	0.002		0		4		0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.013		0		4		0.018
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000
17:1.....g							
18:1 undifferentiated.....g	0.013		0		4		0.018
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	0.041		0		4		0.057
18:2 undifferentiated.....g	0.038		0		4		0.053
18:3 undifferentiated.....g	0.004		0		4		0.006
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	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		7		0
Phytosterols.....mg							
<b>Others:</b>							
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 = 140g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16276

Vitasoy USA Azumaya, Extra Firm Tofu

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.50		1	MC	9		65.18		
Energy.....kcal	88		0	NC	4		69		
Energy.....kJ	367		0	NC	4		290		
Protein (N x 6.25).....g	10.07		1	MC	9		7.96		
Total lipid (fat).....g	4.60		1	MC	9		3.63		
Ash.....g	1.30		1	O	4		1.03		
Carbohydrate, by difference.....g	1.53		0	NC	4		1.21		
Fiber, total dietary.....g	0.9		1	MC	9		0.7		
Sugars, total.....g	0.50		1	MC	9		0.40		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	176		1	MC	9		139		
Iron, Fe.....mg	1.70		1	MC	9		1.34		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	26		1	MC	9		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		1	MC	9		0.474		
Fatty acids, total monounsaturated.....g	1.400		1	MC	9		1.106		
Fatty acids, total polyunsaturated.....g	2.600		1	MC	9		2.054		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16277  
 Vitasoy USA Azumaya, Firm Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.00		1	MC	9		66.36		
Energy.....kcal	80		0	NC	4		63		
Energy.....kJ	336		0	NC	4		265		
Protein (N x 6.25).....g	9.08		1	MC	9		7.18		
Total lipid (fat).....g	4.20		1	MC	9		3.32		
Ash.....g	1.20		1	O	4		0.95		
Carbohydrate, by difference.....g	1.52		0	NC	4		1.20		
Fiber, total dietary.....g	0.6		1	MC	9		0.5		
Sugars, total.....g	0.40		1	MC	9		0.32		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	180		1	MC	9		142		
Iron, Fe.....mg	1.30		1	MC	9		1.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	23		1	MC	9		18		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		1	MC	9		0.395		
Fatty acids, total monounsaturated.....g	1.200		1	MC	9		0.948		
Fatty acids, total polyunsaturated.....g	2.500		1	MC	9		1.975		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16278  
 Vitasoy USA Azumaya, Silken Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.40		1	MC	9		83.17		
Energy.....kcal	43		0	NC	4		39		
Energy.....kJ	181		0	NC	4		165		
Protein (N x 6.25).....g	4.82		1	MC	9		4.38		
Total lipid (fat).....g	2.40		1	MC	9		2.18		
Ash.....g	0.80		1	O	4		0.73		
Carbohydrate, by difference.....g	0.58		0	NC	4		0.53		
Fiber, total dietary.....g	0.2		1	MC	9		0.2		
Sugars, total.....g	0.20		1	MC	9		0.18		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		1	MC	9		60		
Iron, Fe.....mg	0.80		1	MC	9		0.73		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2		1	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		1	MC	9		0.273		
Fatty acids, total monounsaturated.....g	0.500		1	MC	9		0.455		
Fatty acids, total polyunsaturated.....g	1.100		1	MC	9		1.001		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 91g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16272  
 Vitasoy USA Nasoya, Lite Silken Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.80		1	MC	9		81.72		
Energy.....kcal	43		0	NC	4		39		
Energy.....kJ	179		0	NC	4		163		
Protein (N x 6.25).....g	8.21		1	MC	9		7.47		
Total lipid (fat).....g	1.10		1	MC	9		1.00		
Ash.....g	1.30		1	O	4		1.18		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	394		1	MC	9		359		
Iron, Fe.....mg	0.87		1	MC	9		0.79		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	203		1	MC	9		185		
Potassium, K.....mg									
Sodium, Na.....mg	79		1	MC	9		72		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		1	MC	9		0.182		
Fatty acids, total monounsaturated.....g	0.100		1	MC	9		0.091		
Fatty acids, total polyunsaturated.....g	0.700		1	MC	9		0.637		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 91g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16275

Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.30		1	MC	9		65.71		
Energy.....kcal	115		0	NC	4		97		
Energy.....kJ	480		0	NC	4		408		
Protein (N x 6.25).....g	13.24		1	MC	9		11.26		
Total lipid (fat).....g	5.90		1	MC	9		5.02		
Ash.....g	1.40		1	MC	9		1.19		
Carbohydrate, by difference.....g	2.16		0	NC	4		1.83		
Fiber, total dietary.....g	1.2		1	MC	9		1.0		
Sugars, total.....g	1.10		1	MC	9		0.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	239		1	MC	9		203		
Iron, Fe.....mg	1.70		1	MC	9		1.45		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	28		1	MC	9		24		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		1	MC	9		0.935		
Fatty acids, total monounsaturated.....g	1.900		1	MC	9		1.615		
Fatty acids, total polyunsaturated.....g	3.000		1	MC	9		2.550		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16271

Vitasoy USA Organic Nasoya, Soft Tofu

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.80		1	MC	9		67.78		
Energy.....kcal	70		0	NC	4		55		
Energy.....kJ	291		0	NC	4		230		
Protein (N x 6.25).....g	8.76		1	MC	9		6.92		
Total lipid (fat).....g	3.50		1	MC	9		2.77		
Ash.....g	1.20		1	O	4		0.95		
Carbohydrate, by difference.....g	0.74		0	NC	4		0.59		
Fiber, total dietary.....g	0.6		1	MC	9		0.5		
Sugars, total.....g	0.30		1	MC	9		0.24		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		1	MC	9		103		
Iron, Fe.....mg	1.10		1	MC	9		0.87		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	4		1	MC	9		3		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		1	MC	9		0.395		
Fatty acids, total monounsaturated.....g	0.700		1	MC	9		0.553		
Fatty acids, total polyunsaturated.....g	2.300		1	MC	9		1.817		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16273

Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm

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

---

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

**Common Measures:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16274

Vitasoy USA Organic Nasoya, Tofu Plus Firm

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16210  
 Vitasoy USA, Nasoya Lite Firm Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.10		1	MC	9		68.81		
Energy.....kcal	54		0	NC	4		42		
Energy.....kJ	225		0	NC	4		178		
Protein.....g	8.30		1	MC	9		6.56		
Total lipid (fat).....g	1.70		1	MC	9		1.34		
Ash.....g	1.60		1	O	4		1.26		
Carbohydrate, by difference.....g	1.30		0	NC	4		1.03		
Fiber, total dietary.....g	0.6		1	MC	9		0.5		
Sugars, total.....g	0.20		1	MC	9		0.16		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	184		1	MC	9		145		
Iron, Fe.....mg	1.60		1	MC	9		1.26		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	181		1	MC	9		143		
Potassium, K.....mg									
Sodium, Na.....mg	34		1	MC	9		27		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		1	MC	9		0.158		
Fatty acids, total monounsaturated.....g	0.300		1	MC	9		0.237		
Fatty acids, total polyunsaturated.....g	1.200		1	MC	9		0.948		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16212

Vitasoy USA, Organic Nasoya Extra Firm Tofu

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.90		1	MC	9		63.91		
Energy.....kcal	98		1	MC	9		78		
Energy.....kJ	412		0	MC	9		325		
Protein.....g	10.10		1	MC	9		7.98		
Total lipid (fat).....g	5.20		1	MC	9		4.11		
Ash.....g	1.20		1	MC	9		0.95		
Carbohydrate, by difference.....g	2.60		1	MC	9		2.05		
Fiber, total dietary.....g	1.3		1	MC	9		1.0		
Sugars, total.....g	0.40		1	MC	9		0.32		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		1	MC	9		61		
Iron, Fe.....mg	1.60		1	MC	9		1.26		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	4		1	MC	9		3		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.700		1	MC	9		0.553		
Fatty acids, total monounsaturated.....g	1.400		1	MC	9		1.106		
Fatty acids, total polyunsaturated.....g	3.100		1	MC	9		2.449		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16213  
 Vitasoy USA, Organic Nasoya Firm Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.40		1	MC	9		65.89		
Energy.....kcal	84		0	NC	4		67		
Energy.....kJ	353		0	NC	4		279		
Protein.....g	8.90		1	MC	9		7.03		
Total lipid (fat).....g	4.40		1	MC	9		3.48		
Ash.....g	1.00		1	MC	9		0.79		
Carbohydrate, by difference.....g	2.30		0	NC	4		1.82		
Fiber, total dietary.....g	0.8		1	MC	9		0.6		
Sugars, total.....g	0.30		1	MC	9		0.24		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	125		1	MC	9		99		
Iron, Fe.....mg	1.20		1	MC	9		0.95		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	4		1	MC	9		3		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		1	MC	9		0.395		
Fatty acids, total monounsaturated.....g	1.200		1	MC	9		0.948		
Fatty acids, total polyunsaturated.....g	2.700		1	MC	9		2.133		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16214  
 Vitasoy USA, Organic Nasoya Silken Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.50		1	MC	9		82.36		
Energy.....kcal	47		0	NC	4		43		
Energy.....kJ	198		0	NC	4		180		
Protein.....g	4.80		1	MC	9		4.37		
Total lipid (fat).....g	2.50		1	MC	9		2.28		
Ash.....g	0.80		1	MC	9		0.73		
Carbohydrate, by difference.....g	1.40		0	NC	4		1.27		
Fiber, total dietary.....g	0.3		1	MC	9		0.3		
Sugars, total.....g	0.20		1	MC	9		0.18		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	75		1	MC	9		68		
Iron, Fe.....mg	0.90		1	MC	9		0.82		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2		1	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		1	MC	9		0.273		
Fatty acids, total monounsaturated.....g	0.600		1	MC	9		0.546		
Fatty acids, total polyunsaturated.....g	1.300		1	MC	9		1.183		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 91g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16211  
 Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu  
 Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.00		1	MC	9		60.83		
Energy.....kcal	118		0	NC	4		93		
Energy.....kJ	492		0	NC	4		389		
Protein.....g	12.40		1	MC	9		9.80		
Total lipid (fat).....g	6.30		1	MC	9		4.98		
Ash.....g	1.50		1	MC	9		1.19		
Carbohydrate, by difference.....g	2.80		0	NC	4		2.21		
Fiber, total dietary.....g	2.0		1	MC	9		1.6		
Sugars, total.....g	0.60		1	MC	9		0.47		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	188		1	MC	9		149		
Iron, Fe.....mg	2.00		1	MC	9		1.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	6		1	MC	9		5		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.300		1	MC	9		1.027		
Fatty acids, total monounsaturated.....g	1.300		1	MC	9		1.027		
Fatty acids, total polyunsaturated.....g	3.800		1	MC	9		3.002		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: .2 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16219

Vitasoy USA, Vitasoy Light Vanilla Soymilk

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	92.74		0	O	4		225.36	225.36	
Energy.....kcal	30		1	MC	9		73	73	
Energy.....kJ	126		0	MC	9		307	307	
Protein.....g	1.60		1	MC	9		3.89	3.89	
Total lipid (fat).....g	0.82		1	MC	9		1.99	1.99	
Ash.....g	0.74		0	BFZN	4		1.80	1.80	
Carbohydrate, by difference.....g	4.10		1	MC	9		9.96	9.96	
Fiber, total dietary.....g	0.1		1	MC	9		0.3	0.3	
Sugars, total.....g	2.90		1	MC	9		7.05	7.05	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	MC	9		299	299	
Iron, Fe.....mg	0.30		1	MC	9		0.73	0.73	
Magnesium, Mg.....mg	10		1	MC	9		24	24	
Phosphorus, P.....mg									
Potassium, K.....mg	82		1	MC	9		200	200	
Sodium, Na.....mg	49		1	MC	9		120	120	
Zinc, Zn.....mg	0.37		1	MC	9		0.90	0.90	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.020		1	MC	9		0.048	0.048	
Riboflavin.....mg	0.140		1	MC	9		0.340	0.340	
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	10		1	MC	9		24	24	
Folic acid.....µg									
Folate, food.....µg	10		1	MC	9		24	24	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.37		1	MC	9		0.90	0.90	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	124		1	MC	9		301	301	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8		1	MC	9		2.0	2.0	
Vitamin D.....IU	33		1	MC	9		80	80	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.180		1	MC	9		0.437	0.437	

NDB No. 16219

Vitasoy USA, Vitasoy Light Vanilla Soymilk

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code		Confidence	Measure 1	Measure 2
		Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.200		1	MC	9	0.486	0.486	
Fatty acids, total polyunsaturated.....g	0.400		1	MC	9	0.972	0.972	
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		1	MC	9	0	0	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 243g: 1 cup

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16216

Vitasoy USA, Vitasoy Organic Classic Original Soymilk

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.76		0	O	4		218.12	218.12	
Energy.....kcal	47		1	MC	9		114	114	
Energy.....kJ	197		0	MC	9		479	479	
Protein.....g	3.20		1	MC	9		7.78	7.78	
Total lipid (fat).....g	1.80		1	MC	9		4.37	4.37	
Ash.....g	0.74		0	BFZN	4		1.80	1.80	
Carbohydrate, by difference.....g	4.50		1	MC	9		10.94	10.94	
Fiber, total dietary.....g	0.4		1	MC	9		1.0	1.0	
Sugars, total.....g	2.00		1	MC	9		4.86	4.86	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		1	MC	9		40	40	
Iron, Fe.....mg	0.44		1	MC	9		1.07	1.07	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	156		1	MC	9		379	379	
Sodium, Na.....mg	66		1	MC	9		160	160	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	17		1	MC	9		40	40	
Folic acid.....µg									
Folate, food.....µg	17		1	MC	9		40	40	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.210		1	MC	9		0.510	0.510	

NDB No. 16216

Vitasoy USA, Vitasoy Organic Classic Original Soymilk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total monounsaturated.....g	0.500		1	MC	9		1.215	1.215	
Fatty acids, total polyunsaturated.....g	1.100		1	MC	9		2.673	2.673	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 243g: 1 cup

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16215

Vitasoy USA, Vitasoy Organic Creamy Original Soymilk

Vitasoy USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.27		0	O	4		219.36	219.36	
Energy.....kcal	44		1	MC	9		107	107	
Energy.....kJ	184		0	MC	9		447	447	
Protein.....g	2.90		1	MC	9		7.05	7.05	
Total lipid (fat).....g	1.60		1	MC	9		3.89	3.89	
Ash.....g	0.73		0	BFFN	4		1.77	1.77	
Carbohydrate, by difference.....g	4.50		1	MC	9		10.94	10.94	
Fiber, total dietary.....g	0.4		1	MC	9		1.0	1.0	
Sugars, total.....g	2.00		1	MC	9		4.86	4.86	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	127		1	MC	9		309	309	
Iron, Fe.....mg	0.40		1	MC	9		0.97	0.97	
Magnesium, Mg.....mg	16		1	MC	9		40	40	
Phosphorus, P.....mg									
Potassium, K.....mg	131		1	MC	9		318	318	
Sodium, Na.....mg	66		1	MC	9		159	159	
Zinc, Zn.....mg	0.37		1	MC	9		0.90	0.90	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.060		1	MC	9		0.146	0.146	
Riboflavin.....mg	0.150		1	MC	9		0.365	0.365	
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	18		1	MC	9		44	44	
Folic acid.....µg									
Folate, food.....µg	18		1	MC	9		44	44	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		1	MC	9		0.95	0.95	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	129		1	MC	9		313	313	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.9		1	MC	9		2.1	2.1	
Vitamin D.....IU	35		1	MC	9		85	85	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		1	MC	9		0.486	0.486	

NDB No. 16215

Vitasoy USA, Vitasoy Organic Creamy Original Soymilk

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Fatty acids, total monounsaturated.....g	0.400		1	MC	9	0.972	0.972	
Fatty acids, total polyunsaturated.....g	1.000		1	MC	9	2.430	2.430	
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		1	MC	9	0	0	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 243g: 1 cup

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16525

WORTHINGTON Chic-Ketts, frozen, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.10		1	MC	9		32.50		
Energy.....kcal	200		1	MC	9		110		
Energy.....kJ	837		1	MC	9		460		
Protein (N x 6.25).....g	23.60		1	MC	9		12.98		
Total lipid (fat).....g	9.70		1	MC	9		5.33		
Ash.....g	2.50		1	MC	9		1.38		
Carbohydrate, by difference.....g	5.10		1	MC	9		2.80		
Fiber, total dietary.....g	1.2		1	MC	9		0.7		
Sugars, total.....g	0.10		1	MC	9		0.06		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		1	MC	9		21		
Iron, Fe.....mg	3.20		1	MC	9		1.76		
Magnesium, Mg.....mg	12		1	MC	9		7		
Phosphorus, P.....mg	115		1	MC	9		63		
Potassium, K.....mg	152		1	MC	9		84		
Sodium, Na.....mg	642		1	MC	9		353		
Zinc, Zn.....mg	1.60		1	MC	9		0.88		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.570		1	MC	9		0.313		
Riboflavin.....mg	1.720		1	MC	9		0.946		
Niacin.....mg	35.900		1	MC	9		19.745		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.900		1	MC	9		0.495		
Folate, total.....µg	7		1	MC	9		4		
Folic acid.....µg									
Folate, food.....µg	7		1	MC	9		4		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.40		1	MC	9		1.87		
Vitamin A, RAE.....µg	0		1	MC	9		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		1	MC	9		0.0		
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16525

WORTHINGTON Chic-Ketts, frozen, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Fatty acids, total saturated.....g	1.500		1	MC	9		0.825		
Fatty acids, total monounsaturated.....g	2.300		1	MC	9		1.265		
Fatty acids, total polyunsaturated.....g	5.700		1	MC	9		3.135		
Fatty acids, total trans.....g	0.130		1	MC	9		0.071		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 55g: 2 slices (3/8" thick)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16510

WORTHINGTON Chili, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 230g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16511

WORTHINGTON Choplets, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 92g: 2 slices

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16512

WORTHINGTON Diced Chik, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 55g: .25 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16528

WORTHINGTON Dinner Roast, frozen, unprepared

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

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

**Common Measures:**

Measure 1 = 85g: 1 slice , 3/4"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16513

WORTHINGTON FriChik Original, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 90g: 2 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16529

WORTHINGTON FriPats, frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 64g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16591

WORTHINGTON Leanies, frozen, unprepared

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

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

**Common Measures:**

Measure 1 = 40g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16514

WORTHINGTON Low Fat Fri Chik, canned, unprepared

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Nutrients and Units	<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 = 85g: 2 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16515

WORTHINGTON Low Fat Veja-Links, canned, unprepared

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

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

**Common Measures:**

Measure 1 = 31g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16526

**WORTHINGTON Meatless Chicken Roll, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 55g: 1 slices , 3/8"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16527

**WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared**

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

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

**Common Measures:**

Measure 1 = 55g: 2 slices , 3/8"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16516

WORTHINGTON Multigrain Cutlets, canned, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.69		0	MC	9		61.35		
Energy.....kcal	117		0	MC	9		108		
Energy.....kJ	490		0	MC	9		451		
Protein (N x 6.25).....g	23.29		0	MC	9		21.43		
Total lipid (fat).....g	1.50		0	MC	9		1.38		
Ash.....g	1.22		0	O	4		1.12		
Carbohydrate, by difference.....g	7.30		0	NC	4		6.72		
Fiber, total dietary.....g	4.5		0	MC	9		4.1		
Sugars, total.....g	0.20		0	MC	9		0.18		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0	MC	9		20		
Iron, Fe.....mg	1.70		0	MC	9		1.56		
Magnesium, Mg.....mg	3		0	MC	9		3		
Phosphorus, P.....mg	56		0	MC	9		52		
Potassium, K.....mg	105		0	MC	9		97		
Sodium, Na.....mg	371		0	MC	9		341		
Zinc, Zn.....mg	1.00		0	MC	9		0.92		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.050		0	MC	9		0.046		
Riboflavin.....mg	1.330		0	MC	9		1.224		
Niacin.....mg	26.290		0	MC	9		24.187		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.500		0	MC	9		0.460		
Folate, total.....µg	2		0	MC	9		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	2		0	MC	9		2		
Folate, DFE.....µg	2		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	18.09		0	MC	9		16.64		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16516

WORTHINGTON Multigrain Cutlets, canned, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.300		0	MC	9		0.276			
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.184			
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.736			
Fatty acids, total trans.....g	0.000		0	MC	9		0.000			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										

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

**Common Measures:**

Measure 1 = 92g: 2 slices

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16517

WORTHINGTON Prime Stakes, canned, unprepared

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

---

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

**Common Measures:**

Measure 1 = 92g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16531

WORTHINGTON Prosage Links, frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 45g: 2 links

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16532

WORTHINGTON Prosage Roll, frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 55g: 1 slice , 5/8"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16518

WORTHINGTON Saucettes, canned, unprepared

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

---

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

**Common Measures:**

Measure 1 = 38g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16533

WORTHINGTON Smoked Turkey Roll, frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 55g: 1 slice , 3/8"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16534

WORTHINGTON Stakelets, frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 71g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16535

WORTHINGTON Stripples, frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 16g: 2 strip

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16519

WORTHINGTON Super Links, canned, unprepared

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

---

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

**Common Measures:**

Measure 1 = 48g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16521

**WORTHINGTON Vegetable Skallops, canned, unprepared**

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Nutrients and Units	<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 = 85g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16522

**WORTHINGTON Vegetable Steaks, canned, unprepared**

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Nutrients and Units	<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 = 72g: 2 slices

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16523

**WORTHINGTON Vegetarian Burger, canned, unprepared**

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Nutrients and Units	<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 = 55g: .25 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 16524

WORTHINGTON Veja-Links, canned, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number	Deriv	Source Code	<u>measures of food</u>	
			of Data Points	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 = 31g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 16536

WORTHINGTON Wham (roll), frozen, unprepared

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

---

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

**Common Measures:**

Measure 1 = 55g: 1 slice , 3/8"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16436

Winged beans, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	67.19		0		1		115.57		
Energy.....kcal	147		0	NC	4		253		
Energy.....kJ	615		0		4		1058		
Protein (N x 6.25).....g	10.62		0		1		18.27		
Total lipid (fat).....g	5.84		0		1		10.04		
Ash.....g	1.43		0		1		2.46		
Carbohydrate, by difference.....g	14.94		0	NC	4		25.70		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		0		1		244		
Iron, Fe.....mg	4.33		0		1		7.45		
Magnesium, Mg.....mg	54		0		1		93		
Phosphorus, P.....mg	153		0		1		263		
Potassium, K.....mg	280		0		1		482		
Sodium, Na.....mg	249		0		1		428		
Zinc, Zn.....mg	1.44		0		1		2.48		
Copper, Cu.....mg	0.773		0		1		1.330		
Manganese, Mn.....mg	1.199		0		1		2.062		
Selenium, Se.....µg	2.9		0	BFSN	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.295		0		1		0.507		
Riboflavin.....mg	0.129		0		1		0.222		
Niacin.....mg	0.830		0		1		1.428		
Pantothenic acid.....mg	0.156		0		4		0.268		
Vitamin B-6.....mg	0.047		0		1		0.081		
Folate, total.....µg	10		0		1		18		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	10		0		1		18		
Folate, DFE.....µg	10		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Winged beans, mature seeds, cooked, boiled, 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
Fatty acids, total saturated.....g	0.825		0		1		1.419		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.010		0		1		0.017		
15:0.....g									
16:0.....g	0.449		0		1		0.772		
17:0.....g									
18:0.....g	0.267		0		1		0.459		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.153		0		1		3.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.034		
17:1.....g									
18:1 undifferentiated.....g	2.025		0		1		3.483		
20:1.....g	0.109		0		1		0.187		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		2.668		
18:2 undifferentiated.....g	1.457		0		1		2.506		
18:3 undifferentiated.....g	0.094		0		1		0.162		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.233		0		1		0.401		
Threonine.....g	0.360		0		1		0.619		
Isoleucine.....g	0.448		0		1		0.771		
Leucine.....g	0.762		0		1		1.311		
Lysine.....g	0.652		0		1		1.121		
Methionine.....g	0.109		0		1		0.187		
Cystine.....g	0.166		0		1		0.286		
Phenylalanine.....g	0.436		0		1		0.750		
Tyrosine.....g	0.445		0		1		0.765		
Valine.....g	0.467		0		1		0.803		
Arginine.....g	0.576		0		1		0.991		
Histidine.....g	0.241		0		1		0.415		
Alanine.....g	0.318		0		1		0.547		
Aspartic acid.....g	0.973		0		1		1.674		
Glutamic acid.....g	1.224		0		1		2.105		
Glycine.....g	0.348		0		1		0.599		
Proline.....g	0.588		0		1		1.011		
Serine.....g	0.377		0		1		0.648		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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.** 16436

**Winged beans, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16136

Winged beans, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.19		0		1		115.57		
Energy.....kcal	147		0	NC	4		253		
Energy.....kJ	615		0		4		1058		
Protein (N x 6.25).....g	10.62		0		1		18.27		
Total lipid (fat).....g	5.84		0		1		10.04		
Ash.....g	1.43		0		1		2.46		
Carbohydrate, by difference.....g	14.94		0	NC	4		25.70		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		0		1		244		
Iron, Fe.....mg	4.33		0		1		7.45		
Magnesium, Mg.....mg	54		0		1		93		
Phosphorus, P.....mg	153		0		1		263		
Potassium, K.....mg	280		0		1		482		
Sodium, Na.....mg	13		0		1		22		
Zinc, Zn.....mg	1.44		0		1		2.48		
Copper, Cu.....mg	0.773		0		1		1.330		
Manganese, Mn.....mg	1.199		0		1		2.062		
Selenium, Se.....µg	2.9		0	BFSN	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.295		0		1		0.507		
Riboflavin.....mg	0.129		0		1		0.222		
Niacin.....mg	0.830		0		1		1.428		
Pantothenic acid.....mg	0.156		0		4		0.268		
Vitamin B-6.....mg	0.047		0		1		0.081		
Folate, total.....µg	10		0		1		18		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	10		0		1		18		
Folate, DFE.....µg	10		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.825		0		1		1.419		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.010		0		1		0.017		
15:0.....g									
16:0.....g	0.449		0		1		0.772		
17:0.....g									
18:0.....g	0.267		0		1		0.459		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.153		0		1		3.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.034		
17:1.....g									
18:1 undifferentiated.....g	2.025		0		1		3.483		
20:1.....g	0.109		0		1		0.187		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		2.668		
18:2 undifferentiated.....g	1.457		0		1		2.506		
18:3 undifferentiated.....g	0.094		0		1		0.162		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.233		0		1		0.401		
Threonine.....g	0.360		0		1		0.619		
Isoleucine.....g	0.448		0		1		0.771		
Leucine.....g	0.762		0		1		1.311		
Lysine.....g	0.652		0		1		1.121		
Methionine.....g	0.109		0		1		0.187		
Cystine.....g	0.166		0		1		0.286		
Phenylalanine.....g	0.436		0		1		0.750		
Tyrosine.....g	0.445		0		1		0.765		
Valine.....g	0.467		0		1		0.803		
Arginine.....g	0.576		0		1		0.991		
Histidine.....g	0.241		0		1		0.415		
Alanine.....g	0.318		0		1		0.547		
Aspartic acid.....g	0.973		0		1		1.674		
Glutamic acid.....g	1.224		0		1		2.105		
Glycine.....g	0.348		0		1		0.599		
Proline.....g	0.588		0		1		1.011		
Serine.....g	0.377		0		1		0.648		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16136**

**Winged beans, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 172g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16135

Winged beans, mature seeds, raw

*Psophocarpus tetragonolobus*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.34	0.362	83				15.18		
Energy.....kcal	409		0	NC	4		744		
Energy.....kJ	1711		0		4		3114		
Protein (N x 6.25).....g	29.65	0.458	57		1		53.96		
Total lipid (fat).....g	16.32	0.182	95		1		29.70		
Ash.....g	3.98	0.062	70		1		7.24		
Carbohydrate, by difference.....g	41.71		0	NC	4		75.91		
Fiber, total dietary.....g	25.9		0	BFSN	4		47.1		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	440	24.899	48		1		801		
Iron, Fe.....mg	13.44	1.028	56		1		24.46		
Magnesium, Mg.....mg	179	5.240	43		1		326		
Phosphorus, P.....mg	451	12.671	48		1		821		
Potassium, K.....mg	977	45.541	30		1		1778		
Sodium, Na.....mg	38	1.359	30		1		69		
Zinc, Zn.....mg	4.48	0.150	33		1		8.15		
Copper, Cu.....mg	2.880	0.104	29		1		5.242		
Manganese, Mn.....mg	3.721	0.326	20		1		6.772		
Selenium, Se.....µg	8.2		0	CAZN	4		14.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	1.030		1		1		1.875		
Riboflavin.....mg	0.450	0.034	5		1		0.819		
Niacin.....mg	3.090		1		1		5.624		
Pantothenic acid.....mg	0.795		0		4		1.447		
Vitamin B-6.....mg	0.175		0		1		0.319		
Folate, total.....µg	45		0		1		81		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	45		0		1		81		
Folate, DFE.....µg	45		0	NC	4		81		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16135

Winged beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	2.303		0		1		4.191		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.028		0		1		0.051		
15:0.....g									
16:0.....g	1.255		0		1		2.284		
17:0.....g									
18:0.....g	0.745		0		1		1.356		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.012		0		1		10.942		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.100		
17:1.....g									
18:1 undifferentiated.....g	5.654		0		1		10.290		
20:1.....g	0.303		0		1		0.551		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.330		0		1		7.881		
18:2 undifferentiated.....g	4.068		0		1		7.404		
18:3 undifferentiated.....g	0.262		0		1		0.477		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.762		30		1		1.387		
Threonine.....g	1.179		38		1		2.146		
Isoleucine.....g	1.468		38		1		2.672		
Leucine.....g	2.497		38		1		4.545		
Lysine.....g	2.136		37		1		3.888		
Methionine.....g	0.356		41		1		0.648		
Cystine.....g	0.545		32		1		0.992		
Phenylalanine.....g	1.429		38		1		2.601		
Tyrosine.....g	1.457		31		1		2.652		
Valine.....g	1.530		38		1		2.785		
Arginine.....g	1.886		38		1		3.433		
Histidine.....g	0.790		38		1		1.438		
Alanine.....g	1.040		31		1		1.893		
Aspartic acid.....g	3.187		31		1		5.800		
Glutamic acid.....g	4.010		31		1		7.298		
Glycine.....g	1.140		31		1		2.075		
Proline.....g	1.924		31		1		3.502		
Serine.....g	1.235		31		1		2.248		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 16135

Winged beans, mature seeds, raw

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

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

**Common Measures:**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 16434

Yardlong beans, mature seeds, cooked, boiled, 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
<b>Proximates:</b>									
Water.....g	68.80		0		1		117.65		
Energy.....kcal	118		0	NC	4		202		
Energy.....kJ	494		0		4		844		
Protein (N x 6.25).....g	8.29		0		1		14.18		
Total lipid (fat).....g	0.45		0		1		0.77		
Ash.....g	1.37		0		1		2.34		
Carbohydrate, by difference.....g	21.09		0	NC	4		36.06		
Fiber, total dietary.....g	3.8		0	BFSN	4		6.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		72		
Iron, Fe.....mg	2.64		0		1		4.51		
Magnesium, Mg.....mg	98		0		1		168		
Phosphorus, P.....mg	181		0		1		310		
Potassium, K.....mg	315		0		1		539		
Sodium, Na.....mg	241		0		1		412		
Zinc, Zn.....mg	1.08		0		1		1.85		
Copper, Cu.....mg	0.225		0		1		0.385		
Manganese, Mn.....mg	0.487		0		1		0.833		
Selenium, Se.....µg	2.8		0	BFSN	4		4.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.7		
Thiamin.....mg	0.212		0		1		0.363		
Riboflavin.....mg	0.064		0		1		0.109		
Niacin.....mg	0.551		0		1		0.942		
Pantothenic acid.....mg	0.398		0		1		0.681		
Vitamin B-6.....mg	0.095		0		1		0.162		
Folate, total.....µg	146		0		1		249		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	146		0		1		249		
Folate, DFE.....µg	146		0	NC	4		249		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	1		0		1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	16		0		1		27		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 16434

Yardlong beans, mature seeds, cooked, boiled, 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			
Fatty acids, total saturated.....g	0.116		0		1		0.198
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.000		0		1		0.000
15:0.....g							
16:0.....g	0.108		0		1		0.185
17:0.....g							
18:0.....g	0.007		0		1		0.012
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.039		0		1		0.067
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	0.039		0		1		0.067
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.330
18:2 undifferentiated.....g	0.105		0		1		0.180
18:3 undifferentiated.....g	0.088		0		1		0.150
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0		1		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.102		0		1		0.174
Threonine.....g	0.316		0		1		0.540
Isoleucine.....g	0.337		0		1		0.576
Leucine.....g	0.635		0		1		1.086
Lysine.....g	0.561		0		1		0.959
Methionine.....g	0.118		0		1		0.202
Cystine.....g	0.091		0		1		0.156
Phenylalanine.....g	0.484		0		1		0.828
Tyrosine.....g	0.268		0		1		0.458
Valine.....g	0.395		0		1		0.675
Arginine.....g	0.574		0		1		0.982
Histidine.....g	0.257		0		1		0.439
Alanine.....g	0.378		0		1		0.646
Aspartic acid.....g	1.001		0		1		1.712
Glutamic acid.....g	1.570		0		1		2.685
Glycine.....g							
Proline.....g	0.373		0		1		0.638
Serine.....g	0.415		0		1		0.710
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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.** 16434

**Yardlong beans, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16134

Yardlong beans, mature seeds, cooked, boiled, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.80		0		1		117.65		
Energy.....kcal	118		0	NC	4		202		
Energy.....kJ	494		0		4		844		
Protein (N x 6.25).....g	8.29		0		1		14.18		
Total lipid (fat).....g	0.45		0		1		0.77		
Ash.....g	1.37		0		1		2.34		
Carbohydrate, by difference.....g	21.09		0	NC	4		36.06		
Fiber, total dietary.....g	3.8		0	BFSN	4		6.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		72		
Iron, Fe.....mg	2.64		0		1		4.51		
Magnesium, Mg.....mg	98		0		1		168		
Phosphorus, P.....mg	181		0		1		310		
Potassium, K.....mg	315		0		1		539		
Sodium, Na.....mg	5		0		1		9		
Zinc, Zn.....mg	1.08		0		1		1.85		
Copper, Cu.....mg	0.225		0		1		0.385		
Manganese, Mn.....mg	0.487		0		1		0.833		
Selenium, Se.....µg	2.8		0	BFSN	4		4.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.7		
Thiamin.....mg	0.212		0		1		0.363		
Riboflavin.....mg	0.064		0		1		0.109		
Niacin.....mg	0.551		0		1		0.942		
Pantothenic acid.....mg	0.398		0		1		0.681		
Vitamin B-6.....mg	0.095		0		1		0.162		
Folate, total.....µg	146		0		1		249		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	146		0		1		249		
Folate, DFE.....µg	146		0	NC	4		249		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16134

Yardlong beans, mature seeds, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.116		0		1		0.198		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.108		0		1		0.185		
17:0.....g									
18:0.....g	0.007		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.067		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.330		
18:2 undifferentiated.....g	0.105		0		1		0.180		
18:3 undifferentiated.....g	0.088		0		1		0.150		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.102		0		1		0.174		
Threonine.....g	0.316		0		1		0.540		
Isoleucine.....g	0.337		0		1		0.576		
Leucine.....g	0.635		0		1		1.086		
Lysine.....g	0.561		0		1		0.959		
Methionine.....g	0.118		0		1		0.202		
Cystine.....g	0.091		0		1		0.156		
Phenylalanine.....g	0.484		0		1		0.828		
Tyrosine.....g	0.268		0		1		0.458		
Valine.....g	0.395		0		1		0.675		
Arginine.....g	0.574		0		1		0.982		
Histidine.....g	0.257		0		1		0.439		
Alanine.....g	0.378		0		1		0.646		
Aspartic acid.....g	1.001		0		1		1.712		
Glutamic acid.....g	1.570		0		1		2.685		
Glycine.....g									
Proline.....g	0.373		0		1		0.638		
Serine.....g	0.415		0		1		0.710		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 16134**

**Yardlong beans, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 171g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16133

Yardlong beans, mature seeds, raw

*Vigna unguiculata subsp. sesquipedalis*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.43	0.118	4		1		14.08		
Energy.....kcal	347		0	NC	4		579		
Energy.....kJ	1452				4		2425		
Protein (N x 6.25).....g	24.33	0.450	4		1		40.63		
Total lipid (fat).....g	1.31		0		1		2.19		
Ash.....g	4.03	0.103	4		1		6.73		
Carbohydrate, by difference.....g	61.91		0	NC	4		103.39		
Fiber, total dietary.....g	11.0		0	BFSN	4		18.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138	12.500	4		1		230		
Iron, Fe.....mg	8.61		0		1		14.38		
Magnesium, Mg.....mg	338	23.935	4		1		564		
Phosphorus, P.....mg	559	24.816	4		1		934		
Potassium, K.....mg	1157		0		1		1932		
Sodium, Na.....mg	17		0		1		28		
Zinc, Zn.....mg	3.50		0		1		5.85		
Copper, Cu.....mg	0.879		0		1		1.468		
Manganese, Mn.....mg	1.590		0		1		2.655		
Selenium, Se.....µg	8.2		0	CAZN	4		13.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		0		1		2.7		
Thiamin.....mg	0.887		0		1		1.481		
Riboflavin.....mg	0.235		0		1		0.392		
Niacin.....mg	2.158		0		1		3.604		
Pantothenic acid.....mg	1.556		0		1		2.599		
Vitamin B-6.....mg	0.371		0		1		0.620		
Folate, total.....µg	658		0		1		1099		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	658		0		1		1099		
Folate, DFE.....µg	658		0	NC	4		1099		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	3		0		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	52		0		1		87		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	0.339		0		1		0.566	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.001		0		1		0.002	
15:0.....g								
16:0.....g	0.318		0		1		0.531	
17:0.....g								
18:0.....g	0.020		0		1		0.033	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.114		0		1		0.190	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.114		0		1		0.190	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.565		0		1		0.944	
18:2 undifferentiated.....g	0.308		0		1		0.514	
18:3 undifferentiated.....g	0.258		0		1		0.431	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
Cholesterol.....mg	0		0		1		0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.300		0		1		0.501	
Threonine.....g	0.926		0		1		1.546	
Isoleucine.....g	0.989		0		1		1.652	
Leucine.....g	1.864		0		1		3.113	
Lysine.....g	1.646		0		1		2.749	
Methionine.....g	0.346		0		1		0.578	
Cystine.....g	0.269		0		1		0.449	
Phenylalanine.....g	1.421		0		1		2.373	
Tyrosine.....g	0.786		0		1		1.313	
Valine.....g	1.160		0		1		1.937	
Arginine.....g	1.685		0		1		2.814	
Histidine.....g	0.755		0		1		1.261	
Alanine.....g	1.109		0		1		1.852	
Aspartic acid.....g	2.938		0		1		4.906	
Glutamic acid.....g	4.608		0		1		7.695	
Glycine.....g	1.004		0		1		1.677	
Proline.....g	1.094		0		1		1.827	
Serine.....g	1.218		0		1		2.034	
Hydroxyproline.....g								

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

**NDB No. 16133**

**Yardlong beans, mature seeds, raw**

**Common Measures:**

Measure 1 = 167g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16004

Yokan, prepared from adzuki beans and sugar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	35.45		2		1		4.96		
Energy.....kcal	260		0	NC	4		36		
Energy.....kJ	1088		0		4		152		
Protein (N x 6.25).....g	3.29		1		1		0.46		
Total lipid (fat).....g	0.12		1		1		0.02		
Ash.....g	0.42		1		1		0.06		
Carbohydrate, by difference.....g	60.72		0	NC	4		8.50		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		1		1		4		
Iron, Fe.....mg	1.16		1		1		0.16		
Magnesium, Mg.....mg	18		1		1		3		
Phosphorus, P.....mg	40		1		1		6		
Potassium, K.....mg	45		1		1		6		
Sodium, Na.....mg	83		1		1		12		
Zinc, Zn.....mg	0.07		0		1		0.01		
Copper, Cu.....mg	0.029		0		1		0.004		
Manganese, Mn.....mg	0.140		0		1		0.020		
Selenium, Se.....µg	2.3		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.005		0		1		0.001		
Riboflavin.....mg	0.004		0		1		0.001		
Niacin.....mg	0.057		0		1		0.008		
Pantothenic acid.....mg	0.099		0		1		0.014		
Vitamin B-6.....mg	0.008		0		1		0.001		
Folate, total.....µg	8		0		1		1		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		0		1		1		
Folate, DFE.....µg	8		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 16004

Yokan, prepared from adzuki beans and sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.043		0		4		0.006		
Fatty acids, total monounsaturated.....g	0.011		0	NC	4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.011		0		4		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.026		0	NC	4		0.004		
18:2 undifferentiated.....g	0.026		0		4		0.004		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.004		
Threonine.....g	0.112		0		1		0.016		
Isoleucine.....g	0.131		0		1		0.018		
Leucine.....g	0.276		0		1		0.039		
Lysine.....g	0.248		0		1		0.035		
Methionine.....g	0.035		0		1		0.005		
Cystine.....g	0.031		0		1		0.004		
Phenylalanine.....g	0.174		0		1		0.024		
Tyrosine.....g	0.098		0		1		0.014		
Valine.....g	0.169		0		1		0.024		
Arginine.....g	0.213		0		1		0.030		
Histidine.....g	0.087		0		1		0.012		
Alanine.....g	0.192		0		1		0.027		
Aspartic acid.....g	0.390		0		1		0.055		
Glutamic acid.....g	0.513		0		1		0.072		
Glycine.....g	0.125		0		1		0.018		
Proline.....g	0.145		0		1		0.020		
Serine.....g	0.161		0		1		0.023		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 14.0g: 1 slice

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)